

New Materials in Resource Centre For November 2011



The following items are now available for loan from the Alzheimer Society of Toronto Resource Centre.

For a complete listing of items in our collection, as well as online materials in over 70 languages, please consult our online Resource Centre Catalogue at www.alzheimertoronto.org/lib_onlineCatalogue.htm.

To go on the waiting list for any of the items listed below, please contact:

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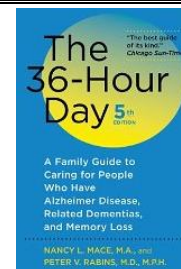
Books

36 Hour Day

Nancy Mace, Peter Rabins, Baltimore: Johns Hopkins Press, 2011. 5th edition
HQ 1064 M33 2011

This seminal work on family caregiving is now in its 5th edition.

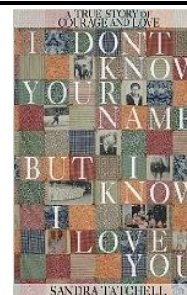
Topics covered: Dementia; Getting medical help; Behavioural symptoms; Independent living; Daily care, Medical concerns; Getting outside help; Family dynamics; Impact on family; Caring for the caregiver; Financial and legal issues; Nursing homes; Delaying cognitive decline; Types of dementia; Current research.



I Don't Know Your Name, But I Know I Love You : A true story of courage and love

Sandra Tatchell, Sandra Gibbons, 2010
RC 523.2 T37 2010

A daughter's loving tribute to her father and a recounting of one family's journey into Alzheimer's. This book offers hope and closure, as a large family joined their father and husband during the final journey of his life. Somehow, somehow, Spencer's innate humanity, love and dignity could not be suppressed by the disease. He achieved an incredible victory. Although Alzheimer's took his life, it could not conquer his spirit, nor his connection to his family. He and his family's journey through his Alzheimer's affliction offers hope, humor and dignity to others caught up in similar circumstances.



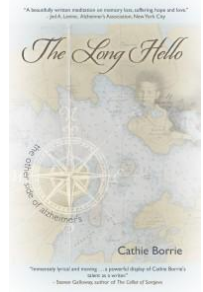
The Long Hello: the other side of Alzheimer's

Cathie Borrie Breinigsville, PA : Nightwing Press, 2010

RC 523.2 B67 2010

This text chronicles and cherishes the relationship between a mother and daughter over a seven-year period as the mother's mind transforms and her dementia increases.

The author unearths the hidden and often painful treasures of a life well lived: the shadows and joys of childhood, the relationships that leave us both illuminated and bereft, the love, longing and loss that surge to the fore when a parent is ailing. Memory, and the losing of it, serves as a powerful guide, and Borrie follows her mother's eccentric and poetic lead into the past, transformed by the unexpected brilliance of the elder woman's shifting dementia mind. The Long Hello cherishes the bond between mothers and daughters, and creates a startling change in society's perception of those journeying through Alzheimer's.



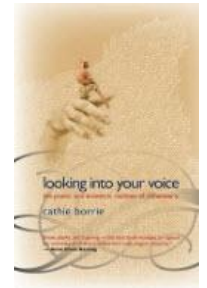
Looking into Your Voice; the poetic and eccentric realities of Alzheimer's

Cathie Borrie Breinigsville, PA : Nightwing Press, 2010

RC 523.2 B674 2010

A collection of recorded conversations between Cathie Borrie and her mother, Joan.

This beautiful poem of a book is a collection of conversations offering alternative and beautiful insights into the Alzheimer's mind. Celebrating the revelatory eloquence of the altered realities of dementia, in these vignettes the mother's voice offers insight, humor and an astonishing poetic sensibility, challenging the negative stereotypes pervasive in the current and often limiting geography of dementia.

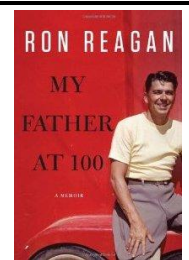


My Father at 100

Ron Reagan, New York, NY: Viking, 2011

RC 523.2 R44 2011

On the 100th anniversary of his father's birth, Ron Reagan provides an intimate portrait of Ronald Reagan. The book traces Reagan's life from early days, through his time in Hollywood, his presidency and last days living with Alzheimer's.



My Six Wives: conversation based on the history of a person with Alzheimer's

Leo Allas. 2010

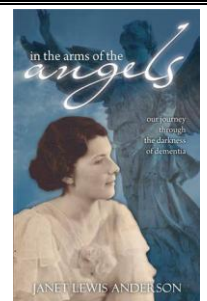
This book is based on aspects of Alzheimer's disease. The dialogue in the first five chapters denotes discussions the author had with his wife, Erika, when she was still interested in her past but could not remember it. The title of the book comes from Erika's proficiency with the languages they encountered during their travels over the years.

In The Arms of the Angels: our journey through the darkness of dementia

Janet Lewis Anderson. Art Book Bindery, 2010

RC 523.2 L48 2010

This mother/daughter love story and tribute to her late Mother, chronicles the journey they travelled as they struggled with her Mother's dementia and the effect of this disease on their lives. Although the book primarily addresses the hardships and emotional turmoil of dealing with Alzheimer's disease, it is also about grief, losing a loved one and finding the strength to carry on.



Remembering the Music, Forgetting the Words: travels with mom in the land of dementia

Kate Whouley. Boston, MA: Beacon Press, 2011

RC 523.2 W49 2011

Whouley shares the trying, the tender, and the sometimes hilarious moments in meeting the challenge also known as Mom. Time and time again, Kate must balance Anne's often nonsensical demands with what she believes are the best decisions for her mother's comfort and safety. This is familiar territory for anyone who has had to help a loved one in decline, but Kate finds new and different ways to approach her mother and her forgetting.

Shuddering under the weight of accumulating bills and her mother's frustrating, circular arguments, Kate realizes she must push past difficult family history to find compassion, empathy, and good humor. When the memories, the names, and then the words begin to fade, it is the music that matters most to Kate's mother.



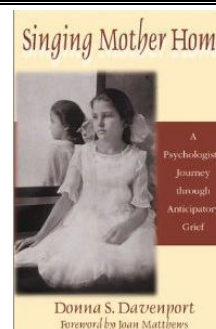
Singing Mother Home: a psychologist's journey through anticipatory grief

Donna Davenport. Denton, TX : University of North Texas Press, 2003

BF 575 G7 D365 2003

What happens when an expert on grief is faced with the slow decline of her beloved mother? This text offers an inside look at the struggles of an "expert" in coping with loss. Davenport was forced to rethink the traditional academic approach to the process, which implied that the goal of grief resolution was to end the attachment to the loved one. Instead, she embarked on a personal exploration of her own anticipatory grief.

Davenport provides hope for those going through similar experiences. Just as the author used her family's tradition of singing to comfort her mother, readers will be encouraged to find their own sources of comfort in family and legacy. The text concludes with two chapters describing psychological approaches to grief and recommending further reading.



Tangles: a story about Alzheimer's, my mother and me

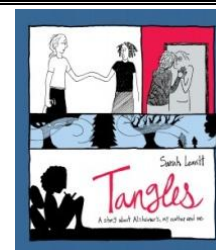
Sarah Leavitt, Calgary, Alta : Freehand Books, 2010

RC 523.2 L43 2010

In spare black and white drawings and clear, candid prose, Sarah shares her family's journey through a harrowing range of emotions—shock, denial, hope, anger, frustration—all the while learning to cope, and managing to find moments of happiness. Midge, a Harvard-educated intellectual, struggles to comprehend the simplest words; Sarah's father Rob slowly adapts to his new role as full-time caretaker, but still finds time for word-play and poetry with his wife; Sarah and her sister Hannah

argue, laugh, and grieve together as they join forces to help Midge get to sleep, rage about family friends who have disappeared, or collapse in tears at the end of a heartbreaking day.

Tangles confronts the complexity of Alzheimer's disease, and ultimately opens a knot of moments, memories and dreams to reveal a bond between a mother and a daughter that will never come apart.



Then Again

Diane Keaton, New York, NY: Random House, 2011

RC 523.2 K42 2011

Diane Keaton's memoir is a tribute to her mother, Dorothy Hall, who lived with Alzheimer's disease for 15 years, before dying in 2008. Throughout her life, Dorothy kept eighty-five journals—literally thousands of pages—in which she wrote about her marriage, her children, and, most probingly, herself. Dorothy also recorded memorable stories about Diane's grandparents. Her journaling continued after diagnosis until she could no longer write words or numbers.

Diane has sorted through these pages to paint an unflinching portrait of her mother—a woman restless with intellectual and creative energy, struggling to find an outlet for her talents—as well as her entire family, recounting a story that spans four generations and nearly a hundred years.



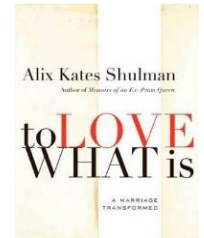
To Love What Is: a marriage transformed

Alix Kates Shulman, New York, NY : Farrar, Straus & Giroux, 2008

RC 523.2 S38 2008

At 75, Scott, the author's husband, had a serious fall which resulted in traumatic brain injury, memory loss and left him totally dependent on his wife. Even with the best treatment, therapy and care, the author realizes that Scott, a sculptor and retired financier, will never make art again nor even be able to hold an intellectual conversation.

Alix describes their new life - the ongoing anxieties and risks, and surprising rewards - as she reorganizes her world and priorities to care for her husband and discovers that what might have seemed a grim life sentence to some has evolved into something unexpectedly rich.



Welcome to the Departure Lounge: adventures in mothering mother

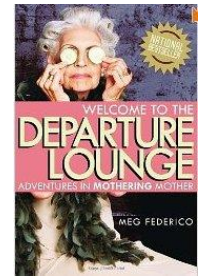
Meg Federico. Anchor Canada, 2010

RC 523.2 F42 2010

When Meg Federico's eighty-year-old mother and newly minted step-father were forced to accept full-time home care, she imagined them settling into a life of docile dependency.

With a family of her own and a full time career in Nova Scotia – a thousand miles away from her parents – Federico hoped they would be able to take care of themselves for the most part, and call on their children when they really needed them – but of course that's not quite what happens.

Federico writes a moving and madcap chronicle of a family - their moments of joy, the memories they'd rather forget, and the just plain loopiness of their situation.



DVDs

Alzheimer's Patients: Providing Person-Centered Care

Peter V Rabins, Baltimore, MD: Video Press, University of Maryland, 2010. 19:00 min.

DVD HV 1451 A38 2010

The person-centered approach to care includes: respecting the individual's past life and life-long interests; and accepting individual preferences in food, routine, clothing, and activities. Discover the importance of continuity of care and how to develop a nurturing relationship with verbal communication.

The Gifts You Bring: Your Gift of Partnership

Doug Manning, Oklahoma City: In-Sight Books, 2004. 16 min.

DVD RA 997 M28 G53 2004

Doug introduces families to the world of long-term care by gently guiding them to realistic and cooperative goals for their elderly loved ones. Doug helps to improve the lines of communication between families and the care facilities.

In this presentation, Doug outlines the special gifts that a care facility can provide for loved ones as well as helps family members feel positive about the placement decision.

Nursing Homes and other care facilities can utilize this DVD as part of the admissions process to answer questions and alleviate some of the fear and guilt associated with a placement.



Promoting the Concept of Personhood in Practice

Anju Joshi, Hamilton: McMaster University, 2009. 35:00 min.

Why is it important to know the person in your care? Knowing about an individual's background, interests, hopes, dreams, values, fears and accomplishments can help us provide a higher quality of care and a better quality of life for the care recipient.

This DVD examines the importance of acknowledging and honouring the personhood of older adults. Multidisciplinary professionals and older adults share their perspectives on how asking the right questions during the assessment process and how in our daily interactions we can promote the recognition of personhood and generate the positive outcomes that this philosophy and practice nurtures.

