



Well Aged: Dining With Dignity

Ginny Gordon Walters

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"Well Aged" is more than just a cookbook. It is a resource guide for anyone caring for an elderly or disabled person. All recipes are designed to be easy-to-prepare, easy-to-handle and easy-to-chew. Extra calories and vitamins are packed into each of the over 200 recipes. If you have an elderly person in your life, or if you work as a caregiver, this is the book for you.

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