Greater Missouri Chapter
Library Book Holdings

Alphabetical list by title
Annotated with topics

2018
2018 LIBRARY BOOK HOLDINGS

**Aging 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 Car 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 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


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)
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

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


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 affect 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


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

**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.

**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.

**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.

**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.
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.


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 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


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