



Next Chapter Conversations

A Quarterly Compass



Videos Resources for Healthy Aging

The Formula for Successful Aging | Gary Small | TEDxUCLA

<https://youtu.be/nTywMD-elNg?si=Ps2vNBqrkZZQC63d>

The Science of Healthy Aging: Six Keys to a Long, Healthy Life

- [Scripps Research](#)
- <https://youtu.be/qSt8aKtpDCA?si=OTplVq5S4roeQk0>

The Voices of Healthy Aging

- [Office of Disease Prevention and Health Promotion](#)
- https://youtu.be/47F_V9qnUpM?si=Q-W4MEcQgBNGiLOB

Aging in the U.S. (full documentary) | FRONTLINE

- [FRONTLINE PBS | Official](#)
- <https://youtu.be/QMDsUdhymbQ?si=BUFa9NCoJOJrxTKM>

TEDMED - Louise Aronson "Embracing elderhood as a stage of life" -
<https://www.tedmed.com/talk/embracing-elderhood-as-a-stage-of-life/>

National Institute on Aging YouTube page
<https://www.youtube.com/@NIHAging>



Articles for Healthy Aging

A transformative tool is allowing family members to live better lives as they age

<https://www.washingtonpost.com/opinions/2026/03/31/jubileetv-aging-parent-tech-tv-family-care/>

Aging: What to expect

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070>

Aging Well

<https://www.helpguide.org/aging/healthy-aging/staying-healthy-as-you-age>

The Simple Daily Habits That Help You Live Longer and Happier, According to Experts

<https://www.prevention.com/health/a64900252/daily-habits-for-longevity-and-happiness/>

What Do We Know About Healthy Aging?

<https://www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging>

General link to www.nia.nih.gov



Books for Healthy Aging

Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life by Louise Aronson

Mayo Clinic on Healthy Aging: An Easy and Comprehensive Guide to Keeping Your Body Young, Your Mind Sharp and Your Spirit Fulfilled by Nathan K. LeBrasseur Ph.D. (Author), Christina Chen M.D. (Author)

Lifespan: Why We Age—and Why We Don't Have To by David Sinclair (Author), Matthew D. LaPlante (Author) A NEW YORK TIMES BESTSELLER "Brilliant and enthralling." —The Wall Street Journal