

## **Resources for Those Living with Alzheimer's:**

**Title:** *The Grace in Dying: A Message of Hope, Comfort, and Spiritual Transformation*

**Author:** Kathleen Dowling Singh

**Year of Publication:** 1998

**Summary:** *The Grace in Dying* gives us new eyes with which to view death. Kathleen Dowling Singh opens our eyes to the spiritual aspects of dying. Her message can offer reassurance throughout life.

**Title:** *The Me You Don't Know*

**Author:** Dee Marrella

**Year of Publication:** 2009

**Summary:** This book is intended to be filled out by you and given to your caregiver to better understand you. This book can act as a compass for your caregivers – guiding and directing them according to your needs and wishes.

**Title:** *Speaking our Minds: Personal Reflections from Individuals with Alzheimer's*

**Author:** Lisa Snyder, LCSW

**Year of Publication:** 2000

**Summary:** In *Speaking Our Minds*, seven individuals with Alzheimer's express their thoughts and feelings about what it is like to have the disease and its impact on their lives. With honesty and insight, they discuss receiving the diagnosis, changes in family and social relationships and the profound effects of memory loss on daily activity, spirituality and personal identity.

**Title:** *Legacy: A Step-By-Step Guide to Writing Personal History*

**Author:** Linda Spence

**Year of Publication:** 1997

**Summary:** *Legacy: A Step-By-Step Guide to Writing Personal History* is animated by the belief that every life has value and knowledge of others. A personal history is a gift to share. It can restore the connection between generations.

**Title:** *Between Two Worlds: Special Moments of Alzheimer's and Dementia*

**Author:** Peter V. Rabins, M.D.

**Year of Publication:** 1999

**Summary:** Experiencing firsthand the plight of those afflicted with Alzheimer's disease and related forms of dementia can be sad, lonely, and agonizing for family members and caregivers. Finding that silver lining of hope and even a bit of humorous relief during these difficult times may seem impossible. This book provides these reliefs and so much more.

**Title:** *Talking With Your Doctor: A Guide for Older People*

**Author:** National Institute on Aging

**Summary:** This handbook gives any loved one or caregiver the ability to ask the right questions with professionals and how approaching a professional for the first time about Alzheimer's disease.

**Title:** *When I Grow too Old to Dream: Coping with Alzheimer's Disease*

**Authors:** Gerry Naughtin and Terry Laidler

**Year of Publication:** 1991

**Summary:** This book is about human courage. It tells the stories of people who have Alzheimer's disease and other forms of progressive dementia. It tells the stories of caregivers and families whose lives have been shattered by the onset of a disease which are increasing in an aging society.

**Title:** *The Positive Interactions Program of Activities For People with Alzheimer's Disease*

**Authors:** Sylvia Nissenboim and Christine Vroman

**Year of Publication:** 2000

**Summary:** For too long, caregiving has been done to people with Alzheimer's disease on the assumption they can no longer do anything for themselves. But increasingly, care providers are recognizing how much can be done with someone with dementia – that activities and interactions can be enjoyable.

**Title:** *Why Do I Feel This Way?: What every woman needs to know about depression*

**Author:** Brenda Poinsett

**Year of Publication:** 1996

**Summary:** This book was written by a woman who suffered from depression herself and looks into how a woman's body, world and emotions make her especially prone to depression.

**Title:** *Understanding Difficult Behaviors*

**Authors:** Anne Robinson, Beth Spencer, Laurie White

**Year of Publication:** 1989

**Summary:** This book was written for caregivers and persons with dementia. These materials are intended to help caregivers understand the possible explanations for why challenging behaviors may occur.

**Title:** *Getting Old Without Getting Anxious*

**Authors:** Peter V. Rabins, Lynn Lauber

**Year of Publication:** 2005

**Summary:** The onset of anxiety disorders such as panic, phobia, depression and posttraumatic stress syndrome are often dismissed as unavoidable by-products of old age.

**Title:** *Spirit, Body, Healing: Using Your Mind's Eye to Unlock the Medicine Within*

**Authors:** Michael Samuels, M.D., Mary Rockwood Lane, R.N., and Ph.D.

**Year of Publication:** 2000

**Summary:** Whatever your spiritual orientation, this book offers practical, prescriptive methods that show our loved ones and us how to create immediate changes in our lives-now.

**Title:** *What You Can Change... And What You Can't*

**Author:** Martin E. P. Seligman

**Year of Publication:** 1993

**Summary:** In this researched book, we realize clearly what we can change and what we cannot change. You will discover: the four natural healing factors for recovering alcoholism, the vital difference between overeating and being overweight and so much more.

**Title:** *What You Can Change And What You Can't.. The Complete Guide to Successful Self-Improvement*

**Author:** Martin E. P. Seligman, Ph.D.

**Year of Publication:** 1993

**Summary:** This researched book helps us understand what we can and cannot change. The author pinpoints the techniques and therapies that work best for each person and condition, explains why they work, and discusses how you can use them to change your life.

**Title:** *The Next Place*

**Author:** Warren Hanson

**Year of Publication:** 1997

**Summary:** This short book is an inspirational journey of light and hope to a place where early hurts are left behind. Lose yourself in the uplifting sense of comfort and serenity.

**Title:** *The Healthy Heart Handbook for Women*

**Author:** US Department of Health and Human Services

**Year of Publication:** 2003

**Summary:** This handbook gives women an insight into what makes a healthy heart and a healthy body. Many different components are collected to create this informational handbook.

**Title:** *The Force of Character and the Last Life*

**Author:** James Hillman

**Year of Publication:** 1999

**Summary:** This book follows an enriching journey through the three stages of aging – lasting, the deepening that comes with longevity; leaving, the preparation for departure; and left, the special legacy we each bestow on our survivors.

**Title:** *Stages of Senior Care: Your Step-by-Step Guide to Making the Best Decisions*

**Authors:** Paul and Lori Hogan

**Year of Publication:** 2010

**Summary:** This resource guides you through a comprehensive range of things to consider when looking for the proper care for someone with Alzheimer's. This book will help you make better-informed decisions and be confident that the senior in your life is receiving the best care possible.

**(2) Title:** *Preventing Falls: A Defensive Approach*

**Author:** J. Thomas Hutton, M.D., Ph.D.

**Year of Publication:** 2000

**Summary:** In the United States, falling is the leading cause of injuries, the fifth leading cause of death, and the second leading cause of accidental death among people over age sixty-five. This guide is essential for seniors, caregivers and others who face this health risk in their daily lives.

**(2) Title:** *Finding Hope: Ways to See Life in a Brighter Life*

**Authors:** Ronna Fay Jevne & James E. Miller

**Year of Publication:** 1999

**Summary:** In this book, hope is described as the something that is not the same as wishing or coping or thinking positively. After describing what hope is, the authors offer twenty-two specific ideas about how to find, keep and build hope in your personal life.

**(2) Title:** *14,000 Things to Be Happy About*

**Author:** Barbara Ann Kipfer

**Year of Publication:** 2007

**Summary:** A quirky, compulsive, irresistible, list of all the little things that make us happy. Including: items, places, thoughts, celebrations, and our daily bread.

**Title:** *The Worry Cure: Seven Steps to Stop Worry from Stopping You*

**Author:** Robert L. Leahy, Ph.D.

**Year of Publication:** 2005

**Summary:** Worrying is second nature. It is what solves your problems and prevents you from making mistakes. This book helps readers identify, challenge and overcome all types of worry, using the most recent research and more than two decades of experience in training patients.

**Title:** *Handbook for Mortals: Guidance for People Facing Serious Illness*

**Authors:** Joanne Lynn, M.D., & Joan Harrold

**Year of Publication:** 1999

**Summary:** This handbook provides practical, reassuring information on some of the following topics: coping with the uncertainty of serious illness, managing symptoms and controlling pain, how to grieve and how to help others grieve and more.

**Title:** *Journey: A Sequence of Poems by Antonia Matthew*

**Author:** Antonia Matthew

**Summary:** These poems can provide a sense of serenity to those with Alzheimer's and also for caregivers who may be struggling.

**(2) Title:** *Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease*

**Author:** Joanne Koenig Coste

**Year of Publication:** 2003

**Summary:** Refuting long-accepted ideas, she calls for care partners to join patients to use their remaining skills to support their sense of independence and dignity; and most of all, continues communicating with patients by focusing on their emotional language.

**Title:** *Live in a Better Way: Reflections on Truth, Love and Happiness*

**Author:** Dalai Lama

**Year of Publication:** 1999

**Summary:** This book represents a decade's worth of His Holiness's annual public lectures given in India to audiences from all walks of life. Following each talk, are the original question-and-answer sessions, in which His Holiness opens himself up to his listeners.

**Title:** *Fall Prevention: Don't Let Your House Kick You Out!*

**Authors:** Gail Davies, PT, GCS, & Fran Scully, PT

**Year of Publication:** 2006

**Summary:** This is valuable resource for people who want to age safely at home. Physical therapists teach how to identify and eliminate fall hazards by walking the reader through an inspection of their home.

**Title:** *Alzheimer's: The Answers You Need*

**Authors:** Helen D. Davies & Michael P. Jensen

**Year of Publication:** 1998

**Summary:** This guidebook is written for people in the early stages of Alzheimer's disease and their caregivers. The book provides helpful answers to the questions raised by newly diagnosed, early-stage patients.

**Title:** *When It Gets Dark: An Enlightened Reflection on Life with Alzheimer's*

**Author:** Thomas DeBaggio

**Year of Publication:** 2003

**Summary:** Over the course of this memoir, the author revisits many of the people, places, and events in his life both in his memory and in fact. In a sense, he is saying goodbye and paying his respects to the world as it recedes him.

**Title:** *The Gift of Fear And Other Survival Signals That Protect Us From Violence*

**Author:** Gavin DeBecker

**Year of Publication:** 1997

**Summary:** This book shows you how to spot subtle signs of danger before it is too late. The author shatters the myth that most violent acts are unpredictable.

**(2) Title:** *Living With Grief: Alzheimer's Disease*

**Author:** Hospice Foundation of America

**Year of Publication:** 2004

**Summary:** This four-part book provides information on: Alzheimer's Disease and other Dementias, Personal Perspectives on Alzheimer's, Helping Patients and Caregivers Adapt, and Facing the Future.

**Title:** *Improving Your Memory: How to Remember What You're Starting to Forget*

**Author(s):** Janet Fogler & Lynn Stern

**Year of Publication:** 1994

**Summary:** This book provides sixteen specific techniques to improve your memory. Each technique is illustrated by clear examples and reinforced with exercises so that you can begin to sharpen your memory skills immediately.

**Title:** *The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer's Disease*

**Author:** Majid Fotuhi, M.D., PH.D.

**Year of Publication:** 2003

**Summary:** In this groundbreaking and reassuring book, the author, one of the world's foremost experts in the field of memory loss and Alzheimer's disease, outlines an exciting and highly effective action plan for improving mental agility and preventing memory loss.

**Title:** *Managing Your Moods*

**Author:** Mary Graham

**Year of Publication:** 2004

**Summary:** Sometimes our moods can get the best of us. They can even stand in the way of healthy communication with others. So let's sit down and have a heart-to-heart study about our moods and emotions.

**Title:** *Share the Care*

**Author(s):** Cappy Capossela & Sheila Warnock

**Year of Publication:** 1995

**Summary:** This book provides valuable guidelines, compassionate suggestions and a simple-to-use workbook section that together offer support to help free the patient from worry and the caregivers from burnout.

**Title:** *Is It Alzheimer's?*

**Author(s):** Roger Granet, M.D., & Eileen Fallon

**Year of Publication:** 1998

**Summary:** You've dared to ask the question: Is it Alzheimer's? This is the book that will help you find the answer and the information you need. Many people put off diagnosis for themselves or someone they love, believing nothing can be done.

**Title:** *You are One of Us*

**Author:** Lisa P. Gwyther

**Year of Publication:** 1995

**Summary:** This book provides successful clergy/church connections to Alzheimer's families. This bond is very helpful for those living with the disease.

**(2) Title:** *Idea For Making Your Home Accessible*

**Author:** Accent: Living Magazine

**Year of Publication:** 1998

**Summary:** This easy-to-use reference is packed with information on special devices and where to get them and also helpful ideas.

**Title:** *Bathing Without a Battle: Personal Care for Individuals With Dementia*

**Author(s):** Ann Louise Barrick, Joanne Rader, Beverly Hoeffler & Phillip D. Sloane

**Year of Publication:** 2002

**Summary:** This book presents an individualized, problem solving approach to bathing and person care of individuals with dementia. Based on extensive original research and clinical experience, the authors have developed strategies and techniques that work in both the institution and home settings.

**Title:** *Looking Into Your Voice: The Poetic and Eccentric Realities of Alzheimer's*

**Author:** Anne Davis Basting

**Year of Publication:** 2010

**Summary:** This tender elegy reveals the brilliance of transforming mind and will forever change how you relate to a person with Alzheimer's.

**(2) Title:** *Five Good Minutes*

**Author(s):** Jeffrey Brantley, MD & Wendy Millstine

**Year of Publication:** 2005

**Summary:** 100 morning practices to help you stay calm and focused all day long.

**Title:** *Simple Abundance: A Daybook of Comfort and Joy*

**Author:** Sarah Beth Breathnach

**Year of Publication:** 1995

**Summary:** This book shows you how your daily life can be an expression of your authentic self, as you choose the tastiest vegetables from your garden, search for treasures in flea markets, establish a sacred space in your home and follow the rhythm of the seasons and the year.

**Title:** *Helping Yourself Help Others*

**Author:** Rosalynn Carter

**Year of Publication:** 1994

**Summary:** This book is a rare combination of Mrs. Carter's warmly, personal account of her own caregiving experience and a reassuring, insightful guidebook that offers practical solutions to caregivers' typical problems.

**Title:** *There's Still A Person In There: The Complete Guide to Treating and Coping with Alzheimer's*

**Author(s):** Michael Castleman, Dolores Gallagher-Thompson, & Matthew Naythons

**Year of Publication:** 1999

**Summary:** This book focuses on the confusion of a person with Alzheimer's and how to cope and help a person living with the disease.

**(2) Title:** *The Complete Guide to Alzheimer's Proofing Your Home*

**Author:** Mark L. Warner

**Year of Publication:** 2000

**Summary:** This guidebook shows how to create a home environment that helps you cope with the difficulties associated with Alzheimer's and related dementia. This book is documented with information about specific products that make the home safer, a more pleasant environment and an exhaustive directory of manufacturers helps the caregiver locate the latest products for home healthcare.



In her remarkable book, *The Grace in Dying*, Singh described what she called the "Nearing Death Experience" that she observed time and again: I realized that what I had been witnessing in the process of dying was grace, all around, shimmering and penetrating. I began, with newly opened eyes, to observe the subtlety of this grace and to observe the qualities of grace in those nearing death. Reference: Kathleen Dowling Singh, *The Grace in Dying: A Message of Hope, Comfort, and Spiritual Transformation* (HarperOne: 2000), 14, 15. Emphasis mine. Image credit: Woman Knitting (detail), fancycarve. Buy a cheap copy of *The Grace in Dying : How We Are* book by Kathleen Dowling Singh. Right from the start Kathleen Dowling Singh proclaims: Dying is safe. You are safe. Your loved one is safe. That is the message of all the words here. True to her Free shipping over \$10. Singh offers the theory that we go through necessary spiritual stages before dying, whether or not we have been looking for spiritual transformation. Dying offers us a crash course, the equivalent of a spiritual shotgun wedding. When we are stripped of everything we thought made us unique, a universal specialness is revealed. Regardless of when it happens - years, months or seconds from our death - we will come to realize the unimportance of what was once important. *The Grace in Dying* book. Read 27 reviews from the world's largest community for readers. A moving illumination of the final transition of our lives. It is a spiritual guide based on Eastern religions and Sufi and Christian mysticism. Theological symbols and doctrines are treated lightly and respectfully. In addition to her erudite in philosophy and religions works, Dr. Singh also has many first-hand Death is not an outrage, nor an abyss of nihilistic darkness. Death is the threshold from which our encased consciousness pouring through the confines of Ego to the Ground of Being. This is the foundational theme of Singh's *Grace of Dying*.