

## **Forget-Me-Not Spotlight**

**Hugging Grandma by Zina Kramer**

**Remember Me? By Sue Glass**

**What's Happening to Grandpa by Maria Schriver**

**Still my Grandma by [Veronique Van Den Abeelea](#)**

When a family member has memory issues, it is difficult to tell young children what is going on. These four books help in explaining what is happening to the person they love. Children will have questions and will want to understand what is happening and what they can do to help. Alzheimer's disease and other forms of dementia are difficult to explain and talk about. But, with any of these books, it starts a conversation that will help all involved. These books not only explain about dementia, they provide specific and effective ways to maintain a positive relationship with their relative.

In *Remember Me?*, the girl in the story thinks that she has done something wrong to make her Grandpa forget her. She goes over all the little things that she did wrong in the past that could make her Grandpa forget her. Finally, she goes to her mom and asks why Grandpa didn't want to remember her. Her mother talks to her about Alzheimer's and explains what the disease is how she can help her Grandpa.

In *Hugging Grandma*, the little girl talks about all the things she and her Grandma have done. But, then, her Grandma starts saying the same things over and over again, she doesn't cook or play like she used to and she even forgets her birthday!! Her mother explains that Grandma has a sickness called Alzheimer's disease that makes it hard for her to remember things. The little girl finds ways to make her Grandma feel good and to help her.

*What's Happening to Grandpa* and *Still Grandma* use the same concepts to explain Alzheimer's disease and ways to help children cope and ways to maintain the relationship between them and their loved one. They all stress

that their loved one with Alzheimer's disease is still the same person, but has trouble remembering events and people they love.

All of these books are available at the Effingham Public Library from the Forget-Me-Not Resource Center. If you do not have a library card, they can be checked out under Effingham Area Alzheimer's Awareness.

*Review by Shannon Nosbisch, co-founder of Effingham Area Alzheimer's Awareness*