

# YPWD April Newsletter Book List

## Reminiscence books

### **Around the World in Many Ways – YPWD**

We have released two books in our Life in Pictures Books series. “*Around the World in Many Ways*”, on the theme of transport, provides a collection of beautiful images and memory prompts, which are specially designed to aid reminiscence in younger people with dementia. A4 sized with a hard back cover, the book contains poems, references to songs, locations, television programmes and much more. Compiled by those working with and for younger people with dementia, they have been produced as there were no age specific books of this genre for younger people with dementia on the market.

### **Beside the Seaside – Helen J Bate**

“*Beside the Seaside*” in pictures celebrates our British coastline in words and pictures. Colourful paintings and fascinating archive photographs combine to provide a reminder of happy holidays spent at traditional seaside resorts, dramatic coastal landscapes and a few of the people and animals who live and work along our shores.

## Carers

### **I'm Still Here: Creating a Better Life for a Loved One Living with Alzheimer's - John Zeisel**

The unfortunate popular perception is that when someone is diagnosed with Alzheimer's, they are immediately lost to themselves, to those who love them and to those they love. In “I'm Still Here”, John Zeisel shows how you can connect with someone through the fog of dementia and build a relationship with the person within. This ground-breaking book focuses on connecting with an Alzheimer's patient through the abilities that don't diminish over the course of the disease, such as understanding music, art, facial expressions and touch. By harnessing these capacities, and by using other approaches to treatment, this book demonstrates how it is possible to offer those living with Alzheimer's a quality of life with a connection to others and to the world around them.

### **The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias & Memory Loss - Nancy L. Mace & Rabins**

Through 5 editions, “*The 36-Hour Day*” has been an essential resource for families who love and care for people with Alzheimer's disease. Whether a person has Alzheimer's disease or another form of dementia, he or she will face a host of problems. “*The 36-Hour Day*” will help family members and caregivers address these challenges and simultaneously cope with their own emotions and needs. This edition contains new information on devices to make life simpler and safer for people who have dementia, strategies for delaying behavioural and

neuropsychiatric symptoms, changes in Medicare and other health care insurance laws, palliative care, hospice care, durable power of attorney, and guardianship, dementia due to traumatic brain injury, choosing a residential care facility and support groups for caregivers, friends, and family members.

## **Children's**

### **Is Daddy Coming Back in a Minute? Explaining (Sudden) Death in Words very Young Children can Understand - Elke & Alex Barber**

This honest, sensitive, and beautifully illustrated picture book is designed to help explain the concept of death to children aged 3-7. Written in Alex's own words, it is based on the real-life conversations that Elke Barber had with her then three-year-old son, Alex, after the sudden death of his father. The book provides reassurance and understanding to readers through clear and honest answers to the difficult questions that can follow the death of a loved one and carries the invaluable message that it is okay to be sad, but it is okay to be happy, too.

## **Written by Professionals**

### **In Pursuit of Memory - Joseph Jebelli**

Alzheimer's is the great global epidemic of our time, affecting millions worldwide - there are more than five million people diagnosed in the US alone. And as our population ages, scientists are working against the clock to find a cure. Neuroscientist Joseph Jebelli is among them. His beloved grandfather had Alzheimer's and now he's written the book he needed then - a very human history of this frightening disease. But "*In Pursuit of Memory*" is also a thrilling scientific detective story that takes you behind the headlines. Jebelli's quest takes us from nineteenth-century Germany and post-war England to the jungles of Papua New Guinea and the technological proving grounds of Japan, through America, India, China, Iceland, Sweden, and Colombia. Its heroes are scientists from around the world - many of whom he has worked with - and the brave patients and families who have changed the way that researchers think about the disease.

### **Adventures in Memory: The Science and Secrets of Remembering and Forgetting - Hilde Ostby & Ylva Ostby**

A novelist and a neuroscientist uncover the secrets of human memory. With playfulness and intelligence, "*Adventures in Memory*" answers these questions and more, offering an illuminating look at one of our most fascinating faculties. The authors, two Norwegian sisters, one a neuropsychologist and the other an acclaimed writer - skilfully interweave history, research, and exceptional personal stories, taking readers on a captivating exploration of the evolving understanding of the science of memory from the Renaissance discovery of the hippocampus - named after the seahorse it resembles - up to the present day. Mixing metaphor with meta-analysis, they embark on an incredible journey: "diving for seahorses" for a memory experiment in an Oslo fjord, racing taxis through London, and "time-traveling" to the future to reveal thought-provoking insights into remembering and forgetting. Along the

way they interview experts of all stripes, from the world's top neuroscientists to famous novelists, to help explain how memory works, why it sometimes fails, and what we can do to improve it.

## **Living with Dementia**

### **Healthy Eating to Reduce the Risk of Dementia - Margaret Rayman**

In this much-needed book, Margaret Rayman and her team of nutritional experts give clear and effective guidelines on how to adapt your diet and lifestyle to help protect you against dementia as a healthy lifestyle and diet, especially in mid-life, can help to reduce the risk of developing dementia. In addition to general dietary advice, it includes 100 delicious and easy-to-follow recipes, all of which are based on two years of careful research. The detailed introduction summarises the teams' findings and explains, in a clear and concise manner, what foods, food components and nutrients can help to protect the brain and keep it functioning to its best capacity.

### **Dear Alzheimer's: A Diary of Living with Dementia – Keith Oliver**

Keith Oliver was diagnosed with young onset dementia at the age of 55. Unaware at the time that dementia could affect people of this age, Keith set out to increase public awareness of the condition and dispel the myths about the illness. Using a unique diary format, this intimate and empowering memoir captures what everyday life with dementia is like, offering both a candid look at its struggles, and a profoundly moving account of Keith's journey to live a full life afterwards.

*“You have few allies and mine are growing in number. Unlike you, I am not alone, I have others helping me to surround myself with a protective shell. Never truly yours,  
Keith.”*

## **Good Reads**

### **The Churchill Secret - Jonathan Smith**

1953 is synonymous in the British memory with the coronation of Queen Elizabeth II on 2 June. But less well known is what happened in 10 Downing Street on 23 June. With Anthony Eden vying for power, the elderly Prime Minister, Winston Churchill, must maintain the confidence of his government, the press, and the public. But after a diplomatic dinner in which he is on typically sparkling form, Churchill's Italian dining companions are rushed out of the building and his doctor called. The Prime Minister has had a stroke. Churchill is bedbound throughout the summer, and while secrecy agreements have been struck with leading newspaper barons, the potential impact of his health on public life is never far from the minds of his inner circle. With the help of a devoted young nurse and his indomitable wife, Clementine, Churchill gradually recoups his health. But will he be fit enough to represent Britain on the world stage?