

### **Book Checkout Process**

Books are available in Pastor Ashley's office and can be checked out anytime. There is a library card located on the inside cover of each book. Please write your name and date then leave the card with Heather.

When you are ready to return the book, bring it back to the office.

### **Book Reviews- Dementia**

Having dementia or caring for someone with dementia – sometimes one wonders which is worse. The first must be frightening and bewildering, to say the least. For caregivers, also frightening, and exhausting. Both can feel alone and helpless. Both need support. These books help address these issues.

1. **A DIGNIFIED LIFE: The Best Friends Approach to Alzheimer's Care**  
by Virginia Bell, M.S.W. and David Troxell, M.P. H.  
A guide for care partners.

For a helpless Alzheimer's patient, one of the most comforting things must be to know that you are in the hands of someone you can trust. Like a best friend. Someone who has your back. The feelings stay even if the memory goes. This book shows how you can help you loved one feel safe.

2. **WALKING EACH OTHER HOME: Spiritual Companionship for Dementia Caregivers**  
by Jean M. Denton

Both caregivers and patients have spiritual needs. Companionship and love are perhaps the greatest gifts the caregiver can give. Maybe as important as meeting the physical needs. And companionship can be difficult with one who cannot communicate. The author, a registered nurse as well as an ordained priest, knows that caregivers as well as those for whom they care, can have negative emotions, and helps the caregiver understand and explore those emotions.

3. **LET'S LOOK TOGETHER: An Interactive Picture Book for People with Alzheimer's and Other Forms of Memory Loss.**  
by Rae-Lynn Ziegler

Finding activities for dementia patients can be challenging. And of course it can be difficult to communicate with them. Through a series of photographs, the author uses her experience as an occupational therapist to communicate with the patient. She finds a way to share emotional experiences without words, a supportive and heart-warming activity for patient and caregiver alike.

4. **WHEN IS ENOUGH, ENOUGH? A Positive Approach to Finding Balance In A Caring Life**  
by Teepa Snow, Christine Browdy, and Dan Bulgarelli

Caring for someone with dementia taxes one's resources in many ways- emotionally, physically, spiritually, financially, Sometimes caregivers forget their own needs in the process. This book helps us distinguish the essential needs of both the patient and the caregiver, and to create a balance, so as to ensure that the caregiver can continue without exhaustion and despair.

5. **DO THIS, REMEMBERING ME: The Spiritual Care of Those with Alzheimer's and Dementia**  
by Colette Bachand-Wood

The soul, the spirit, the emotions, seem to remain when the memory is gone. Alzheimer's patients may keep their faith in their hearts even when they can't remember the words and rituals. It may help them remember who they are inside. And both patients and caregivers need to know that God has not given up on them. Of course it's important to look after the body, but the soul might be crying out for help. This book shows how, in a kind, caring presence, reminding dementia patients of their faith can help them in their pain and fear.