

**Recommended Reading List**  
**Compiled by Mankato & North Mankato ACT on Alzheimer's**  
[katoactonalz.org](http://katoactonalz.org)

***Aging with Grace* by David Snowden, PhD**

In 1986, Dr. David Snowden embarked on a study that would change the way we view aging and ultimately, living. The School Sisters of Notre Dame who participated in the "Nun Study" opened up their lives and personal histories to learn how it affected their chance of developing dementia. In 1990, the study was expanded to six other convents, and 678 people eventually enrolled, each of them agreeing to donate their brains to science. A prescription of hope, *Aging With Grace* shows that old age doesn't have to mean an inevitable slide into illness and disability~rather it can be a time of promise and productivity, intellectual and spiritual vigor-a time of true grace.

"*Aging with Grace* has proven to be one of my all-time favorite books! The fact that it is about the Nun Study, which initially set out to explore how Alzheimer's disease manifests, was conducted in Mankato, MN with their own School Sisters of Notre Dame, is the icing on the cake. What you may anticipate learning from this book will likely be only a portion of what you will take with you after reading it, once, twice, or many more times as I found. Once you pick it up, this book will be hard to put down! I know it will impact your life~enjoy!"

Kristen Abbott-Anderson, PhD, RN, CNE  
Dean, College of Nursing and Health Sciences  
University of Wisconsin, Eau Claire  
ISBN 978-0-553-38092-7

***Alzheimer's Finding the Words* by Harriet Hodgson**

A guide for communicating with people who have Alzheimer's disease with support tips for the caregiver.

"It's a great timeless book. Although people with Alzheimer's disease can talk, it often takes solving a mystery to figure out what they mean. Embracing a good mystery or being a good sleuth will help you solve caregiving challenges."

ISBN: 1-56561-071-7

***Creating Moments of Joy* by Jolene Brackey**

Filled with short vignettes, this book has practical advice sprinkled with hope, encouragement and humor.

"This book reminds us how important it is to join in their journey and how we can all create 'moments of joy' for people with dementia throughout the stages."

ISBN: 978-1-55753-760-7

***Day to Day Living With Dementia: A Mayo Clinic Guide for Offering Care and Support* by Angela Lunde, M.A.**

For over 20 years, Ms. Lunde has made it her mission to improve emotional well-being and quality of life for those living with dementia and their care partners. This book gives you the research-backed strategies Ms. Lunde applies in her work every day.

"I've had the chance to hear Angela present on several of the topics in this book. Everytime I walk away grateful for her knowledge, compassion and commitment to improving the quality of life for all those impacted by Alzheimer's and related dementias. She is a Minnesota treasure!"

Sandi Lubrant  
Team Lead  
Mankato & North Mankato ACT on Alzheimer's  
ISBN 978-1-945564-23-9

**Grandpa & Lucy by Edie Weinstein**

A story about love and dementia written by Edie when she was a 9th grader and illustrated by her classmates and friends. This book was written as a Girl Scout Silver Award Project to help people, especially the youth, learn about dementia. She uses the ACT on Alzheimer's teachings about dementia to help create the story and give key dementia information.

"A heartwarming story with wonderful ways to connect with someone who has dementia and make the visits more enjoyable. A perfect gift for every family with children. Nice to see young people with a great cause."

ISBN 9781978288829

**I'm Still Here by John Zeisel, PhD**

This book embraces a new philosophy, an invitation to a different world view. It looks at the positive side of this illness as glass half full!

"Zeisel describes how engaging people with Alzheimer's can awaken them and their care partners. Being present to someone living with the disease teaches profound, usually unspoken, and often surprising lessons to those open to change. For them the relationships foster and unwrap special gifts in their relationship."

ISBN: 978-1-58333-376-1

**Jen's Story by Barry Peterson**

Imagine hearing these words, "She has Alzheimer's". Now imagine "she" is vibrant, active, loving and healthy...and just 55! Acclaimed CBS News Correspondent, Barry Peterson writes about their journey, what he did, and what he didn't do and how this beautiful love story needs to be read by all the families who have already heard that same devastating diagnosis - Early Onset Alzheimer's Disease.

"It is an intimate and courageously honest memoir about devastating loss, enduring love and finding strength to carry on," notes Lisa Graves, author of *Still Alice*.

ISBN 978-193301644-3

**Learning to Speak Alzheimer's by Joanne Koenig Coste**

The author describes how 5 core tenets helped her family make the best of a difficult situation. Her husband was diagnosed with Alzheimer's in his early 40's. Her practical approach works to enhance communication between care partners and those living with dementia.

"This is a great book with very helpful key points. She focuses on what remains in people with Alzheimer's and seeing the world from their perspective. By following her core tenets, one can feel as if you are an 'Alzheimer's whisperer' and really connect to people with dementia." Note – one concern about the book was the frequent reference to patients and those affected – it's best to refer to them as people living with Alzheimer's or dementia.

ISBN-13: 978-0-618-48517-8

***My Past is my Future* by Lanny D Butler, MS, OTR & Kari K Brizendine, PT**

This book is an attempt to provide an alternative to caring for your loved one with dementia by changing your perspective of the process of dementia and therefore change your reality of what is possible in the months and years ahead.

“What we perceive to be true becomes our reality. This book is a short read and thought provoking about how we have learned to think about dementia. In the absence of good information about how to interact with one who has this illness, we shortchange ourselves and well as the individual. Reframing our perspective creates opportunities for both the care recipient and the care receiver to experience joy throughout the journey.”

ISBN 1890306819

***My Two Elaines* by Marty Schreiber**

Memory Fading, Love Enduring

Former governor of Wisconsin, Marty Schreiber, has seen his beloved wife Elaine gradually transform from the woman who had gracefully entertained in the Governor's residence to one who sometimes no longer recognizes him as her husband. Marty candidly counsels others taking on this caregiver role with patience, adaptability and a sense of humor. He is able to show how love continues for his second Elaine!

“My Two Elaines provides real life lessons about how to cope and survive each day with loving care, particularly when communication is lost. Marty helps caregivers work through their guilt and sheds light on making difficult decisions when professional care is needed for a loved one.”

ISBN 13:9780785291695

***Still Alice* by Lisa Genova**

An accomplished woman slowly loses her thoughts and memories to a harrowing disease-only to discover that each day brings a new way of living and loving. At fifty years old, she's a cognitive psychology professor at Harvard and a world renowned expert in linguistics. When she becomes increasingly disoriented and forgetful, a tragic diagnosis of early onset Alzheimer's disease changes her life and her relationship with her family and the world forever.

“Although this book is a novel, by a first time novelist, so much research was done to make a very accurate portrayal. And like the title says, she's still Alice! This New York Times bestseller was turned into a movie in 2014 starring Julianne Moore. It should be noted, Sandy Oltz from Sartell, MN helped Moore prepare for the role.”

ISBN 978-1-4391-0281-7

***Wilfred Gordon McDonald Partridge* by Mem Fox**

A delightful children's book with a message for everyone. It details a young boy helping Miss Nancy Alison Delacourt Cooper find her memory.

“This is one of my favorite children's books. It shows how simple it can be to truly listen to people with dementia and help them connect to the world. Reminiscing with objects can be the key to unlocking memories.”

ISBN: 0-916291-04-9