



## NEWSLETTER #2 – Nov 2020

This second newsletter will focus on books and web sites that we believe will be worth your time. As for the books, I have not read them all. The websites on the other hand are all ones that I subscribe to and find of value.

### Books

The books fall into two general categories. The first written by experts in the field, the second by family members discussing their experiences.

#### Books by Experts

**The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss**, by Nancy L. Mace and Peter V. Rabins.

This book is often referred to as the gold standard book for families caring for someone with Alzheimer's or Dementia. It's a care guide that has practical tips and information to improve the lives of people with dementia and also to help caregivers cope with their own emotions and needs.

**Learning to Speak Alzheimer's**, by Joanne Koenig Coste.

Learning to Speak Alzheimer's is a practical approach to ensuring the emotional well-being of both patients and caregivers by relating to patients in their own reality. Armed with this method, this book aims to enhance communication between caregivers and patients while offering many of practical tips to deal with the challenges of Alzheimer's.

**Mayo Clinic Guide to Alzheimer's Disease: The Essential Resource for Treatment, Coping and Caregiving**, by Ronald Petersen, ed. Rochester, MN: Mayo Clinic Health Solutions, 2006

If you're looking for a book that explains how Alzheimer's and other types of dementia affect the brain, but without confusing medical jargon, this concise guide outlines how the brain works, what constitutes healthy aging, signs and symptoms of Alzheimer's, as well as recent developments in diagnosis and treatment. It also includes a caregiver action plan with tips on medication administration, behavior management, home safety, and more.

## **Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers**, by *Jolene Brackey*.

A treasure trove of ideas and inspiration, *Creating Moments of Joy* encourages you to lighten up and seize the humor even in the most hopeless moments. It's easy to read with hundreds of practical tips to common problems such as eating, bathing, and sleeping.

### **Books by Family Members**

## **Before I Forget Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer's**, by *B. Smith and Dan Gasby*.

B. Smith is a restaurateur, magazine publisher, celebrity chef, and Alzheimer's patient. With the help of *Vanity Fair* contributing editor Michael Shnayerson, B and her husband Dan share their story and lessons while weaving helpful advice on day-to-day challenges into the narrative.

## **The Soul of Care**, by *Arthur Kleinman*.

A moving memoir and an extraordinary love story that shows how an expert physician became a family caregiver and learned why care is so central to all our lives and yet is at risk in today's world.

For a complete list of their books go to the following websites:

<https://dailycaring.com/must-read-alzheimers-books-for-caregivers/>.

<https://www.seniorlink.com/blog/best-dementia-books>.

<https://alz.org.sg/5-essential-books-on-alzheimers/>.

<https://www.alzstore.com/alzheimers-dementia-books-s/2064.htm>.

[https://www.barnesandnoble.com/b/books/health-diseases-disorders/alzheimers-disease-dementia/\\_/N-29Z8q8Z11kf](https://www.barnesandnoble.com/b/books/health-diseases-disorders/alzheimers-disease-dementia/_/N-29Z8q8Z11kf).

### **Websites**

There are also a number of websites that can be a continuing source information. Some of them are:

<https://caregiver.com>.

<https://nih.gov/health>.

<https://Kaiserhealthnews.org>.

<https://Dailycaring.com>.

[www.beingpatient.com](http://www.beingpatient.com).

## **New NYC Websites**

Add these two to the list from our initial newsletter

<https://caregivercare.org>.

<https://pssusa.org>.

## **Clinical Studies**

Two new music-based studies are now underway and both are looking for individuals. They are:

### **Music at Home Study**

The formal name is “Beyond Listening: A Caregiver Intervention.” It has been specially designed for caregivers of people with dementia or memory loss. The study is funded by the Alzheimer’s Association. There is no cost to participate.

Contact Kendra ray at 718-368-7927 or [kray@mjhs.org](mailto:kray@mjhs.org)

### **Louis Armstrong Department of Music Therapy and Mt. Sinai. Hospital**

A collaboration between Mount Sinai’s Louis Armstrong Center for Music and Medicine and the Alzheimer’s Disease Research Center, this 12-month study will assess the role of common experiences involving music to measure the quality of life and symptom management for people with Alzheimer’s disease and Mild Cognitive Impairment.

For additional information call 212.241.8329

## **Ira’s Recent Articles**

Ira has recently finished three articles, all focused on Alzheimer’s. They can be found on the About Us page of the [Alzheimer’s & Dementia Resource Center website](#).