



**Civic  
Center  
Library**

A Branch of  
Marin County  
Free Library

Marin County Civic Center • 3501 Civic Center Drive, #427  
San Rafael, CA 94903 • 415.499.6057 • <http://www.marinlibrary.org>

## Resources on Alzheimer's Disease at the Marin County Free Library



### RECENT BOOKS

Please call your local library for location and availability, or check the MARINet catalog at <http://marinet.lib.ca.us/>.

- [\*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 (2006) 616.831 Mace
- [\*The Alzheimer's Answer: Reduce Your Risk and Keep Your Brain Healthy.\*](#)  
Marwan Noel Sabbag (2008) 616.831 Sabbagh
- [\*Alzheimer's Essentials: Practical Skills for Families and Caregivers.\*](#)  
Bretten C. Gordeau (2007) 616.831 Gordeau
- [\*The Anti-Alzheimer's Prescription: The Science-Proven Plan to Start at Any Age.\*](#) Vincent Fortanasce (2008) 616.831 Fortanasce
- [\*Can't Remember What I Forgot: The Good News from the Front Lines of Memory Research.\*](#) Sue Halpern (2008) 616.85 Halpern
- [\*Dancing with Rose: Finding Life in the Land of Alzheimer's.\*](#)  
Lauren Kessler (2007) 362.196 Kessler
- [\*Measure of the Heart: A Father's Alzheimer's, A Daughter's Return.\*](#)  
Mary Ellen Geist (2008) 362.196 Geist

- [\*The Myth of Alzheimer's: What You Aren't Being Told about Today's Most Dreaded Diagnosis\*](#). Peter J. Whitehouse with Daniel George (2008) 616.831 Whitehouse
- [\*Voices of Alzheimer's: The Healing Companion: Stories for Courage, Comfort and Strength\*](#). The Healing Project, editors (2007) 362.196 Voices
- [\*What If It's Not Alzheimer's: A Caregiver's Guide to Dementia\*](#). Lisa Radin and Gary Radin, editors (2008) 616.83 What

## DVDs

- [\*Complaints of a Dutiful Daughter\*](#). Women Make Movies (1994)  
DVD 362.196 Complaints
- [\*The Forgetting: A Portrait of Alzheimer's\*](#). Warner Home Video (2003)  
DVD 616.831 Forgetting

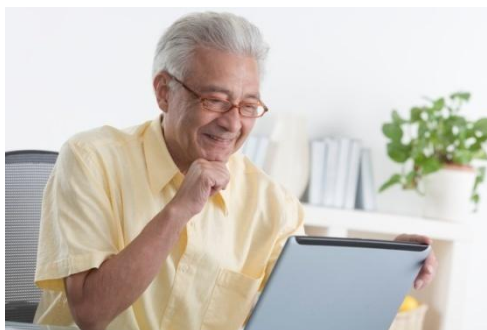
## BIFOLKAL KITS AND REMINISCENCE RESOURCES

These kits contain resources for conducting activities designed to spur discussion and memories. Each kit explores a specific theme such as remembering pets or music, and contains video, music, photographs, and other materials. Kits may be used with any group of older adults or mixed-age groups. To check out a Bifolkal Kit, call the Outreach Office at 415.499.7544. For a list of available kits, visit our website at: <http://www.co.marin.ca.us/depts/LB/main/bkmobile/bifolkal.cfm>

## FURTHER RESEARCH

Locate additional library materials under the following subject headings in the MARINet catalog:

- [Alzheimer's disease](#)
- [Alzheimer's disease -- Patients -- Care](#)
- [Alzheimer's disease -- Patients -- Family relationships](#)
- [Alzheimer's disease -- Popular works](#)
- [Caregivers](#)
- [Dementia](#)



## DATABASES

[Consumer Health Complete](#) is designed to support patients' information needs and foster an overall understanding of health-related topics. The database covers all areas of health and wellness from mainstream medicine to alternative, holistic and integrated medicine. In addition to general information on Alzheimer's disease, the database includes related news, articles and reports, fact sheets and pamphlets, profiles of drugs and herbs used for treating symptoms of Alzheimer's disease, and more.

[EBSCO Magazines and Newspapers](#) features full-text articles from popular magazines such as *Time* and *Newsweek*, and dozens of health-related journals, including *Harvard Women's Health Watch*, *Journal of Environmental Health*, and *JAMA (The Journal of the American Medical Association)*.

Home access to these databases is available to all MARINet library card holders. More information on home access is available at:

<http://www.co.marin.ca.us/depts/LB/main/authentication.cfm>

## WEBSITES

### **Alzheimer's Association**

<http://www.alz.org/>

The Alzheimer's Association is "the leading voluntary health organization in Alzheimer care, support and research." The site includes a basic overview of Alzheimer's, information on living with the disease, resources to help find good care, a directory of the Association's local chapters, and more.

## **Alzheimer's Disease Education and Referral Center (ADEAR)**

<http://www.nia.nih.gov/alzheimers>

Maintained by the National Institute on Aging, this site provides “current, comprehensive Alzheimer's disease (AD) information and resources.” In addition to general information about Alzheimer’s, the site provides tips and resources for caregivers, news on research and clinical trials, and a searchable database of materials related to Alzheimer’s.

## **Family Caregiver Alliance (FCA): National Center on Caregiving**

<http://www.caregiver.org/>

This nonprofit organization “offers programs at national, state and local levels to support and sustain caregivers.” The site includes fact sheets and publications on topics such as coping with caretaker stress, a listing of upcoming FCA workshops and classes, personal stories and photos, and more.

## **Alzheimer’s Disease**

<http://www.nlm.nih.gov/medlineplus/alzheimersdisease.html>

This site from Medline Plus, a service of the U.S. National Library of Medicine and the National Institutes of Health, contains basic overviews of Alzheimer’s disease, including information on diagnosis, management, alternative treatments, nutrition, coping, research, and financial issues. It also features a section for children and teens.



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