

## Forget-Me-Not Spotlight

### The Top Resources from the Forget-Me-Not Resource Center

by Shannon Nosbisch, founder of Effingham Area Alzheimer's Awareness

The Forget-Me-Not Resource Center at the Effingham Public Library has been up and running for over 2 years. During those two years, the following books and DVDs are the ones that have been checked out the most. We thought it might be helpful for you to know what resources have helped others.

*Activities to do with Your Parent* by Judith Levy

*Alzheimer's Early Stages: First Steps for Family, Friends and Caregivers* by Daniel Kuhn

*Before I Forget: Love, Hope, Help and Acceptance in our Fight Against Alzheimer's* by B. Smith, Dan Gasby and Michael Schnayerson

*I'm Still Here – A Breakthrough Approach to Understanding Someone Living with Alzheimer's* by John Zeisel

It's all in your Approach DVD

*Keeping Love Alive as Memories Fade: The 5 Love Languages and the Alzheimer's Journey* by Debbie Barr, Edward G. Shaw, Gary D. Chapman

Lewy Body Dementia DVD

*Living Your Best with Early Stage Alzheimer's* by Lisa Snyder

*Surviving Alzheimer's* by Paul Scott

*Talking to Alzheimer's* by Claudia J. Strauss

*The 36-hour Day* by Nancy Mace

*The Alzheimer's Action Plan* by Lisa P. Gwyther, P. Murali Doraiswamy, and Tina Adler

The Art of Caregiving DVD

*The Brain Bible* by John Arden

*The Emotional Survival Guide for Caregivers* by Barry J. Jacobs

The Journey of Dementia DVD

All of these, but one, are in the Forget-Me-Not Resource Centers in Clay, Cumberland, Coles, Shelby, Jasper and Fayette Counties. That resource, *Talking to Alzheimer's*, will be in the libraries by the end of January.

If you would like to see a review of some of these titles, go to our website at [www.effinghamalz.org](http://www.effinghamalz.org) to read the Forget-Me-Not Spotlight reviews.

*These resources are available at the Effingham Public Library, Flora Public Library, Evans Public Library, Newton Public Library, Greenup Township Public Library, Shelbyville Public Library and the Mattoon Public Library in the Forget-Me-Not Resource Center. If you do not have a library card, ask at the main desk how you can check it out.*