# Resources Available about Dementia/Alzheimer’s disease

Niagara Falls Public Library

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Books

- **100 Simple Things You Can Do to Prevent Alzheimer’s and Age-Related Memory Loss**, Jean Carper, 2012
- **A Caregiver’s Guide for Alzheimer and Related Diseases**, Judith McCann-Beranger, 2004
- **A Loving Voice: A Caregiver’s Book of Read-Aloud Stories for the Elderly**, Carolyn Banks, 1992
- **Age-Defying Cooking for Health: Over 50 Youth-Enhancing Recipes Packed with Essential Anti-Ageing Nutrients**, M. Kyriazis, 2004
- **Age-Defying Fitness: Making the Most of Your Body for the Rest of Your Life**, Marilyn Moffat & Carole Bernstein Lewis, 2006
- **Aging: Theories and Potential Therapies**, Joseph Panno, 2005
- **Aging in Ontario: Diversity in the New Millennium**, Wendy L. Maurier, 2000
- **Aging is Living: Myth-Breaking Stories from Long-Term Care**, Irene Borins Ash, 2009
- **Aging Without Apology: Living the Senior Years with Integrity and Faith**, Robert E. Seymour, 1995
- **All Grown Up: Living Happily Ever After with Your Adult Children**, Roberta Maisel, 2001
- **All They Need**, Sarah Mayberry, 2011
- **Alzheimer’s Activities That Stimulate the Mind**, Emilia C. Bazan-Salazar, 2005
- **Another Country: Navigating the Emotional Terrain of our Elders**, Mary Bray Pipher, 1999
- **Away from Her**, Alice Munro, 2007
- **Barney’s Version**, Mordecai Richler, 2010
- **Bill Warrington’s Last Chance**, James King, 2010
- **Bio-Age: Ten Steps to a Younger You**, Brad King & Michael A. Schmidt, 2001
- **Brain Longevity: The Breakthrough Medical Program That Improves Your Mind and Memory**, Dharma Singh Kalsa, 1997
- **Brain Trust: The Hidden Connections Between Mad Cow and Misdiagnosed Alzheimer’s Disease**, Colm Kelleher, 2004
- **Breaking the Rules of Aging**, David A. Lipschitz, 2002
- **Buffalo Lockjaw**, Greg Ames, 2009
- **Caregiving: Hospice-Proven Techniques for Healing Body and Soul**, Doug C. Smith, 1997
- Choices: For People Who Have a Terminal Illness, Their Families and Their Caregivers, Harry Von Bommel, 1987
- Choices at the End of Life: Finding Out What Your Parents Want Before It’s Too Late, Linda Norlander & Kerstin McSteen, 2001
- Chronic Conditions and Caregiving in Canada: Social Support Strategies, Miriam Stewart, 2000
- Curveball: The Year I Lost My Grip, Jordan Sonnenblick, 2012
- Daddyboy: A Memoir, Carol Konek, 1991
- Dementia, Patrick McNamara, 2011
- Defying Age: How to Think, Act, and Stay Young, Miriam Stoppard, 2003
- Different Minds: Living with Alzheimer Disease, Lorna Ellen Drew & Leo C. Ferrari, 2005
- Diversity in Aging, Scott A. Bass, 1990
- Doing the Right Thing: Taking Care of Your Elderly Parents Even if They Didn’t Take Care of You, Roberta Satow, 2005
- Dying for a Hamburger: Modern Meat Processing and the Epidemic of Alzheimer’s Disease, Murray Waldman & Marjorie Lamb, 2004
- Edgar Allen Poe’s Tales of Death and Dementia, Edgar Allan Poe, 2009
- Elegy for Iris, John Bayley, 1999
- Erased from Memory, Diana O’Hehir, 2006
- Estate Planning Through Family Meetings (Without Breaking Up the Family), Lynne Butler, 2010
- Fact Book on Aging in Canada, Government of Canada, 1983
- Family Ties and Aging, Ingrid Arnet Connidis, 1989
- Finding Rosa: A Mother with Alzheimer’s, a Daughter in Search of the Past, Caterina Edwards, 2008
- Freedom from Disease: The Breakthrough Approach to Preventing Cancer, Heart Disease, Alzheimer’s, and Depression by Controlling Insulin, Peter Morgan Kash & Jay Lombard, 2008
- Getting Old Without Getting Anxious, Peter V. Rabins & Lynn Lauber, 2005
- Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being, Andrew Weil, 2005
- Home from Here: Reflections on Grief, Memory, and Home, Mary Friesen, 2007
- How to Avoid Falling: A Guide for Active Aging and Independence, Eric Fredrikson, 2004
- How to Care for Aging Parents, Virginia Morris, 2004
- How to Make the Rest of Your Life the Best of Your Life, Mark Victor Hansen & Art Linkletter, 2006
- How to Talk to Your Senior Parents About Really Important Things: Specific Questions and Answers and Useful Things to Say, Theresa Foy DiGeronimo, 2001
- Husbands and Wives All These Years: from Caring to Caretaking, Lillian S. Hawthorne, 2006
- Island Girl, Lynda Simmons, 2010
- Kill Switch, Chris Lynch, 2012
- Learning to Speak Alzheimer’s: A Groundbreaking Approach for Everyone Dealing with the Disease, Joanne Koenig Coste, 2004
- Letters for Emily: A Novel, Carol Wright, 2001
- Losing My Mind: An Intimate Look at Life with Alzheimer’s, Thomas DeBaggio, 2002
- Lost: A Novel, Alice Lichenstein, 2010
- Love, Laughter, & Mayhem, Cynthia K. Keith, Joyce M. Gilmour, 2010
- Mayo Clinic on Alzheimer’s Disease, Ronald C. Petersen, 2001
- Measure of the Heart: A Father’s Alzheimer’s, a Daughter’s Return, Mary Ellen Geist, 2008
- Memory Lessons: A Doctor’s Story, Jerald Winakur, 2009
- Men As Caregivers, Betty J. Kramer, 2002
- Mental Fitness for Life: 7 Steps to Healthy Aging, Sandra Cusack & Wendy J. A. Thompson, 2003
- Mother in the Middle: A Biologist’s Story of Caring for Parent and Child, Sybil Lockhart, 2009
- Mother’s Boy, Stanley Middleton, 2006
- My Mother, Your Mother: Embracing “Slow Medicine” – The Compassionate Approach to Caring for Your Aging Loved Ones, Dennis M. McCullough, 2008
- Night of Fear, Peg Kehret, 1994
- Nursing Home Know-How: Compassion for Caregivers, Gail D. Boyle, 2011
- Our Turn to Parent: Shared Experiences and Practical Advice on Caring for Aging Parents in Canada, Barbara Dunn & Linda Scott, 2009
- Parenting Your Parents: Support Strategies for Meeting the Challenge of Aging in the Family, Bart J. Mindszenthy & Michael Gordon
- Passages in Caregiving: Turning Chaos into Confidence, Gail Sheehy, 2010
- Play Hard, Die Young: Football Dementia, Depression, and Death, Bennet Omalu, 2008
- Pop, Gordon Korman, 2009
- Preventing Alzheimer’s: Prevent, Detect, Diagnose, Treat and Even Halt Alzheimer’s Disease and Other Causes of Memory Loss, William Rodman Shankle & Daniel G. Amen, 2004
- Protect Your Elderly Parents: Become Your Parents’ Guardian or Trustee, Lynne Butler, 2008
- Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory and Protect Yourself Against Aging and Alzheimer’s, Jeff Victoroff, 2003
- **Soucouyant**, David John Chariandy, 2007
- **Still Alice: A Novel**, Lisa Genova, 2009
- **Strength for Today: Inspiration for Caregivers**, Lori Hogan, 2012
- **TailSpin**, Catherine Coulter, 2009
- **Talking to Alzheimer’s: Simple Ways to Connect When You Visit with a Family Member or Friend**, Claudia Strauss, 2001
- **The 10 Best Questions for Living with Alzheimer’s: The Script You Need to Take Control of Your Health**, Dede Bonner, 2008
- **The 36 Hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life**, Nancy L. Mace & Peter V. Rabins, 2006
- **The 100 Simple Secrets of the Best Half of Life: What Scientists Have Learned and How You Can Use It**, David Niven, 2005
- **The Ageing Brain**, Lawrence J. Whalley, 2001
- **The Better Brain Book: The Best Tools for Improving Memory and Sharpness and for Preventing Aging of the Brain**, David Perlmutter & Carol Colman, 2004
- **The Changing Brain: Alzheimer’s Disease and Advances in Neuroscience**, Ira B. Black, 2002
- **The Christmas Clock: A Novel**, Kat Martin, 2009
- **The Cox-2 Connection: Natural Breakthrough Treatment for Arthritis, Alzheimer’s, and Cancer**, James B. LaValle, 2001
- **The Facts About Alzheimer’s Disease**, Laurie Beckelman & Elaine Wynn, 1990
- The Family Squeeze: Surviving the Sandwich Generation, Suzanne Kingsmill & Benjamin Schlesinger, 1998
- The Fifth Season, Robert C. S. Downs, 2000
- The Gale Encyclopedia of Genetic Disorders, Stacey Blachford, 2002
- The Hard Questions for Adult Children and Their Aging Parents: 100 Essential Questions for Facing the Future Together with Courage and Compassion, Susan Piver, 2004
- The House on Beartown Road: A Memoir of Learning and Forgetting, Elizabeth Cohen Van Pelt, 2003
- The Inflammation Cure: How to Combat the Hidden Factor Behind Heart Disease, Arthritis, Asthma, Diabetes, Alzheimer’s Disease, Osteoporosis, and Other Diseases of Aging, William Joel Meggs & Carol Svec, 2004
- The Long Goodbye, Patti Davis, 2004
- The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer’s Disease, Majid Fotuhi, 2003
- The Pleasure was Mine, Tommy Hays, 2005
- The Prince of Nantucket: A Novel, Jan Goldstein, 2007
- The Saving Bannister, Canadian Authors Association, Niagara Branch, 2003
- The Story of Forgetting: A Novel, Stefan Merrill Block, 2008
- There’s Still a Person in There: The Complete Guide to Treating and Coping with Alzheimer’s, Michael Castleman & Dolores Gallagher-Thompson, 1999
- Twilight Travels with Mother: How I Found Strength, Hope, and a Sense of Humor Living with Alzheimer’s, Mary Ann Mayo, 2003
- Welcome to the Departure Lounge: Adventures in Mothering Mother, Meg Federico, 2009
- When I Grow Too Old to Dream: Coping with Alzheimer’s Disease, Gerry Naughtin & Terry Laidler, 1991
- When it Gets Dark: An Enlightened Reflection on Life with Alzheimer’s, Thomas DeBaggio, 2003
- When the Man You Love is Ill: Doing Your Best for Your Partner Without Losing Yourself, Dorree Lynn & Florence Isaacs, 2007
- When Your Loved One Has Dementia: A Simple Guide for Caregivers, Joy A. Glenner, 2005
- Where There’s a Will, John Clifford Mortimer, 2004
- **Will You Still Need Me? Feeling Wanted, Loved, and Meaningful As we Age**, Angela Browne Miller, 2010
- **You Lost Me There**, Rosecrans Baldwin, 2010

**DVDs**
- **Away from Her**, 2007
- **Barney’s Version**, 2011
- **Caring for Your Parents**, 2008
- **Diminished Capacity**, 2008
- **Embracing Aging: Families Facing Change**, 2008
- **Plain Talk About Alzheimer’s Disease: Alzheimer’s Related Dementia and Wandering**, 2008
- **Quick Brown Fox: An Alzheimer’s Story**, 2005
- **Rise of the Planet of the Apes**, 2011
- **The Elder Project**, National Film Board of Canada, 2010

**Audiobooks**
- **Healthy Aging**, Andrew Weil, 2005

**VHS**
- **Help is at Hand**, Alzheimer Society of Niagara Region, 1997
- **Iris**, Miramax Films, 2002

**Electronic Resources**
- **Encyclopedia of Aging**, David J. Ekerdt, 2002
- **Encyclopedia of Aging**, David J. Ekerdt, 2002
- **Growing Old in America**, Barbara Wexler, 2006
- **Help Me: Elder Abuse in Canada**, Robert Osborne, 2005
- **The Gale Encyclopedia of Neurological Disorders**, Stacey L. Chamberlin, 2005

**Ebooks**
- **Alzheimers & Dementia: Questions You Have... Answers You Need**, People’s Medical Society
- **Dealing with Dementia: Optimizing Functional and Life Quality Outcomes**, Manisses Communication Group
- **Dignifying Dementia: A Caregiver’s Struggle**, Elizabeth Tierney, 2011

**Stamford Centre Branch**
3643 Portage Road, Niagara Falls
Books
- **100 Simple Things You Can Do to Prevent Alzheimer’s and Age-Related Memory Loss**, Jean Carper, 2012
- **A Caregiver’s Guide for Alzheimer and Related Diseases**, Judith McCann-Beranger, 2004
- **Age Right: Turn Back the Clock with a Proven, Personalized Antiaging Program**, Karlis Ullis & Greg Ptacek, 1999
- **Barney’s Version**, Mordecai Richler, 2010
- **Buffalo Lockjaw**, Greg Ames, 2009
- **Estate Planning Through Family Meetings (Without Breaking Up the Family)**, Lynne Butler, 2010
- **Freedom from Disease: The Breakthrough Approach to Preventing Cancer, Heart Disease, Alzheimer’s, and Depression by Controlling Insulin**, Peter Morgan Kash & Jay Lombard, 2008
- **Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being**, Andrew Weil, 2005
- **Home from Here: Reflections on Grief, Memory, and Home**, Mary Friesen, 2007
- **How to Care for Aging Parents**, Virginia Morris, 2004
- **Losing It**, Alan Cumyn, 2001
- **Mayo Clinic on Alzheimer’s Disease**, Ronald C. Petersen, 2001
- **Our Turn to Parent: Shared Experiences and Practical Advice on Caring for Aging Parents in Canada**, Barbara Dunn & Linda Scott, 2009
- **Pop**, Gordon Korman, 2009
- **Protect Your Elderly Parents: Become Your Parents’ Guardian or Trustee**, Lynne Butler, 2008
- **Still Alice: A Novel**, Lisa Genova, 2009
- **TailSpin**, Catherine Coulter, 2009
- **The 100 Simple Secrets of the Best Half of Life: What Scientists Have Learned and How You Can Use It**, David Niven, 2005
- **The Age-Free Zone**, Barry Sears, 1999
- **The Better Brain Book: The Best Tools for Improving Memory and Sharpness and for Preventing Aging of the Brain**, David Perlmutter & Carol Colman, 2004
- **The Christmas Clock: A Novel**, Kat Martin, 2009
- **The Facts About Alzheimer’s Disease**, Laurie Beckelman & Elaine Wynn, 1990
- **The Pleasure was Mine**, Tommy Hays, 2005

DVDS
- **Aging in Place**, 2008
- **Barney’s Version**, 2010
- **Rise of the Planet of the Apes**, 2011

**Audiobooks**
- **The Wilderness**, Samantha Harvey, 2009

**Electronic Resources**
- **Encyclopedia of Aging**, David J. Ekerdt, 2002
- **Encyclopedia of Aging**, David J. Ekerdt, 2002
- **Growing Old in America**, Barbara Wexler, 2006
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**Community Centre Branch**

*7150 Montrose Road, Niagara Falls*

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- **Alzheimer’s Activities That Stimulate the Mind**, Emilia C. Bazan-Salazar, 2005
- **And Thou Shalt Honor: The Caregiver’s Companion**, Beth Witrogen McLeod, 2002
- **Away from Her**, Alice Munro, 2007
- **Barney’s Version**, Mordecai Richler, 2010
- **Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive**, Claire Berman, 2001
- Curveball: The Year I Lost My Grip, Jordan Sonnenblick, 2012
- Defying Age: How to Think, Act, and Stay Young, Miriam Stoppard, 2003
- Dr. Atkins’ Age-Defying Diet, Robert C. Atkins & Sheila Buff, 2001
- Estate Planning Through Family Meetings (Without Breaking Up the Family), Lynne Butler, 2010
- Flashback, Gary Braver, 2005
- Getting Old Without Getting Anxious, Peter V. Rabins & Lynn Lauber, 2005
- Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being, Andrew Weil, 2005
- Home from Here: Reflections on Grief, Memory, and Home, Mary Friesen, 2007
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- The 100 Simple Secrets of the Best Half of Life: What Scientists Have Learned and How You Can Use It, David Niven, 2005
- The Anti-Aging Solution: 5 Simple Steps to Looking and Feeling Young, Vincent C. Giampapa & Ronald W. Pero, 2004
- The Better Brain Book: The Best Tools for Improving Memory and Sharpness and for Preventing Aging of the Brain, David Perlmutter & Carol Colman, 2004
- The Inflammation Cure: How to Combat the Hidden Factor Behind Heart Disease, Arthritis, Asthma, Diabetes, Alzheimer’s Disease, Osteoporosis, and Other Diseases of Aging, William Joel Meggs & Carol Svec, 2004
- The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer’s Disease, Majid Fotuhi, 2003
- When Your Loved One Has Dementia: A Simple Guide for Caregivers, Joy A. Glenner, 2005

**DVDs**
- Away from Her, 2007
- Barney’s Version, 2011
- Doctor Lynn’s Anti-Aging Workout for Every Body: Flexibility, Balance, & Strength, 2006
- Facing Death, Elizabeth Kubler-Ross, 2007
- Griefwalker, National Film Board of Canada, 2008
- Rise of the Planet of the Apes, 2011

**Audiobooks**
- Healthy Aging, Andrew Weil, 2005, CDs
- The House on Beartown Road: A Memoir of Learning and Forgetting, Elizabeth Cohen Van Pelt, 2004

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- Encyclopedia of Aging, David J. Ekerdt, 2002
- Encyclopedia of Aging, David J. Ekerdt, 2002
- Growing Old in America, Barbara Wexler, 2006
- Help Me: Elder Abuse in Canada, Robert Osborne, 2005
- The Gale Encyclopedia of Neurological Disorders, Stacey L. Chamberlin, 2005

**Ebooks**
- Alzheimer’s & Dementia: Questions You Have... Answers You Need, People’s Medical Society
- Dealing with Dementia: Optimizing Functional and Life Quality Outcomes, Manisses Communication Group
- Dignifying Dementia: A Caregiver’s Struggle, Elizabeth Tierney, 2011Canada Info Desk

**Chippawa Branch**
3763 Main Street, Niagara Falls

**Books**
- Age-Defying Cooking for Health: Over 50 Youth-Enhancing Recipes Packed with Essential Anti-Ageing Nutrients, M. Kyriazis, 2004
- Alzheimer’s Disease, William A. Check, 1989
- Barney’s Version, Mordecai Richler, 2010
- Estate Planning Through Family Meetings (Without Breaking Up the Family), Lynne Butler, 2010
- Home from Here: Reflections on Grief, Memory, and Home, Mary Friesen, 2007
- “I Love You Too!”, Woodrow Wirsig, 1990
- Letters for Emily: A Novel, Carol Wright, 2001
- Our Turn to Parent: Shared Experiences and Practical Advice on Caring for Aging Parents in Canada, Barbara Dunn & Linda Scott, 2009
- Protect Your Elderly Parents: Become Your Parents’ Guardian or Trustee, Lynne Butler, 2008
- Still Alice: A Novel, Lisa Genova, 2009
- TailSpin, Catherine Coulter, 2009
- The Christmas Clock: A Novel, Kat Martin, 2009

DVDs
- Away from Her, 2007
- Barney’s Version, 2011
- Rise of the Planet of the Apes, 2011

Audiobooks
- Broken Wings: A Novel, Carla Stewart & Melissa Hurst, 2011

Electronic Resources
- Encyclopedia of Aging, David J. Ekerdt, 2002
- Encyclopedia of Aging, David J. Ekerdt, 2002
- Growing Old in America, Barbara Wexler, 2006
- Help Me: Elder Abuse in Canada, Robert Osborne, 2005
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