

*Greater Missouri Chapter
Library Book Holdings*

Alphabetical list by title

Annotated with topics

2018

2018 LIBRARY BOOK HOLDINGS

Ageing with Grace: What the Nun Study Teaches Us. David Snowden. 2001

A long-term scientific study on aging and AD, involving 678 Catholic sisters, that combines research data with personal stories, providing insights into longer, healthier lives. *1. Aging 2. Research. 3. Alzheimer's Disease 4. Spiritual and Inspirational*

Alzheimer's: A Broken Brain. Dementia Education and Training Program, Alabama.

1995. Graphics depicting the difference between normal brains and brains afflicted with Alzheimer's disease. *1. Alzheimer's Disease*

Alzheimer's Action Plan. P. Murali Doraiswamy, M.D., Lisa P. Gwyther, M.S.W. with Tina Adler.

2008. Leading experts guide to the best diagnosis and treatment for memory problems. *1. Alzheimer's Disease 2. Caregiving 3. Behavior/Symptoms*

Alzheimer's Care With Dignity. Frank Fuerst. 2007. A handbook of solutions for caring for someone with dementia at home from diagnosis through the final stages.

1. Alzheimer's Disease 2. Caregiving

Alzheimer's Early Stages: first steps in care and treatment. Daniel Kuhn 2nd Ed. 2003.

3rd Ed. 2013. Beginning guide for family members, friends and caregivers of people in the early stages of Alzheimer's disease. *1. Alzheimer's Disease 2. Caregivers 3. Early Stages*

Alzheimer's from the INSIDE OUT. Richard Taylor. 2007. Diagnosed with Alzheimer's at the age of 58, psychologist Richard Taylor shares a provocative and courageous account of his slow transformation and deterioration, and the growing divide between his reality and the reality of others. *1. Personal Narratives by Persons with Dementia 2. Early Onset Alzheimer's*

Alzheimer's Health Care Handbook, How to Get the Best Medical Care for Your Relative With Alzheimer's Disease, in and out of the Hospital. Mary S. Mittleman, DR.PH, Cynthia Epstein, ACSW. 2002. Provides information for routine health care, planning for a hospitalization, helping your relative and hospital staff to communicate, aftercare and end-of-life decisions.

1. Alzheimer's disease

Alzheimer's : My Journey to a Next Generation Treatment. Donald E. Moss. 2nd Ed. 2015. A memoir based on the author's many years of research and publishing related to brain research. He has focused on the development of MSF for Alzheimer's dementia. He is an expert on cholinesterase inhibitors and their use in the facilitation of memory, especially in aging and Alzheimer's disease. *1. Memory Enhancement 2. Research*

Alzheimer's Prevention Program: Keep the Brain Healthy for the Rest of Your Life. Gary Small, M.D. & Gigi Vorgan. 2012 The Alzheimer's Prevention Program is an easy-to-follow regimen based on the latest comprehensive research on Alzheimer's disease, especially the critical connection between lifestyle and susceptibility. This whole-mind program is also a whole-body program which incorporates nutrition, aerobic and strength exercise, the importance of sleep, stress-reduction, and maintaining strong emotional connections. *1. Alzheimer's Disease 2. Memory Enhancement 3. Nutrition*

Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer's. B. Smith & Dan Gasby. 2016. Biographical memoir of a couple's struggle with the wife's diagnosis of Alzheimer's. Offers a guide to caregivers, helpful advice with an emphasis on how love and hope helps with accepting and dealing with Alzheimer's. *1. Biography 2. Family Relationships*

Because You Care, Spiritual Encouragement for Caregivers. Cecil Murphey & Twila Beck 2012. A spiritual guide for those caring for persons with Alzheimer's. Expressions of compassion with practical suggestions for caregivers. Gentle wisdom and personal stories that help the caregiver. *1. Spiritual/Inspirational*

The Best Friends Book of Alzheimer's Activities. Virginia Bell, David Troxel, Tonya Cox & Robin Hamon. 2004 Adult Planning Activities for people with dementia that can be used by nursing homes, adult day centers, assisted living facilities, or home care settings. Includes formal and informal activities, communication and conversation, and musical tie-ins and songs. *1. Activities for Persons with Dementia 2. Care giving (Professional and General)*

The Best Friends Staff: Building a Culture of Care in Alzheimer's Programs. Virginia Bell and David 2001 A guide for professionals working in long-term care settings toward developing a staff dedicated to preserving dignity and enhancing quality of life for persons with dementia. *1. Care giving (Professional) 2. Nursing Home (Staff)*

Caring For a Person With Memory Loss and Confusion Journey Works Publishing. 1995. Offers suggestions from other caregivers on managing the day-to-day tasks and problems that arise when caring for a person with a brain impairment. *1. Care giving (Professional and General)*

Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias. Amy Newmark and Angela Timashenka Geiger. 2014 101 stories of caregiving, coping and compassion along with Support, advice and comfort for caregivers and those living with Alzheimer's. *1. Alzheimer's Disease 2. Caregiving 3. Family Dynamics*

Coach Broyles Playbook for Alzheimer's Caregivers. Frank Broyles. 2006. This playbook is a social model, not a medical model (doing things with her, not for her). It is written to give practical tips to help guide you in taking care of your loved one with Alzheimer's disease. *1. Alzheimer's Disease 2. Caregiving 3. Family Dynamics*

Complete Guide to Alzheimer's Proofing Your Home. Mark L. Warner 2000
A useful guide that shows how to create a home environment that helps you cope with the Difficulties associated with Alzheimer's and related dementia. The Author deals with both interior and exterior spaces, and separate chapters focus on issues related to Alzheimer's, such as wandering, incontinence and access limitation. *1. Home Care 2. Alzheimer's Disease 3. Safety Concerns/Safe Return*

Creating Moments of Joy for the Person With Alzheimer's or Dementia: A Journal for Caregivers. Jolene Brackey 2000, 2007 ed. Suggests ways of understanding the person with AD, tools for creating memory-enhanced environments, and daily activities that bring back joy. *1. Activities for Persons with Dementia 2. Environmental Design 3. Family Dynamics 4. Memory Enhancement*

Dementia Beyond Drugs: Changing the Culture of Care. G. Allen Power. 2010. A new approach on reevaluating the care provided to the aging and why it should be changed. Emphasis on changing the culture of nursing homes and reducing the use of drugs. *1. Dementia 2. Aging 3. Nursing Homes*

Designing for Alzheimer's Disease: Strategies for Creating Better Care Environments.

Elizabeth C. Brawley. 1997 Examines essential design criteria in areas of lighting, color, acoustics, safety, and way-finding that effect residents independence, mobility and emotional well-being. 1. *Environmental Design* 2. *Home Care*

Dignified Life, A: The Best Friends Approach to Alzheimer's Care. Virginia Bell, M.S.W. & David Troxel, M.P.H. 2002 A must read for all those who care for people with dementia. It is packed with effective and practical advice and full of humanity. It shows there is much that can be done to help make the lives of both caregivers and people with dementia better and more fulfilling. 1. *Alzheimer's Disease* 2. *Caregiving (family)*

Diminished Capacity. Sherwood Kiraly. 1995 The story of Rollie Zerbs of LaPorte, MO, once voted the strangest man in Missouri. A swift-flowing tale of low comedy and high jinks meant to be simply enjoyed. 1. *Behavior/Symptoms*

Fierce Blessing: A Journey into Alzheimer's, Compassion, and the Joy of Being. Wayne Baltz, Terry Baltz. 2003 Chronicle of one family's journey through the course of Alzheimer's. 1. *Alzheimer's Disease* 2. *Memoir* 3. *Caregiving*

Forgetting: The: Alzheimer's: Portrait of an Epidemic. David Shenk. 2001 An excellent exploration of the history, literature, genetics, and neurobiology of AD, along with portraits of contemporary patients. 1. *Alzheimer's Disease* 2. *Medical Information.* 3. *Research*

Hard Choices for Loving People: CPR, Artificial Feeding, Comfort Care, and the Patient with a Life-Threatening Illness. Hank Dunn. 2001. 4th Ed. A guide for families facing the hard choices of resuscitation, artificial nutrition and hydration, and when hospitalization care is indicated. 1. *Ethical Issues* 2. *Hospice Care* 3. *Late Stage Alzheimer's*

How We Age: A Doctor's Journey into the Heart of Growing Old. Marc E. Agronin, MD. 2011. Dr. Agronin writes an unforgettable look at what aging means today: how our bodies and brains change over time and how the very way we understand aging is changing too. In these patients stories readers will find a greater understanding of their own aging and that of their loved ones. 1. *Aging* 2. *Nursing Homes*

I-Can't-Chew Cookbook: Delicious Soft-Diet Recipes for People with Chewing, Swallowing and Dry-Mouth Disorders. J. Randy Wilson. 2003. This cookbook is a must-read for all who are unable to chew due to various health restrictions. It gives a comprehensive and detailed nutritional analysis of the recipes and is a much needed resource in developing and maintaining a nutritional diet. *1. Food 2. Nutrition*

If Music be the Food of Love. Denise Elam Dauw. 2013. Relive the passion and romance of Mae, Jean, and Ellie, three ailing women whose lives were forever altered through the Powerful presence of music, opening gateways to true love. *1. Aging 2. Family Dynamics*

Know Me Through My Eyes: Enriching End-of-Life Dementia Care. Alzheimer's Association, St. Louis Chapter, and BJC Hospice. 2010. The purpose of this guidebook is to provide some thought provoking ideas about the way we have chosen to treat our society's elders with Dementia as they are nearing the end of life. *1. Dementia and Related Disorders. 2. Caregiving 3. Aging*

Long Goodbye, The. Patti Davis. 2004. Ronald Regan's daughter writes with a moving Openness about losing her father to Alzheimer's disease. She describes saying goodbye in stages, of needing to be reunited at 42 with her mother, and her memories as a child and as an adult. *1. Family Dynamics 2. Alzheimer's disease 3. Caregiving*

Nursing Homes: Getting Good Care There. Sarah Green Burger, Virginia Fraser, Sarah Hunt, Barbara Frank. 1996. A guide on selecting and working with nursing homes, procedures developed by advocates and strategies for protecting patient rights. *1. Nursing Homes.*

Of Two Minds: A Guide to the Care of People with the Dual Diagnosis of Alzheimer's Disease and Mental Retardation. Judith M Antonangell. 1995. This practical guide is written in a clear, organized, and compassionate manner based on the author's extensive experience with this population. It presents real-life solutions to complex situations. *1. Dementia and Related Disorders 2. Caregiving (General) 3. Down's Syndrome*

131 Ways to Live 131 Years Dr. Valerie Walker. 2010. Dr. Walker believes knowledge is power, and she is intent on educating on early screening, early detection, and prevention, and these things that patients should be actively monitoring themselves. *1. Medical Information*

2. *Nutrition* 3. *Activities of Daily Living*

SharpBrains Guide to Brain Fitness, The: How to Optimize Brain Health and Performance at Any Age. Alvaro Fernandez and Elkhonon Goldberg, PHD, with Pascale Michelon, PHD. 2013

This closes the gap (“use it or lose it”) by providing comprehensive and up-to-date information, insight and guidance to optimize brain health and performance at any age.

1. *Medical Information* 2. *Memory Enhancement* 3. *Research*

Still Alice. Lisa Genova 2007/2009. A heartbreakingly real depiction of a woman’s descent into early Alzheimer’s. Readers are led through the process, moving from the questions and concerns that accompany unexplained memory difficulties to the experience of diagnosis and the impact of changing needs on relationships with her family and colleagues.

1. *Alzheimer’s Disease* 2. *Early Onset Alzheimer’s* 3. *Caregiving*

Swimming Solo. Susan Rava. 2011. A daughter’s memoir of her parents, his parents and Alzheimer’s Disease. This book captures the complexities of caring for, not just one but for individuals with Alzheimer’s Disease, and examines the depths of the experience of Alzheimer’s disease and immerses the reader in the intensities and complexities of the caregiver role.

1. *Caregiving* 2. *Alzheimer’s Disease* 3. *Family Dynamics*

Therapeutic Caregiving: A Practical Guide for Caregivers of Persons with Alzheimer’s and Other Dementia Causing Diseases. Barbara J. Bridges 1998

A practical guide for caregivers written by a registered nurse who has primary consideration for the person with dementia.

1. *Behavior/Symptoms* 2. *Caregiving(Professional)* 3. *Communication* 4. *Dementia and Related Disorders*

36-hour Day: A Family Guide to Caring for Persons with Alzheimer’s Disease, Related Dementing Illnesses, and Memory Loss in Later Life. Nancy L. Mace and Peter V. Rabins.

Editions: 1991, 1999, 2006, 2011. Also have copies in Spanish. A comprehensive family guide to caregiving. Offers basic information and practical management tips for everyday problems.

Spanish version available. 1. *Home Care* 2. *Alzheimer’s Disease* 3. *Behavior/Symptoms* 4. *Caregiving (General)*

Thousand Mile Stare, The: One Family's Journey Through the Struggle and Science of Alzheimer's. Gary Reiswig. 2010. The author is the last man standing in a generation ravaged by inherited, early onset Alzheimer's Disease. His unique memoir explores the best hope that modern medical science offers to anyone facing the ultimate identity theft of Alzheimer's.
1. Early Onset Alzheimer's 2. Personal Narratives by Caregivers 3. Research

2016 Disease Facts and Figures. Includes a Special Report on the Personal Financial Impact of Alzheimer's on Families. Alzheimer's Association. 2016. This directory is a statistical resource of U.S. data related to Alzheimer's disease. This information includes descriptions of the various causes of dementia and a summary of current knowledge about Alzheimer's disease.
1. Statistics 2. Research.

Understanding Difficult Behaviors: Some Practical Suggestions for Coping with Alzheimer's Disease and Related Illnesses. Anne Robinson, Beth Spencer, and Laurie White. 1989. A booklet prepared for caregivers of persons with dementia intended to help them understand the reasons for, and ways of coping with difficult behaviors such as agitation, wandering, Incontinence and resistance to care.
1. Alzheimer's Disease 2. Behavior/Symptoms 3. Wandering and Sundowning 4. Communication 5. Caregiving (General)

We Are Not Ourselves: a Novel. Matthew Thomas. 2014. A multigenerational portrait of an Irish American family. Struggling to obtain the American dream, the family is forced to deal with unexpected issues when one member becomes diagnosed with Alzheimer's.
1. Alzheimer's Disease 2. Family Dynamics

What's Happening to Grandpa?

Maria Shriver. 2004. A compassionate story that artfully helps parents demystify Alzheimer's disease.
1. Youth 2. Alzheimer's Disease

What's the Worst That Can Happen? The Life of Sandy Jaffe. As told to Kathy Evans. 2014. This book connects past to present, a tale of strong family bonds and the possibilities they create. This story is just a beginning as future generations of Jaffes will write the next chapter.

1. Family Dynamics

When Alzheimer's Touches a Family: A Layperson's Guide to Caring for and Understanding the Person with Alzheimer's or Dementia. Rebecca Jarrard. RN 2006. This book is written from a caregiver point of view and the caregiver in mind. You will have access to knowledge that many families before you have not had in their battle with Alzheimer's/Dementia. It will help you understand and deal with various aspects of the disease. *1. Caregiving*
2. Alzheimer's Disease. 3. Family Dynamics

When It Gets Dark: An Enlightened Reflection on Life With Alzheimer's. Thomas DeBaggio. 2003. In his first memoir "Losing My Mind," Thomas DeBaggio writes about his life, or loss of it, to early-onset Alzheimer's disease. *1. Personal Narratives by Person with Dementia*
2. Alzheimer's Disease 3. Late Stage Alzheimer's

When Someone You Love No Longer Remembers. Cecil Murphey. 2011. Author offers invaluable guidance on how to take care of themselves and seek assistance and shape new ways to communicate with their loved ones. *1. Spiritual/Inspirational. 2. Alzheimer's Disease/Dementia 3. Personal Narratives by Caregivers*

You Are One of Us: Successful Clergy/Church Connections to Alzheimer's Families. Lisa P. Gwyther. 1995. A booklet which attempts to link caring church ministries to Alzheimer's families. *1. Clergy/Pastoral Care 2. Spiritual/Inspirational*