

Books in Caregiver Loan Library

Alzheimer's & Dementia

Resources on Alzheimer's Disease for Gerontology Professionals (Contains a CD of a printable PDF file of the entire book. By Gail Petersen, Ph.D. & Pim Petersen, M.D.

Gentlecare: Changing the experience of Alzheimer's Disease in a positive way, Moyra Jones (x2)

Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute of Aging

Journey with Grandpa-Our Family's Struggle with Alzheimer's Disease, by Rosalie Walsh Honel (2 copies-one damaged)

The 36-Hour Day-A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life, by Nancy Mace and Peter Rabins, M.D. (2 paperback copies & one hardback copy)

Care That Works, A Relationship Approach to Persons with Dementia, by Jitka M. Zgola

Keeping Busy...A Handbook of Activities for Persons with Dementia, by James Dowling

The Mystery of Alzheimer's, by Harold Wagner

Alzheimer's, A Caregiver's Guide and Sourcebook, (3rd Edition) Howard Gruetzner x2

Alzheimer's, A Broken Brain (Pictorial book of brain – actual pictures of brain) (Four Copies)
Alzheimer's Disease: Unraveling the Mystery, NI on Aging

Alzheimer's Disease – Activity Focused Care by Carly R. Hellen

An Alzheimer's Guide: By Pat Nekola

Interventions for Alzheimer's Disease: A Caregiver's Complete Reference by Ruth M. Tappen

The Long Goodbye: By Patti Davis

The Complete Guide to Alzheimer's Proofing Your Home by Mark L. Warner

Living with Grief – Alzheimer's Disease – Hospice Foundation of America/Edited by Kenneth J. Doka

Losing My Mind: An Intimate Look at Life with Alzheimer's by Thomas DeBaggio

The Best Friends Approach to Alzheimer's Care, by Virginia Bell

Vascular Dementia, An Explanation of Dementia Caused by Multiple Brain Strokes (A pictorial book – actual pictures of brain) (Four Copies)

Alzheimer's Disease – Crossing the River of Life with Alzheimer's (A pictorial book – actual pictures of brain) (Four Copies)

Psychiatric Complications of Dementia (A pictorial book – actual pictures of brain) (Four Copies)

Speaking Our Minds: What It's Like to Have Alzheimer's by Lisa Snyder

Train Your Brain: How to Maximize Memory Ability in Older Adulthood, by Robert G. Winingham

When a Voice No Longer Speaks: A handbook for Caregivers, Friends & Families going through the journey of Alzheimer's & Dementia by Renee E. Davis

Cancer Issues:

What You Really Need to Know about Cancer, by Dr. Robert Buckman (2 copies-one damaged)

What to Eat If You Have Cancer: Healing Foods That Boost Your Immune System, by Maureen Keane, M.S., and Daniella Chace, M.S.

Breast Book, by Dr. Susan Love

Coping with Cancer: DSHS

Caregiver Issues:

Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive: by Claire Berman

Caregiver Therapy, By Julie Kuebelbeck and Victoria O'Conner (3 copies)

Caresharing. A Reciprocal Approach to Caregiving and Care Receiving in the Complexities of Aging, Illness or Disability, by Marty Richards

Counting on Kindness, by Wendy Lustbader (five copies)

Coming of Age With Aging Parents (The Bungles, Battles and Blessings) by Gail Goeller

Kind Hands, Assisting Vulnerable Adults, by Wendy Lustbader

Hard Questions, Simple Answers-A Workbook to Take the Crisis out of Caregiving, by Elana Peters, M.A. (includes two audio tapes)

Healing the Generations, by Barry Grosskoph, M.D.

Making the Moments Count, Leisure Activities for Caregiving Relationships, by Joanne Ardolf Decker (2 copies-one damaged)

Taking Care of Your Aging Family Members, by Nancy Hooyman/Wendy Lustbader (x3)

Elder Care: Six Step Guide to Balancing Work and Family, by John Marosy

Elder Rage or Take My Father, Please, by Jacqueline Marcell (Three copies)

Elder Reflections for People Who Care, by Pat Nekola

Beyond Rage, The Emotional Impact of Chronic Physical Illness, by JoAnn LeMaistre

And Thou Shalt Honor, A Caregiver's Companion, by Beth McLeod

The Family Carebook, by Dennis Kenny/Elizabeth Oettinger

Healing the Grieving Heart (Practical ideas for Caregivers), by Alan D. Wolfelt, PH.D.

Caregiving, The Spiritual Journey of Love, Loss, and Renewal, by Beth McLeod

It Takes More than Love, by Anita Beckerman/Ruth Tappen

Quick Tips for Caregivers, by Marion Karpinski (Two copies)

Gentle Care, by Moyra Jones

Mainstay, A Personal Account and Companion Guide, by Maggie Strong

Daily Comforts for Caregivers, Pat Samples (two copies)

Remember Tomorrow-A Woman's Companion, by Charmain Mandell

Chicken Soup for the Caregivers Soul – Stories to inspire caregivers in the home, community and the world

Should Mom be Left Alone? Should Dad Be Driving? Your Q&A Companion for Caregiving, by Dr. Linda Rhodes

Taking Care of Aging Family Members: A Practical Guide by Wendy Lustbader & Nancy R. Hooyman

The Caregiver Survival Series by James R. Sherman, Ph.D.

The Magic of Humor in Caregiving

Positive Caregiver Attitudes

Coping with Caregiver Worries

Creative Caregiving

Death and Dying Issues:

Nobody's Child Anymore, Grieving, Caring, and Comforting When Parents Die,
by Barbara Bartocci

Grieving the Death of a Mother, by Harold Ivan Smith

Living with Grief: Before and After the Death, Hospice Foundation of America

Be Not Afraid, Overcoming the Fear of Death, by Johann Arnold

Losing a Parent: Alexandra Kennedy

Questions & Answers on Death and Dying: A Companion Volume to On Death and Dying

Answers the most frequently asked questions about death

By Elisabeth Kubler-Ross, M.D.

I Wasn't Ready to Say Goodbye – surviving, coping & healing after the sudden death of a loved one – Brook Noel & Pamela D. Blair, Ph.D.

Living with Grief: When Illness is Prolonged: Hospice Foundation of America

Depression Issues:

Depression, The Mood Disease, by Dr. Francis Mark Mondimore (2 copies-one damaged)

A life worth living – practical strategies for reducing depression in older adults by Pearl M. Mosher-Ashley & Phyllis w. Barrett

Diabetes Issues:

The Johns Hopkins Guide to Diabetes, by Saudek, Rubin, and Shump (3 copies-one damaged)

General Aging Issues:

Age Power, by Dr. Ken Dychtwald

Male Menopause, by Jed Diamond

Coping with Your Difficult Older Parent – A Guide for Stressed-Out Children, by Grace Lebow & Barbara Kaine with Irwin Lebow

Grandpa, A Young Man Grown Old, by Harriet Sobol

Why Forgive?, by Johann Arnold

A Good Age, Alex Comfort

Readings in Aging and Death: Contemporary Perspectives, Steven Zarit

From Age-ing to Sage-ing, Zalman Schachter-Shalomi

The Baby Boomer's Guide to Nursing Home Care by Eric M. Carlson & Katharine Bau Hsiao

Dressing Tips and Clothing Resources For Making Life Easier by Shelley Peterman Schwarz

What's Worth Knowing by Wendy Lustbader

Grief & Grieving

Getting to the Other Side of Grief – Overcoming the Loss of a Spouse, by Susan J. Zonnebelt-Smeenge, R.N., Ed.D. & Robert C. De Vries, D.Min., Ph.D.

For Those Who Hurt by Charles R. Swindoll

Chicken Soup for the Grieving Soul – Stories about life, death and overcoming the loss of a loved one.

Grief Expressed: When a Mate Dies, by Marta Felber

Healing After Loss: Daily Meditations for Working Through Grief, Martha White Hickman

Living in the Shadow of the Ghosts of Grief – Step into the Light, by Alan D. Wolfelt, Ph.D.

Healing Your Grieving Heart, 100 Practical Ideas, by Alan D. Wolfelt, Ph.D.

Parkinson's Issues:

Parkinson's Disease, A Complete Guide for Patients and Families, by William J. Weiner, et al (2 copies)

Parkinson's Disease

Parkinson's Disease – A disorder of Movement, Mood and Thought (A pictorial book – actual pictures of brain) (Four Copies)

Placement Issues:

Nursing Homes-The Family's Journey, by Peter S. Silin

Health & Wellness

Acceptance Therapy written by Lisa Engelhardt (4 copies)

Celebrate-your-womanhood Therapy written by Karen Katafiasz (4 copies)

Stress Management

Stress Therapy written by Tom McGrath

Spirituality

Trust-in-God Therapy written by Carol Ann Morrow

The Measure of Our Days: A Spiritual Exploration of Illness by Jerome Groopman, M.D.

Misc.

Living with Illness or Disability: 10 Lessons of Acceptance, Understanding and Perseverance by Sharon A. Gutman, PhD, OTR/L

| *The Science of Staying Young* by John E. Morley, M.D. and Sheri R. Colberg, Ph.D.

Available Video Tapes/DVDs:

1. Kind Hands: Assisting Vulnerable Adults (60 mins.) (2 Copies)
2. American Heart Assn. Series on Strokes:
 - Stroke: What Every Person Needs to Know (18 mins.)
 - Coming Back: Recovering After A Stroke (22 mins.)
 - Coming Back: A Gift of Caring (18 mins.)
 - Coming Back: You're Not Alone (18 mins.)
3. Alzheimer's Disease: Pieces of the Puzzle
 - Introduction (35 mins.)
 - A Practical Approach to Problem Behaviors (23 mins.)
 - A Practical Approach to Communication (23 mins.)
 - A Practical Approach to Activities of Daily Living (21 mins.)
 - A Practical Approach to Recreation (17 mins.)
4. Caregiver Survival Kit--National Family Caregivers Association (4)

5. Dying: On Our Own Terms--Bill Moyer (2 parts, approx. 8 hours)

| 6. Traveling with Arthritis—Advil

| Available Video Tapes/DVDs:

7. Keep Moving with Arthritis—Arthritis Foundation

8. Options: You have a Choice—(Residential Care/Home Care options)

9. Unforgettable Voices—Aricept-Shared Experiences

10. The Home Care Companion—Fall Prevention

11. The Grit and Grace of Being a Caregiver

12. A Prescription for Caregivers-Take Care of Yourself- Wendy Lustbader

13. Alzheimer's Disease-Living in the Here and Now

14. The Caregiver's Guide to Hearing Aids

15. Alzheimer's Disease-What Everyone Should Know-(Sponsored by Novartis)

16. Delivery Justice-Dialing for Dollars-(DVD) Investment and Telemarketing Fraud

17. Straight Talk About Dementia: A Caregiver's Perspective

18. What Every Caregiver Needs to Know About Alzheimer's Disease

| 24. Communication: Volume 2 – Aphasia

19. Caregiving Series: Volume 6 – Fire Safety (DVD)

20. Caregiving Series: Volume 8 – Personal Care (DVD)

21. Caregiving Series: Volume 12 – A Guide to Being a Companion Homemaker: Roles and Responsibilities (DVD)

22. Caregiving Series: Volume 13 – A Guide to Being a Companion Homemaker: Safety and Housekeeping (DVD)

| 23. ~~23.~~ Caregiving Series: Volume 14 – Nutrition and Meal Preparation for Older Adults (DVD)

24. 25. Communication: Volume 2 – Alzheimer’s Disease Project ACCESS Series of Seminars on Dementia (DVDs)

Our Stories: The Pullman Senior Center Writing Group

NOTE: When loaning books and/or tapes, please advise borrower that we would like items returned within 3 weeks, so we can keep them in circulation. Please record a name, phone number, and title of item borrowed and give to Suzy.

Updated: 08/11/2010