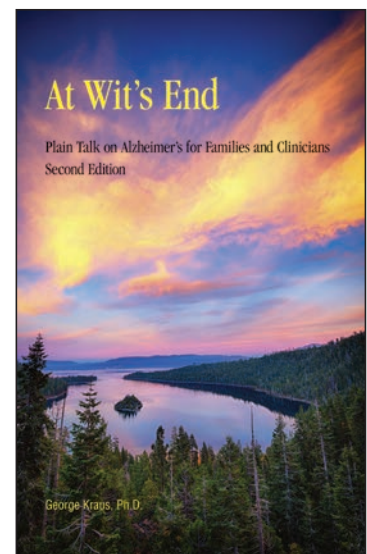
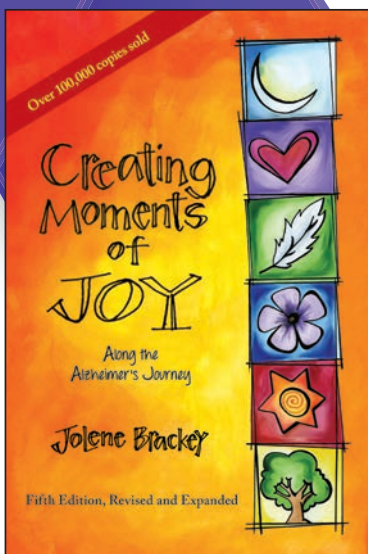


# Alzheimer's & Dementia Awareness

Books inspiring hope through knowledge



**PURDUE UNIVERSITY PRESS**

# CREATING MOMENTS OF JOY ALONG THE ALZHEIMER'S JOURNEY

A Guide for Families and Caregivers  
Fifth Edition, Revised and Expanded

Jolene Brackey

This new edition of *Creating Moments of Joy* is filled with practical advice sprinkled with hope, encouragement, new stories, and generous helpings of humor. In this volume, Brackey reveals that our greatest teacher is having cared for and loved someone with Alzheimer's and that often what we have most to learn about is ourselves.

## REVIEWS

*"Jolene Brackey offers caregivers and families one practical suggestion after another, including ways to use 'the important details of a person's history, passions, and interests' to empower loved ones to overcome daily struggles."*

—ANN KAISER STEARNS, PhD, best-selling author of *Living Through Personal Crisis* (2010)

*"Alzheimer's disease wraps its tendrils around all those within the range of love of the person living with the disease. Jolene Brackey's *Creating Moments of Joy* shows us how dear healing moments can be experienced by all who are within the grasp of the disease."*

—PAUL RAI, PhD, retired vice president of clinical services, Alzheimer's Association Massachusetts/New Hampshire

*"I have been working with older adults with dementia for over twenty-five years. Jolene brings a perspective that crosses both years and bridges. Whether the caregivers are family or professional, young or 'vintage,' rookie or seasoned, she understands the struggles and creates a language to communicate with them all."*

—DEBORAH RICHMAN, BS, ACC, vice president of education and outreach, Alzheimer's Association Minnesota/North Dakota

*"Jolene shows us how to lighten up and even find humor in the most highly charged situations."*

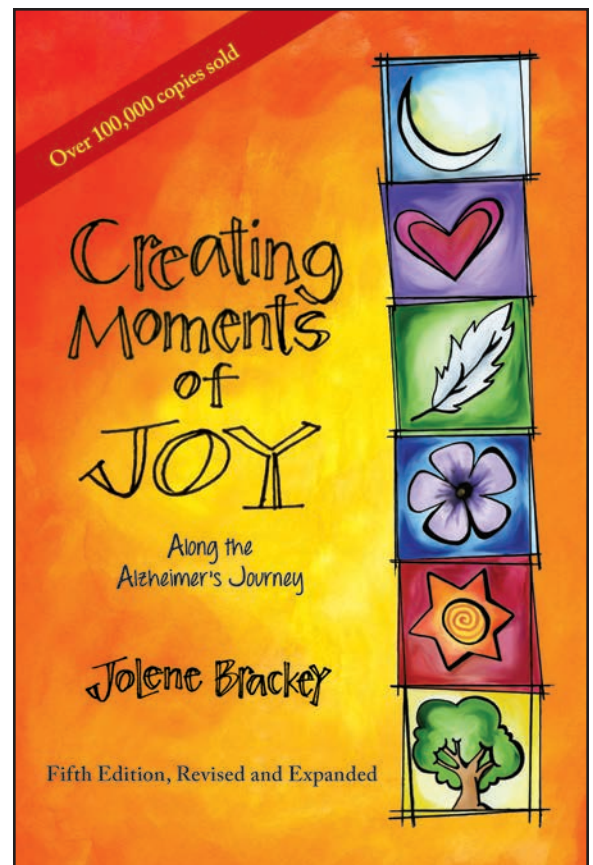
—KAREN AND KIM, co-founders of In Care of Dad

*"This book is key for anyone looking to transform a hardship into a life-affirming experience for both the care recipient and the caregiver, ultimately making you a more effective caregiver as well as a happy one!"*

—CARLYNE FOURNIER, producer of the short film *Remember When*

## KEY POINTS

- *Creating Moments of Joy* offers practical advice for creating moments of joy for a person with Alzheimer's disease or dementia on a daily basis.
- This book breaks down the learning process into six sections and then breaks those sections down into smaller, easy-to-follow steps.
- At the end of each step is a place to journal thoughts, ideas, solutions, and treasures for creating more moments of joy.



Paperback, 978-1-55753-760-7 • \$25.00

E-book available

296 pages • Nov 2016 • 6 × 9

**JOLENE BRACKEY** has shared her message of joy and inspiration with families and caregivers across North America for over twenty years. Now a sought after voice in the health care community, Brackey maintains an active speaking calendar that can be found at [www.enhancedmoments.com](http://www.enhancedmoments.com). Passing on all she has learned from her travels and from her work with families and loved ones, her passion is to change the way people see people with Alzheimer's and dementia.

# AT WIT'S END

Plain Talk on Alzheimer's for Families and Clinicians  
Second Edition

George Kraus

*At Wit's End* is a straightforward summary of leading advice for caring for someone with Alzheimer's disease, written without technical jargon and impractical nuance.

About 33 percent of the population will eventually provide care for someone with Alzheimer's. The strain of caring for a loved one with this disease can be enormous, yet the reward of enhancing a loved one's quality of life is beyond measure. So, where to begin?

Many books delve into other specific areas of Alzheimer's care, emphasizing the financial and legal challenges, as well as myriad medical treatment needs of those experiencing the disease. Unique among these offerings, *At Wit's End* explains the psychiatric and psychological aspects of Alzheimer's, and does so in a holistic and practical manner. Kraus focuses on the whole person across his or her full social, psychological, physical, and spiritual life to provide as complete a picture as possible of the changes that are in play. With this broad, thoughtful, and grounded approach, family members, clinicians, and caregivers are better able to discover and make wise choices from a wealth of effective interventions in all areas of care. It also allows them to care for themselves and their families in the dynamic, supportive care process.

## REVIEWS

*"Dr. Kraus provides in-depth information about the medical and psychological aspects of Alzheimer's disease in a way that everyone, from seasoned clinicians to families, can benefit from. A wonderful resource to help us understand this complex illness."*

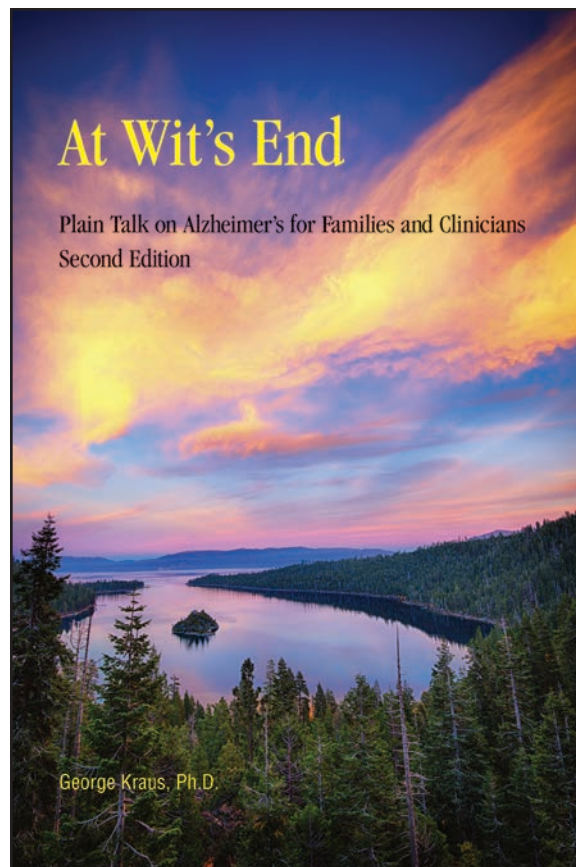
— **PETER A. LICHTENBERG**, Ph.D., ABPP, director, Institute of Gerontology and Merrill Palmer Skillman Institute, and professor of psychology, Wayne State University

*"This is a great work of empathy, illuminating the experience and the struggles of those diagnosed with Alzheimer's. In the tradition of the scientist-practitioner, Dr. Kraus comprehensively covers the medical and psychiatric features of Alzheimer's and tells us what we can do about it. He empowers us with knowledge and a practical approach. What is distinctive about this work is that he focuses on the psychiatric side of Alzheimer's, thus giving families hope again that they can have a positive impact on the quality of life of their loved one."*

— **GEORGE BOUKLAS**, Ph.D., private practice clinical psychologist

## KEY POINTS

- Delivers a plain language summary of important advice for families, clinicians, and caregivers.
- Newly updated and well-organized text for today's readers.
- Provides a broad, holistic view of the illness that helps families, clinicians, and caregivers make better decisions in all areas of care.



Paperback, 978-1-55753-767-6 • \$25.00

E-book available

242 pages • Oct 2016 • 6 × 9

**GEORGE KRAUS** is a psychologist specializing in the care of the elderly, especially those suffering from Alzheimer's disease and other dementias. He is on the faculty of John F. Kennedy University's Department of Clinical Psychology (Pleasant Hill, California) and is in private practice. He has published in a variety of professional and online journals including *Clinical Psychology Review*, *Small Group Research*, *Psychological Reports*, *Small Group Behavior*, and *Psychotherapy.net*.

# SHELVED

A Memoir of Aging in America

*Sue Petrovski with a foreword by Susan Neville*

Sue Petrovski has always been capable, thoughtful, and productive. After retiring from a long and successful career in education, she published two books, ran an antiques business, and volunteered in her community. When her mother was diagnosed with Alzheimer's disease and until her death eight years later, Petrovski served as her primary caregiver. She even cared for her husband when he also succumbed to dementia. However, when Petrovski's husband fell ill with sepsis at the age of eighty-two, it threw everything into question. Would he survive? And if so, would she be able to care for him and manage the family home where they had lived for forty-seven years? More importantly, how long would she be able to do so?

After making the decision to sell their house and move into a senior living community, Petrovski found herself thrust into the corporate care model of elder services available in the United States. In *Shelved: A Memoir of Aging in America*, she reflects on the move and the benefits and deficits of American for-profit elder care. Petrovski draws on extensive research that demonstrates the cultural value of our elders and their potential for leading vital, creative lives, especially when given opportunities to do so, offering a cogent, well-informed critique of elder care options in this country.

*Shelved* provides readers with a personal account of what it is like to leave a family home and enter a new world where everyone is old and where decisions like where to sit in the dining room fall to low-level corporate managers. Showcasing the benefits of communal living as well as the frustrations of having decisions about meals, public spaces, and governance driven by the bottom line, Petrovski delivers compelling suggestions for the transformation of an elder care system that more often than not condescends to older adults into one that puts people first—a change that would benefit us all, whether we are forty, sixty, eighty, or beyond.

## FROM THE FOREWORD:

*"You will find useful information about aging and decision-making in this book, but ultimately it's the voice of this graceful writer, and her insistence that despite being "shelved" a person can continue to live a life of meaning and purpose that will change your perceptions of aging and of the aged."*

—SUSAN NEVILLE, Butler University

## KEY POINTS

- *Shelved: A Memoir of Aging in America* is the research-based memoir of an eighty-four-year-old woman who, because of her husband's illness, moves from her home of forty-seven years into a popular senior living community.
- Petrovski thought she was being shelved after a lifetime of productivity, but what she discovered was a new life. Surrounded by a growing cadre of friends and freed from the responsibilities of cooking and housework, the writer began developing fresh interests and an awareness that one's elder years could be both an enjoyable and valuable time to grow, leave a legacy, and provide an important mooring to coming generations.
- For the thirty-four million American senior caregivers and seventy-six million baby boomers facing their winter years, *Shelved* offers optimistic research about aging, the story of one woman's journey into the elder care system, and recommendations for changes future elders should demand of senior care.



Hb, 978-1-55753-789-8 • E-book available  
192 pages • November 2017 • 6 × 9 • \$25.95

**SUE PETROVSKI** is a retired educator in her mid-80s who lives in an independent senior community with her husband of sixty-one years in Colorado. She is the author of the books *A Return Journey: Hope and Strength in the Aftermath of Alzheimer's* (Purdue University Press, 2003) and *Wild Apples: Reflections of a Thoughtful Life* (Outskirts Press, 2010). She holds a bachelor of arts degree in history from Lawrence University in Appleton, Wisconsin, and a master's degree in secondary/adult education from the University of Colorado.

## A RETURN JOURNEY

Hope and Strength in the Aftermath of Alzheimer's

Sue Petrovski

What choices were right, what choices were wrong, and how can she now help those whose journey is just beginning? *A Return Journey* by Sue Petrovski draws on the journals she kept during her mother's eight-year illness, and on her correspondence with other caregivers who were kind enough to share their innermost feelings and emotions. The 2017 paperback edition also includes a new foreword by the author reflecting on the work more than a dozen years later, after Petrovski cared for her husband who also was diagnosed with Alzheimer's disease, and after she moved them both into an assisted living community. Together, their stories and the added reflection of a dozen years provide the reader with an insider's view of the lessons to be learned from the heart of the experience itself. Petrovski clearly and wisely explains that in Alzheimer's care there are no "right" ways, no "best" decisions, no "perfect" answers. There is simply the journey through the disease with loved ones and *A Return Journey* back again.

### REVIEWS

*"A Return Journey is the result of Sue's personal journals during her mother's eight-year illness and her correspondence with other caregivers kind enough to share their innermost feelings and emotions. Their stories provide the reader with an insider's view of lessons to be learned from looking through the personal peephole of family members at the heart of the experience itself."*

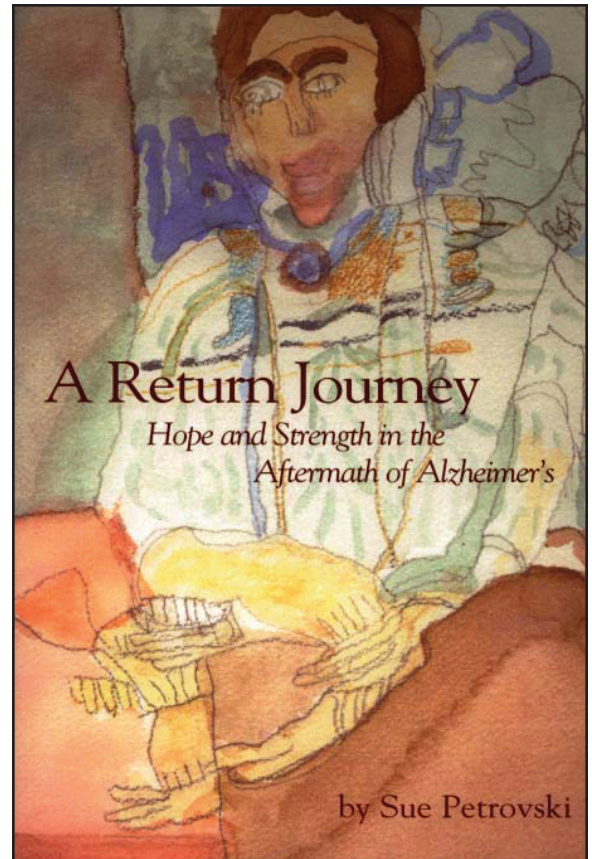
—**MARK WARNER**, author of *The Complete Guide to Alzheimer's-Proofing Your Home*

*"Every reader will benefit from the candid and caring personal accounts shared in this well-written book and will learn from those who have faced the Alzheimer's journey."*

—**MARCIA REISH**, BSN, RN, Early Stage Services Coordinator, Alzheimer's Association, Rocky Mountain Chapter

### KEY POINTS

- Examines the intricacies of caring for someone with Alzheimer's, speaking for and to caregivers in candor, on a topic most are not able to verbalize or address themselves
- Explores the hardships of the caregiver, after one has lost the battle and their loved one or a person entrusted to their care has died
- Addresses the needs of both families and healthcare professionals who are affected by the loss of their patients and loved ones



Pb, 978-1-55753-790-4 • E-book available  
206 pages • September 2017 • 6 × 9 • \$19.99

**SUE PETROVSKI** has a bachelor of arts degree from Lawrence University in Appleton, Wisconsin, and a master's degree in secondary/adult education from the University of Colorado. She is a retired teacher of high school history and government. Petrovski does volunteer work for her local Rocky Mountain Chapter of the Alzheimer's Association. In addition to a regular position on the helpline, she also assists an early stage support group and a strategy group at the association. Petrovski's mother died of the effects of Alzheimer's disease, as did her mother-in-law. She and her husband were the primary caregivers for her mother. Additionally, she was the primary caregiver for her husband.

## CHANGING SEASONS

A Language Arts Curriculum for Healthy Aging

Denise L. Calhoun

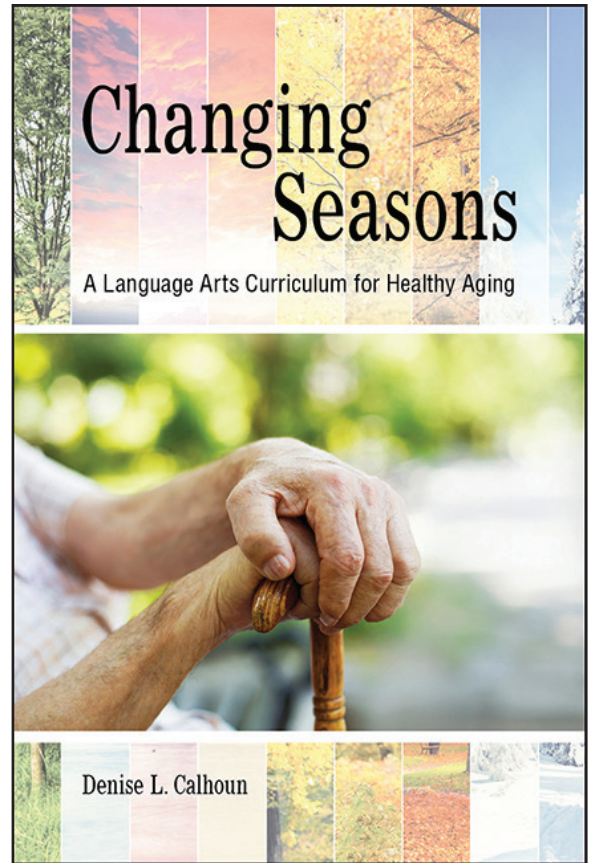
Effective communication in eldercare settings enables better caregiving and enhances understanding and a sense of well-being in those cared for. *Changing Seasons: A Language Arts Curriculum for Healthy Aging* by Denise L. Calhoun provides families, caregivers, individuals, and program administrators with a language-based, interdisciplinary program to help older adults improve and maintain effective communication skills.

In this volume, Calhoun illustrates a variety of strategies for effective communication with older adults and outlines a compact, easy-to-follow lesson plan for helping these people communicate and engage with the world around them. Each activity reveals new, creative, and fun ways to get individuals to speak, think, write, engage with others, and use their imagination. As activities described herein promote meaningful interactions and the creation of a stimulating environment, *Changing Seasons* underscores the importance of sustaining quality of life as we and those we love age.

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### KEY POINTS

- Provides a compact, easy-to-follow, step-by-step lesson plan.
- Illustrates a variety of strategies for effective communication in eldercare settings.
- Assists families, staff, and administrators in improving (and sustaining) oral and written language skills in the elderly.

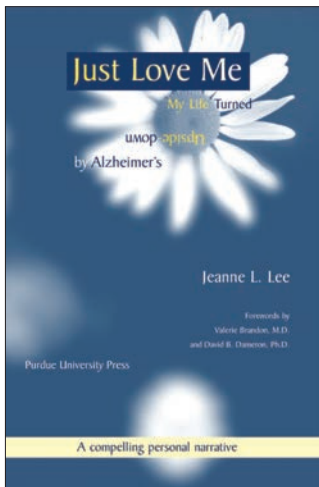


### Education

Pb, 978-1-55753-818-5 • E-book available  
110 pages • August 2018 • 6 × 9 • \$24.95 (t)

**DENISE L. CALHOUN** is a national board-certified distinguished teacher in language arts. She holds a master's degree in educational psychology from California State University, Northridge; a teaching credential from the Graduate Department of Education at the University of California, Los Angeles; and a bachelor's degree in history from the University of California, Los Angeles. Calhoun mentors new teachers for the Los Angeles Unified School District and is a master teacher for California State University, Northridge, where she trains candidates for their credential program. Her research focuses on gerontology and health care. She is pursuing her doctorate in organizational leadership from Pepperdine University.

# KEY BACKLIST IN ALZHEIMER'S AND ELDERLY CARE

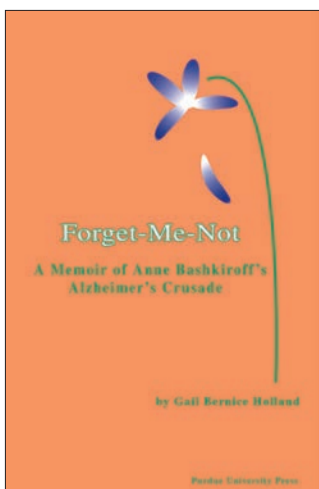


*Just Love Me* reveals the thoughts and emotions of a woman struggling with a suddenly unmanageable life; numerous hospitalizations, suicide attempts, everyday turmoil, and finally, the arduous search for an accurate diagnosis of the illness responsible for it all: Alzheimer's disease (AD).

This account is unique in that most books on the subject of Alzheimer's are written by a carepartner or medical professional. There are very few books actually written by a person living with the disease, and *Just Love Me* should be required reading for anyone who has any contact with a person afflicted with AD. This book is especially helpful for anyone related by birth, marriage, friendship, or those people who have a professional relationship with Alzheimer's sufferers.

Jeanne Lee's very personal, frank description of her life experiences before, approaching, and during the early stages of AD enables readers to better understand the disease from the inside out; a view not often seen by non-sufferers. By getting inside the mind of the author and experiencing with her the worries and frustrations that constantly torment her, the symptoms of AD become less enigmatic for the reader.

Jeanne L. Lee  
Pb, 978-1-55753-298-5 • 110 pages • 6 × 9 • \$16.95



"Riveting, insightful, supportive, and absolutely invaluable."

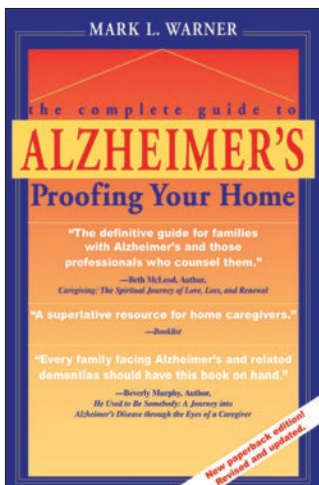
—*San Francisco Chronicle*

"Highly recommended."

—*Library Journal*

Anne Bashkiroff was a pioneer in the fight for Alzheimer's awareness. Her dear husband, Sasha, suffered for nine years with this terrible brain- and soul-damaging illness. Anne was faced with unanswered questions, economic heartaches, and lonely nights of suffering. The consequences of Alzheimer's and the extended burden the disease places on families and caregivers was not fully known in the 1970s. Instead of giving up, Bashkiroff moved to make the world aware of the silent disease. Her strength and dedication led her to help establish the Family Survival Project. In 1997, she testified before First Lady Rosalynn Carter about the needs of caregivers. Bashkiroff turned her inward suffering to outward hope.

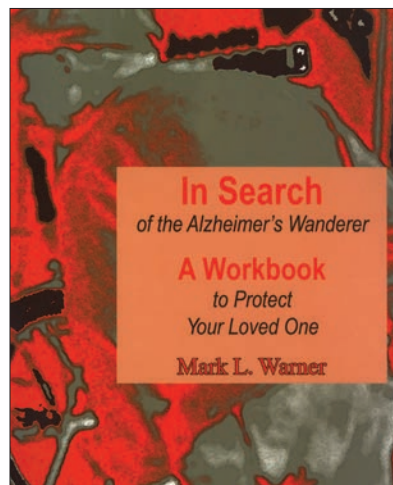
Gail Bernice Holland  
Pb, 978-1-55753-425-5 • 224 pages • 6 × 9 • \$19.95



"Warner has produced an exceedingly useful guide to coping with the multiple facets of Alzheimer's disease. Physical therapists, occupational therapists, and family members will find the book enormously useful!"

—*Physical & Occupational Therapy in Geriatrics*

Mark Warner  
Pb, 978-1-55753-202-2  
496 pages • 6 × 9 • \$39.99



"Mark Warner's *In Search of the Alzheimer's Wanderer* will save lives. This comprehensive workbook leaves no stone unturned, providing an in-depth tool to both caregivers and healthcare professionals. Of equal importance, it is a training guide for law enforcement whose job it is to find people with Alzheimer's once they are discovered missing. This book should be in every caregiving home and law enforcement office."

—*Gloria Cavanaugh, President & CEO, American Society on Aging*

Mark Warner  
Pb, 978-1-55753-399-9 160pages • 8.5 × 11 • \$29.95



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