

RESOURCES - MEMORY

BOOKS

Much Abides: A Survival Guide for Aging Lives

- By Charles H Edwards II, MD
- This book is intended to be a survival guide for aging lives. It is intended to be a welcome marker that finally appears when you think you have lost the trail.

Keep Sharp: Build a Better Brain at Any Age

- By Sanjay Gupta, MD
- Keep you brain young, healthy and sharp with this science-driven guide to protecting your mind from decline.

The Athlete's Way: Training Your Mind and Body to Experience the Joy of Exercise

- By Christopher Bergland
- Ultramarathoner Chris Bergland reveals the science behind the proverbial runner's high and shows how exercising not only trains the brain to crave more exercise – it will help you be happier, smarter, and more well-adjusted.

Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being

- By Rudolph E. Tanzi, PhD and Deepak Chopra, MD
- A manual for relating to the brain in a revolutionary new way, Super Brain shows you how to use your brain as a gateway for achieving health, happiness, and spiritual growth.

Soft-Wired: How the New Science of Brain Plasticity Can Change Your Life

- By Michael Merzenich, PhD
- In Soft-Wired, Dr. Merzenich – a world authority on brain plasticity – explains how the brain rewires itself across the lifespan, and how you can take control of that process to improve your life.

Change Your Brain, Change Your Life

- By Daniel Amen, MD
- Neuropsychiatrist Dr. Daniel Amen includes effective “brain prescriptions” that can help heal your brain and change your life.

The 36-Hour Day

- By Nancy L Mace, MA and Peter V. Rabins, MD, MPH
- After 35 years, still the indispensable guide for countless families and professionals caring for someone with dementia.

Creating Moments of Joy

- By Jolene Brackey
- Jolene Brackey has a vision: that we will soon look beyond the challenges of Alzheimer’s disease and focus more of our energies on creating moments of joy.

The Validation Breakthrough

- By Naomi Feil, MSW, ACSW and Vicki de Klerk-Rubin, RN, MBA
- Validation is a practical way of communicating with and managing problem behavior in older adults with Alzheimer’s-type dementia.

The Best Friends Approach to Alzheimer's Care

- By Virginia Bell, MSW and David Troxel, MPH
- Successfully implement this relationship-centered approach to dementia care that builds on the essentials of friendship – respect, empathy, support, trust, and humor.

I Was Thinking

- By Diana Waugh, RN, BSN
- I Was Thinking is a workbook that helps people better communicate with their loved ones suffering cognitive loss.

The Remember Balloons

- By Jessie Oliveros and Dana Wulfekotte
- This tender, sensitive, children's picture book gently explains the memory loss associated with aging and diseases such as Alzheimer's.

WEBSITES

Alzheimer's Association – North Carolina

- www.alz.org/northcarolina

Alzheimer's Association – South Carolina

- www.alz.org/southcarolina

Family Caregiver Alliance

- www.caregiver.org

National Institute on Aging – Alzheimer's Disease and Related Dementias

- www.nia.nih.gov/health/alzheimers