

Check out Helpful Resources in the FUMC Library! Accessible 9am-3 pm, M-Th (church closed 12-1 pm)

Readers welcome on site with selected books and activity guides available for checkout. Materials listed below by specific categories. Brochures and flyers are available at no cost.

Books

Supportive Suggestions

Bedside Manners: A Practical Guide to Visiting the Ill, Katie Maxwell

Christian Caregiving: A Way of Life, Kenneth C. Haugk

The Quest for Quality Caring: Improve Your Ability to Relate to Others, Kenneth C. Haugk

Toolkit for Caregivers: Tips, Skills, and Wisdom to Maximize Your Time Together, Deidre Edwards, RN

Tough Decisions in Care of Elderly Loved Ones: A Guide for Caregivers, Mahesh Moolani, MC

The Dementias

Dementia Caregiver's Survival Guide and Dementia Caregiver's Respite: Effective Strategies for

Dementia Care and Self-Care, Janet G. Crux

Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease, Joanne Koenig Coste

Cancer

Braving Chemo: What to expect, How to Prepare, and How to Get Through It, Beverly Zavaleta, MD

The Chemotherapy Survival Guide, Judith McKay, RN, OCN and Tamera Schacher, RN, OCN, MSN

Things I wish I'd Known: Cancer Caregivers Speak Out, Deborah J. Cornwall

Aging

How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease, Michael Greger, MD

Outlive: The Science & Art of Longevity, Peter Attia, MD

Guides and Activity Workbooks

Alzheimer's Disease: 300 Tips for Making Life Easier, (comprehensive topical guide) Patricia R. Callone, MA, MRE, Connie Kudlacek, BS, Barbara C. Vasiloff, MA, Janaan Manternach, D Min, and Rober A. Brumback, MD

Caring for a Person with Alzheimer's Disease, National Institutes of Health Fact Sheet

Creative Engagement: A Handbook of Activities for People with Dementia, Rachael Wonderline with Geri M. Lotze, PH.D.

The Dementias: Hope Through Research, National Institutes of Health

Coach Broyles' Playbook for Alzheimer's Caregivers: A Practical Tips Guide, Frank Broyles

Dementia Activities for Seniors, 125 Easy and Fun Anti-Stress Puzzles and Cognitive Games for Cognitive Games to Boost Memory and Reduce Stress, Rockink Publishing

Frontotemporal Disorders: Information, for Patients, Families, and Professionals, National Institutes of Health

The Itty Bitty Dementia Book, Tam Cummings, Ph.D., Gerontologist

Lewy Body Dementia: Information for Patients, Families, and Professionals, National Institutes of Health

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias, Nancy L. Mace, MA and Peter V. Rabins, MD, MPH

Brochures/Flyers

Alzheimer's Disease Fact Sheet, National Institutes of Health Fact Sheet

Understanding Alzheimer's Disease: What You Need to Know, National Institutes of Health

Understanding Alzheimer's Disease Genes, National Institutes of Health Fact Sheet

Additional Reading Recommendations (Aging, ALS, Parkinson's, Dementias)

Books are available through, and rated by, Amazon.

Amazon 5*

The Caregiver's Companion, Debra Kelsey-Davis and Kelly Johnson, 2020, 160 pp., hardback/paperback (*reading sample available*).

My Aging Parents Need Help, Cynthia Kaye, 2022; 256 pp., Kindle/paperback/hardback/free on Amazon or Audible, also available at Walmart (*reading sample available*).

The 36 Hour Day: a Family Guide to Caring for people who have Alzheimer's and other Dementias, by Nancy L. Mace and Peter V. Rabins, 2021, 360 pp., Kindle/hardback/Audible (reading sample available).

Early-Stage Alzheimer's Caregiving: 7 Steps to Become a Healthy, Gracious, and Empowered Care Partner During the Dementia Ahead, Elly Ambit, 2024; 149 pp., Kindle/paperback/free on Amazon Unlimited. (reading sample available).

A Loving Approach to Dementia Care: Making Meaningful Connections while Caregiving, Laura Wayman, 2021; 200 pp., Kindle/hardback (reading sample available).

Onward Forward—My Journey with ALS, Brian Jeansonne and Alanis Morissette, 2024; 284 pp., Kindle, hardcover, paperback (reading sample available).

Amazon 4.5*

Dementia Caregiver Guide, Teepa Snow, 2018; 112 pp., paperback (reading sample available).

The Courage to Care: Being Fully Present with the Dying, Rev. Linda Bryce, 2021, 260 pp. Kindle/paperback (reading sample available).

Home Care Strategies for ALS Caregivers: Expert Tips and Support for Navigating ALS Caregiving, Shakil T. Beaumont, 2024, 110 pp., paperback (reading sample available).

Living with Parkinson's Disease: A Complete Guide for Patients and Caregivers, Michael Okun, MD, Irene A. Malaty, MD, 2020; 320 pp., Audiobook (Audible sample available), paperback.

Navigate the Parkinson's Maze: A Comprehensive Guide for Patients & Caregivers: treatments, strategies & Tips from Diagnosis to Long-Term Care, Bruce D. Wright, Ph.D., 2024; 176 pp., Kindle, hardback, paperback (reading sample available).

Self-Care for Caregivers: A Practical Guide to Caring for You While You Care for Your Loved One by Suzanne White, 2022; 205 pp., Kindle/hardback, free to read with Kindle Unlimited/Kindle Audible (reading sample available).

Parkinson's Disease: Guide for the Newly Diagnosed, Peter LeWitt, 202; 126 pp., Kindle and paperback (reading sample available).