



**CAREGIVER  
RENEWAL INSTITUTE**

**Empowering Caregivers. Renewing Hope.**

# CAREGIVER RESOURCE LIBRARY BOOKLIST



Contact us today at [contact@caregiverrenewal.org](mailto:contact@caregiverrenewal.org) to check out or borrow a physical copy of one of the titles below. You may pick them up from our office in Tallahassee, FL near Capital Circle and Mahan Drive.

## A

### **CANCER CAREGIVING A TO Z: *An At-Home Guide for Patients and Families***

by: American Cancer Society

Whether caring for one's self at home or providing care for a loved one, this indispensable quick reference can improve quality of care and quality of life for those with cancer. Organized in a straight-forward alphabetical format, the book covers more than four dozen critical cancer caregiving topics, from anxiety to weight changes, and is filled with vital checklists, as well as time-saving—perhaps life-saving—"What-to-do-ifs," which are readily accessible.

## B

### **CANCER CLINICAL TRIALS**

by: Tomaz M. Beer, M.D.

Cancer Clinical Trials is a comprehensive, no-nonsense, and readable guide for anyone who is considering therapeutic options in addition to standard cancer therapy. The book seeks to share knowledge about cancer clinical trials with people living with cancer, their families and loved ones. It will help readers decide if a clinical trial is a good option for them, to choose an appropriate trial, and to navigate through the clinical trial process.

### **COACH BROYLES' PLAYBOOK FOR ALZHEIMER'S CAREGIVERS: *A Practical Guide***

by: Frank Broyles

A great resource for caregivers in crisis. This book is filled with powerful anecdotes and advice from one family of caregivers to another, and contains tips, strategies, and methods trusted by the Broyles Foundation.

### **THE FALL OF FREDDIE THE LEAF**

by: Leo Buscaglia

The beloved classic has helped thousands of children and adults come to grips with life and death through a strikingly simple story about a leaf named Freddie. Appropriate for all ages and featuring beautiful nature photographs throughout, this thought-provoking story follows Freddie and his companions as their leaves change with the passing seasons and the coming of winter, finally falling to the ground with winter's snow in an inspiring allegory that illustrates the delicate balance between life and death.

### **PARKINSON'S: *A Love Story with Dementia for Dessert***

by: Ava S. Butler

Parkinson's: A Love Story with Dementia for Dessert is a brutally honest, yet beautiful portrayal of losing the author's soulmate and best friend. Deeply sad at times, but also inspiring and even humorous, this story is sure to warm your heart.

# C

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## **OK NOW WHAT? A CAREGIVER'S GUIDE TO WHAT MATTERS**

by: Sue Collins, R.N. and Nancy Taylor Robson

What matters most when someone close to you has been diagnosed as terminal? Time and quality of life for both of you. Coping with both the practical and emotional questions of this challenging passage.

# D

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## **THE CAREGIVING SEASON: *Finding Grace to Honor Your Aging Parents***

by: Jane Daly

Caring for elderly parents is challenging. In *The Caregiving Season*, Jane Daly shares personal caregiving stories, offering practical advice to help you honor your aging parents well and deepen your personal relationship with Christ along the journey.

# F

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## **CRUISING THROUGH CAREGIVING: *Reducing Stress of Caring for Your Loved One***

by: Jennifer L. FitzPatrick, MSW, CSP

If you're facing the daunting reality that you're about to become a caregiver whether you planned for it or not *Cruising through Caregiving* is the down-to-earth and authoritative answer you need. Advice and resources from FitzPatrick and twenty-four other professionals show how to give your loved one the best quality of life possible without sacrificing your own life, health, career, relationships, or financial stability.

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## **CAREGIVER DEFINED: *Words that honor the work of the caregiver***

by: Michael Fortuna

Inspired by his own caregiving experience, but also aware that every caregiving encounter is unique and deeply personal, Michael devotes a single paragraph to each word, finding a meaningful way to relate it to the caregiver. The text is simple, thought-provoking and inspirational, and the illustrations by professional illustrator, Peg Lee, add a richness to the overall content.

# G

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## **STUCK WITH IT, NOT IN IT: *Redefining Life with Parkinson's Disease***

by: Susan Gangsei

*Stuck With It, Not In It* is a collection of stories from people with Parkinson's disease (PD), family members of people living with the illness, volunteers for Parkinson's-related organizations, and professionals specializing PD. Each story is personal and has a message. The stories tell how people faced the disease, stared it down and found new ways of going forward. They refocused and redefined their purpose in life. They learned lessons that they want to share with others--anyone who lives with Parkinson's or wants to understand what life is like for people dealing with a chronic disease.

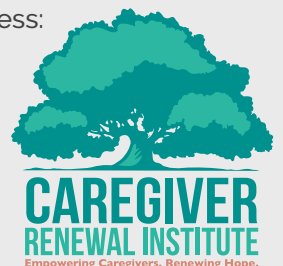
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## **THE LIGHT IN THE MIDDLE OF THE TUNNEL:**

### ***Harrowing but Hopeful Stories of Parkinson's Family Caregivers***

by: Susan Gangsei

*The Light in the Middle of the Tunnel* is not a self-help book. It's a let-others-help-you book, in which caregivers share their distressing, sometimes overwhelming feelings - and their hard-won self-care skills and wisdom. It's a support group between covers, designed to help readers with the hardest part of the process: dealing with their own emotions.



## IT TAKES COURAGE TO BE A CAREGIVER

by: Cheryl Ginnings

Tips and answers for those who are caregivers of those with special needs, those with again parents, or family members who are in need of full-time care. It is a lonely job, without much understanding. You will find tips and strategies to deal with issues that many never talk about. Where does one go for answers to see what support is there? How do I find others who are also caregiving? What resources are available? What do I need to learn to help this person more? Tips and answers from those interviewed in many radio programs from a global radio host with a weekly program.

## ULTIMATE PULMONARY WELLNESS

by: Noah Greenspan

Ultimate Pulmonary Wellness is a resource for all people living with respiratory disease including patients, their families and caretakers; and clinicians. This well-rounded guidebook is the fusion of twenty-five years of clinical practice, education and research by Dr. Noah Greenspan, board-certified clinical specialist in cardiovascular and pulmonary physical therapy; and Program Director of the Pulmonary Wellness & Rehabilitation Center in New York City. It is one of the most comprehensive works of its kind. This brand new first edition draws together a complex variety of threads, clearly defining the key components of living well with a pulmonary disease; including the anatomy, physiology and pathophysiology of the respiratory system; the multifactorial and multi-systemic nature of breathing; the role of medicine (*physician, diagnosis and treatment*) in the management and prevention of respiratory disease; and the importance of lifestyle factors, such as exercise, nutrition and managing your emotions, as well as the prevention of infection; in ultimate pulmonary wellness; and living your absolute best life with respiratory disease.

## PARKINSON'S DISEASE: An In-depth Metabolic Guide

by: Ray Griffiths, MSc.

Over the last ten years there has been a quantum leap in our understanding of the mechanisms which drive Parkinson's disease. Frustratingly, this new research has not yet managed to infiltrate mainstream medical and public perceptions of the illness, where Parkinson's disease is still seen purely as a dopamine deficiency condition. It is hoped that this book will give the reader an accessible insight into these exciting new discoveries. What is becoming clear is that Parkinson's disease is a complex multi-factorial disease where many ill-functioning aspects of health intersect leading to a failure of dopamine producing neurons. To seek a single cause amongst such complexity is likely to be futile but, hopefully, the themes in this book may help the reader to see the emergent patterns associated with Parkinson's disease. Ray Griffiths MSc is a Registered Nutritionist, Lecturer and Author and hails from the South of England. Ray's lectures and books have focused on the role that mitochondria play in Parkinson's disease, depression, ageing and inflammation. He has a background in engineering and likes to employ his engineering style thinking to help better understand complex health issues such as Parkinson's disease.

# H

## A PARKINSON'S LIFE AND A CAREGIVER'S ROADMAP

by: Jolyon Hallows

Parkinson's disease is hard on those who have it and on family members who provide care for them. *"A Parkinson's Life"* follows one courageous woman's battle with the disease and her husband's struggle to learn to become her caregiver. Sandra Hallows was diagnosed with Parkinson's in 1996. In the years since then, she brought her *"never give up"* attitude to her fight with Parkinson's--a fight that led her into a wealth of therapies and treatments. In those years, Jolyon Hallows, her husband, learned how to give care, how to structure their environment to ease both their lives, and how to deal with the emotional turmoil. *"A Parkinson's Life"* is part memoir and part *"how-to"* guide for those thrust into the chaos of giving care.

## AFFIRMATIONS FOR FAMILY CAREGIVERS

by: Harriet Hodgson

This book of affirmations has been created specifically for caregivers and is grouped into chapters with titles that caregivers understand: caregiving tasks, safeguarding health, appreciating the day, which makes it easy to flip right to the section that offers the support that is needed at that moment. At the end of the book, author Harriet Hodgson provides guidance on how to write affirmations for those who want to go just a step farther.



## THE FAMILY CAREGIVER'S GUIDE

by: Harriet Hodgson

Told through the voices of family caregivers and counselors, this emotional survival guide gives you straight talk and wise words that will help you make your way through the toughest—and possibly most rewarding—job you'll ever have. Today's longer lives mean longer caregiving. If you're caring for a parent, spouse, or friend over the long haul, this book is your essential companion, from beginnings, through the ups and downs, to farewells. You'll have the support of caregivers who are walking your walk, and the inspiring wisdom of counselors—hospice chaplains, social workers, and others—who are walking beside you. Chapters on Guilt, Anger and Old Wounds, Running on Empty, Siblings (*"Doing It on Your Own"*) speak to what it's really like to be a caregiver. *"Minute Mood Hacks"* shows you over 25 different ways to take a break when you don't have time to take a break. "Tell it to a support group" points you to hundreds of online support groups and local resources throughout the country. You'll find ways to ground yourself before walking into their room, how to sustain yourself day after day, how to deal with slow grief. You'll see what caregivers say when they look back at this transformative experience.

## BEYOND FORGETTING: Poetry and Prose about Alzheimer's Disease

by: Holly Hughes

Beyond Forgetting is a unique collection of poetry and short prose about Alzheimer's disease written by 100 contemporary writers doctors, nurses, social workers, hospice workers, daughters, sons, wives, and husbands whose lives have been touched by the disease. Through the transformative power of poetry, their words enable the reader to move *"beyond forgetting,"* beyond the stereotypical portrayal of Alzheimer's disease to honor and affirm the dignity of those afflicted. With a moving foreword by poet Tess Gallagher, this anthology forms a richly textured literary portrait encompassing the full range of the experience of caring for someone with Alzheimer's disease.

## CARRYING THE BLACK BAG: A Neurologist's Bedside Tales

by: Thomas J. Hutton

Part memoir and part homage to those patients who faced major illness with grace, grit, and dignity, Carrying the Black Bag invites readers to experience what it is like to be a doctor's hands, eyes, and heart. Imagine the joy of witnessing a critically ill five-year-old who, against all odds, claws her way back from a coma and near certain death. Meet a lonely Texas widower with Parkinson's disease who hosts elaborate pinochle parties for a pack of imaginary canines. Step into the surgical booties of the author when he attempts to deliver his own child amid heart-stopping obstetrical complications. Through real-life patient narratives, Hutton shines light on ordinary people facing extraordinary challenges. Moreover, this captivating tale captures the drama of medicine—its mystery, pathos, heroism, sacrifice, and humor. For more than just those working in the healthcare profession, Carrying the Black Bag also shares a behind-the-curtain peek at the rapidly changing American health care system.

## PREVENTING FALLS: A Defensive Approach

by: Thomas J. Hutton

Many elderly victims of a fall require the skilled care of a nursing home within a year of the incident, especially those elders who cannot care for themselves and whose family members are unable to provide adequate help. The editors place emphasis on *"successful aging"*—the ability to maintain mobility and remain independent. Preventing Falls is a handy guidebook for elders to decrease their risk of falls, develop personal confidence, and maintain their independence. This vital sourcebook is complemented with a valuable 60-minute videotape offering step-by-step instruction on the best methods for preventing falls.

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## JUST IN TIME

by: Joan L. Jackson

For most of his adult life, the only place he felt at peace was at home in Silver Lake, Ohio with his parents—but after their sudden death, he is left on his own. Eager to help their brother, Steve's siblings, Scott and Sylvia, who both live in Los Angeles, scramble to find someone reliable to live with Steve. The answer to their problem comes in the form of Sylvia's sister-in-law, Nancy, who is desperate to find a place to live; within days, she moves in with Steve. This is the story of Steve and Nancy, who, as virtual strangers thrown together out of necessity, forge a way to live in fragile harmony. Sometimes dark, sometimes humorous, Just in Time is a hopeful, firsthand account of the day-to-day roller coaster of life with a schizophrenic.



## LIVING WITH CANCER: A Step-by-Step Guide for Coping Medically and Emotionally with a Serious Diagnosis

by: Vicky A. Jackson, M.D. & others

An empathetic resource full of relatable patient stories, this book teaches patients and caregivers how to ask the right questions to get the best possible care beginning at the moment of diagnosis. Drs. Jackson and Ryan explain how to work with a team of doctors and nurse practitioners to minimize symptoms and side effects while living as fully as possible in the face of cancer. They relay important information about understanding prognosis, and they translate what doctors mean when they describe tests, treatments, and medical procedures. Finally, they discuss hospice care and answer questions about continuing treatment and managing the final phase of life.

## CONSIDER IT PURE JOY

by: Jennifer Austin Jones

When Jennifer Jones Austin, wife, mother, lawyer, and child advocate, and the picture of good health, found herself burdened by a fever she couldn't shake, doctors insisted it was merely viral and told her to sleep it off. Just days later she lay comatose with a 99 percent probability of imminent death. Stricken suddenly with an acute form of leukemia that required a bone marrow transplant to increase her chances of survival, Jennifer and her family and friends were in a race against time as she fought cancer and together they searched for a bone marrow donor to cure her and others of the deadly disease. With focus and precision that will leave you breathless, Consider It Pure Joy is a story that if not lived would make for a great novel. It is the harrowing account of one woman's horrific battle with a life-threatening illness, and the power of faith and community to transform desperation into joy.

## K

## MAKING TOUGH DECISIONS ABOUT END-OF-LIFE CARE IN DEMENTIA

by: Anne Kenny, M.D.

In Making Tough Decisions about End-of-Life Care in Dementia, Dr. Anne Kenny, a skilled palliative care physician, describes how to navigate the difficult journey of late-stage dementia with sensitivity, compassion, and common sense. Combining her personal experience caring for a mother with dementia with her medical expertise in both dementia and end-of-life care, Dr. Kenny helps the reader prepare for a family member's death while managing their own emotional health.

## L

## THE AFTEREFFECTS OF CAREGIVING

by: Gary LeBlanc

Throughout the many years that you, as a caregiver attend to the countless needs of your loved one, or ones, you will lose fragments of your life that may take years to recover. You may come crawling out of your caregiving campaign wondering if there's any of the original "You" left. Is this you? Are you feeling a little lost, fragile, maybe hesitant to move forward in life? This book was written specifically for you! We want to help you find yourself again or at least show you ways to reinvent yourself. We know from personal experience that the aftereffects of caregiving can be catastrophic. Our intent in writing this book is to help you open your front door and step back into the world. There is life still out there waiting for you.

## STAYING AFLOAT IN A SEA OF FORGETFULNESS

by: Gary LeBlanc

When Gary's father was first diagnosed with Alzheimer's, he read everything he could get his hands on about the disease. Right off the bat he could tell if it was written by a physician, pharmaceutical company or even a nursing home. When caregivers are looking for help, the last thing they need is medical text so complex they already forgot what they read by the time it's laid back down. This is what got Gary started on writing about common sense caregiving, which turned into a weekly column and now into this book. His goal is to make this book as "caregiver friendly" as possible. Sharing triumphs and hardships from his plus three-thousand day campaign in dealing with the disease of Alzheimer's and the world of memory-impairment.



## NAVIGATING YOUR LATER YEARS FOR DUMMIES

by: Carol Levine

AARP's Navigating Your Later Years For Dummies helps you and your family understand the growing range of opportunities. Even more importantly, it helps you chart the next steps to live the life you choose, as independently as you choose, no matter your specific circumstances and needs. This book covers home modifications so that you can stay at home safely for as long as you like, lays out the opportunities and costs associated with independent living, assisted living and other options, gives you a range of driving and transportation alternatives, helps you navigate the healthcare system, Medicare, and Medicaid, sorts out the various sources of care at home, reviews the legal documents you should prepare and update, helps you determine whether you need long-term care insurance, and gives you guidance on talking with your family about sensitive issues, including your wishes as you age.

## WHEN ILLNESS ALWAYS TURNS FAMILIES ON CALL INTO CAREGIVERS

by: Carol Levine

Combining powerful personal stories with astute analysis and recommendations, Always on Call reveals the hidden struggles of the more than 25 million family caregivers in the United States. While family members have always provided care for one another, recent changes in health care have placed tremendous new responsibilities on them responsibilities that, only a decade ago, were a routine part of hospital care. The prevalence of chronic rather than acute illness, trends toward shorter hospital stays, increased outpatient care, and limited insurance benefits for in-home care now leave family caregiving as the only option for many Americans.

## A GRADUAL DISAPPEARANCE: *A Personal Reflection on Living with Memory Loss*

by: Elizabeth Lonsetg

Dementia is like a maze. Its victims get lost in the labyrinth of their own minds, bringing confusion and despair to themselves and to others around them. Families watch helplessly as their loved ones drift further and further away from reality, and when decisions are made, emotions often get in the way of what is really necessary...One of the main steps toward accepting and dealing with this disease is to realize that other individuals and families are under the same burden. Elizabeth has provided a great service to the dementia and Alzheimer's community by writing about her family's experience with the disease. Knowledge and information are two of the most helpful tools to aid one in coping with Alzheimer's and dementia, and with the assistance of A Gradual Disappearance, managing this disease will become much easier."

## THE DANGERS OF DENIAL: *Embracing the Challenges of Alzheimer's and Dementia*

by: Elizabeth Lonsetg

In The Dangers of Denial, Elizabeth Lonseth's straight talk about dementia caregiving will help families to see the reality of their situation and their loved one's condition, while at the same time providing them the tools and information they need to cope. Lonseth has a powerful, compassionate, and informal voice that easily connects with fellow caregivers. Her experience helping to care for her in-laws and her own parents during their autumn years has provided her a wealth of knowledge from which to draw, and her caregiving parables are a testament to the teaching power of the narrative form. Lonseth demonstrates skill crystallizing broad and difficult topics to their core, conveying essential information while simultaneously respecting the scarce time of the caregivers who are her readers.

# M

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## THE 36-HOUR DAY: *A Family Guide to Caregiving for People Who Have Alzheimer's Disease, Other Dementias and Memory Loss*

by: Nancy L. Mace, M.A. and Peter V. Rabins, M.D.

For 40 years, The 36-Hour Day has been the leading work in the field for caregivers of those with dementia. Written by experts with decades of experience caring for individuals with memory loss, Alzheimer's, and other dementias, the book is widely known for its authoritativeness and compassionate approach to care. Featuring everything from the causes of dementia to managing its early stages to advice on caring for those in the later stages of the disease, it is widely considered to be the most detailed and trusted book available.



## **EVERYTHING YOU NEED TO KNOW ABOUT PARKINSON'S DISEASE:**

### ***The Complete Guide for Anyone Caring for Someone with Parkinson's Disease***

by: Lianna Marie

Written in plain, easy-to-understand language, this book teaches you everything you need to know to about Parkinson's Disease, without you guessing or searching endlessly for answers to your biggest questions. This book is the result of 25 years experience and research in living a life with Parkinson's Disease. It's chock-full of vital facts, helpful hints and critical information... all in one easy to read book.

## **A GUIDE FOR CAREGIVING: *What's Next? Planning for Safety, Quality, and Compassionate Care for Your Loved One and Yourself***

by: Tina M. Marrelli, R.N.

Written by home healthcare veteran and best-selling author Tina Marrelli RN, this comprehensive guide assists family caregivers and others in effectively caring for loved ones and friends. With topics including Alzheimer's disease and dementia, medication management, and end-of-life, palliative, and hospice care, this guide seeks to make healthcare understandable for caregivers who must become advocates for their friends or loved ones.

## **THE NEW PARKINSON'S TREATMENT EXERCISE IS MEDICINE**

by: Joan Maxwell Paddock and Melissa McConaghy, M.D.

The New Parkinson's Treatment: Exercise is Medicine is a must read if you, or someone you know, has been diagnosed with Parkinson's. Exercise cannot be underestimated for its role in slowing Parkinson's down. This book introduces the seven key concepts to help you get the most out of your exercise program, as well as easy strategies and hints to keep you motivated. Based on cutting-edge research and tested extensively by Australian physiotherapists, this exercise program has been designed to bring out your inner warrior – your PD Warrior! The PD Warrior Philosophy is that exercise, education, community and a life-long commitment to fighting the symptoms of Parkinson's can help you develop a greater state of physical, mental and social wellbeing.

## **BUTTERFLY KISSES AND WISHES ON WINGS (2 Spanish Copies) (1 English Copy)**

by: Ellen McVicker

The text of Butterfly Kisses and Wishes On Wings Book was originally written as a gift for my cousin to help her find the right words to explain her cancer diagnosis to her 3-year-old and 5-year-old boys. Several years after her successful fight with cancer, she agreed to illustrate the text I had written for her boys. Through clear, candid text, and exquisite illustrations, this book has become a great resource that could be used to educate and support many other children who are facing the cancer of a loved one. Butterfly Kisses and Wishes On Wings Book helps give children a clearer understanding of cancer, and the realization that they have great power within themselves to be an active and integral part of their loved one's cancer journey.

## **HOLDING THE NET: *Caring for My Mother on the Tightrope of Aging***

by: Melanie P. Merriman

Even with her professional background as former hospice consultant who studied aging, illness, and the intricacies of the healthcare system, Melanie Merriman found the real-life experience of caring for her mother humbling. Written for people who have cared for a parent, are currently facing that challenge, or are aging parents themselves, Holding the Net offers practical details about the effects of aging on the body and mind, living arrangements for older people, health care decisions, and surviving a stay in a rehab facility. This story challenges the notion that anyone can be an expert when it comes to caring for an aging parent, and encourages readers simply to do their best. Written for people who have cared for a parent, are currently facing that challenge, or are aging parents themselves, Holding the Net offers practical details about the effects of aging on the body and mind, living arrangements for older people, health care decisions, and surviving rehab. It also challenges the notion that anyone can be an expert when it comes to caring for an aging parent, and encourages us to simply do our best. Melanie hits all the right notes, and her story will have readers nodding their heads and shedding healing tears.

## **LOVE'S LAST MEASURE: *Lessons Found at Death's Door***

by: Anne C. Mikkelsen

If we live in fear, we will probably die in fear. Mike & Anne Mikkelsen from "Take Charge of Parkinson's Disease" conclude their 30-year journey with Parkinson's as Mike prepares for his ultimate adventure with the same creativity he demonstrated all his life. He generously shares his obsessions, his hallucinations, his earthly desires and mostly his gratitude. She enters his world of dying to discover that the most profound lessons in life can be found at death's door. Taking charge of anything requires immersing yourself in that thing. The rewards of knowing the path of dying and death are abundantly clear in "Love's Last Measure", a story nourished by humor and tears, love and light. With Anne as his witness, Mike takes charge again and masters the fine art of dying.



## **TAKE CHARGE OF PARKINSON'S DISEASE: *Dynamic Lifestyle Changes to Put YOU in the Driver's Seat***

by: Anne C. Mikkelsen

Motivated by her husband Mike's PD, Anne Mikkelsen developed a cooking style that blends her training in traditional French cooking with emerging science on the importance of brain-healthy food. Mike, an award-winning potter and sculptor, has skillfully adapted his art to accommodate the advancing stages of PD. Together, they have overcome many of the obstacles of living with Parkinson's disease. Take Charge of Parkinson's Disease is written for everyone affected by PD—those who have the disease, families, and caregivers. Its focus on a healthy lifestyle, emphasizing nutrition and exercise as a way to maintain optimal health, is interspersed with Anne's memoir of her journey with her husband as they discovered how to live well with PD. A chapter on issues of caregiving and the challenges it presents to a relationship enhances the book's comprehensive coverage of living with PD.

## **LISTEN, SING, DANCE, PLAY: *Bring Musical Moments into the Rhythms of Caregiving***

by: Rachelle Morgan

Bring the joy of music into your caregiving relationship. Day-to-day care for a family member or friend can be stressful, whether you are caring for them yourself or they are living in a care community. Now, you can learn how to bring beautiful, meaningful experiences into your caregiving during this precious stage of life through music. In Listen, Sing, Dance, Play, music therapist Rachelle Morgan shows you as a caregiver, through stories and steps, how to engage your care partner in a wide range of music experiences to bring them (and you!) joy, calm, and connection. She includes adaptations and suggestions for people who are living with various physical and cognitive limitations, with a deep understanding of the rhythms of caregiving and how your musical activities will change as you move along the path of caregiving. You'll find that it's easy to listen, sing, dance, and play together – no musical training necessary.

## **N**

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## **THE COCONUT OIL & LOW-CARB SOLUTION FOR ALZHEIMER'S, PARKINSON'S, AND OTHER DISEASES**

by: Mary T. Newport, M.D.

From the author of the best-seller Alzheimer's Disease; What if There Was a Cure?, Mary T. Newport, M.D., now presents this guide of how to integrate diet in the treatment of neurodegenerative diseases.

## **H O P E FOUR KEYS TO A BETTER QUALITY OF LIFE**

by: Hall Newsom

This book is a book of hope for both the newly diagnosed Parkinson's Person as well as a helpful reminder to a better quality of life for those who have had the disease for many years. The writing is succinct and easy to read. Hal outlines the four basics of hope as 1) Help; 2) Optimism; 3) Physician; and 4) Exercise. His personal stories on these four points are candid and powerful. He has experienced some changes in his life as a result of Parkinson's but he remains positive, upbeat and full of vitality. He shares some personal guidelines he now lives by and offers some tips on how to on how to face the challenges that may lie ahead. This is not a lecture on what you should do but merely an insight into what is working for a fellow person with Parkinson's. This is an essential tool to improve one's quality of life for those living with Parkinson's.

## **O**

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## **THE HISS OF HOPE: *A Voyage with Parkinson's Toward an Intimate Autonomy***

by: Meredith Oenning-Hodgson

From the initial port of a relating pattern with Parkinson's Disease consisting of the usual fight, flight, freeze or the book's new 'fall' structural methodology, the author takes off on a voyage harboring cryptic intimations about being "with" an illness, about a less ego accentuated interacting. This remarkable transmutation happens gradually. A re-molding takes place during the course of an eight year journey. The nucleus of this book is a descriptive narrative of this journey, of a voyage to the paradoxical space of an intimate autonomy. Even though THE HISS OF HOPE is about living with a chronic disease, the book does not dwell on a life of suffering and desperation, but rather, it also depicts the adventure leading to places, to encounters and to depths of experience that would not have been possible without first having been ambushed by Parkinson's.





## 10 BREAKTHROUGH THERAPIES FOR PARKINSON'S DISEASE

by: Michael S. Okun, M.D.

Michael S. Okun, M.D. is internationally celebrated as both a neurologist and a leading researcher. He has often been referred to as, "the voice of the Parkinson's disease patient." He was honored at the White House in 2015 as a Champion of Change for Parkinson's disease. He has an international following on the National Parkinson Foundation's Ask the Doctor web-forum and he is a Professor of Neurology at the University of Florida Health Center for Movement Disorders and Neurorestoration. His many books and internet blog posts are brimming with up-to date and extremely practical information. This book is the sequel to his runaway bestseller, Parkinson's Treatment: 10 Secrets to a Happier Life, which was translated into over 20 languages. Dr. Okun is well known for infusing his readers with positivity and optimism. In his latest book he reveals the breakthroughs in Parkinson's disease that will pave the road to meaningful progress. In this book he reviews all of the recent breakthrough ideas and therapies in Parkinson's disease, and he reviews the knowledge gained which is extending far beyond a single drug or stem cell. He paints the broader and more exciting picture and reviews the portfolio of breakthroughs spanning drug, cell, vaccine, device, genetics, care, and behavior. He believes that patients and families with personal investments in Parkinson's disease should be informed and updated about all of these potential breakthrough therapies. This book informs, educates, and will inspire Parkinson's disease patients, family members, as well as health care professionals and scientists. As Dr. Okun points out, we will journey toward better treatments -- and one day a cure.

## P

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### MULTIPLE SCLEROSIS: 300 Tips for Making Life Easier

by: Shelly Schwarz Peterman

This completely revised second edition of Multiple Sclerosis: 300 Tips for Making Life Easier contains tips, techniques, and shortcuts to help MS patients organize and simplify their lives. With over 300 tips readers will learn to conserve valuable time and energy, develop techniques for making life easier, so they can enjoy life to the fullest. From basic principles to unique solutions for saving time and energy to specific ideas, this book is packed with helpful information for those coping with the special challenges of a chronic illness. Updated chapters cover Home Safety and Accessibility Computers and Technology Looking Good, Feeling Better - Grooming and Dressing Managing Mealtime and much more.

### COPD: The Eat to Breathe Plan to Feeling Better

by: Teri L. Pizza

There's no known cure for COPD but there are things you can do to live and breathe better. Endorsed by medical professionals and written by a COPD patient, The Eat to Breathe Plan is one way you can help yourself or someone you love live better with COPD. Hippocrates once said, "Let food be thy medicine and medicine be thy food." This book can help you make food your medicine! Buy it, use it or give it to someone you care about today.

## R

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### PDR 2010 NURSE'S DRUG HANDBOOK

by: Thomson Reuters and Alexander Ivy

With over 1,500 of the latest and most common FDA-regulated drugs, the 2010 PDR Nurse's Drug Handbook continues to be an essential resource for the most important drug information. Each entry provides a wealth of facts concerning drug indication, dosage, interactions and contraindications. Clear guidelines are also provided for administration of drugs, communication with patients, and nursing considerations. The current and concise information in the 2010 PDR Nurses Drug Handbook aims to prevent medication errors and foster clinical accountability like no other drug resource, making it a trusted guide for nursing students, practicing nurses and other healthcare professionals.

### PARKINSON'S HUMOR: Funny Stories about My Life with Parkinson's Disease

by: Beverly Ribaud

Author Beverly Ribaud has Parkinson's Disease and a sense of humor! This is a collection of 100 funny stories about her life with Young Onset Parkinson's Disease. She also shares some helpful advice for surviving this disease. Come learn and laugh with her! Laughter is the best medicine.



## 7 CAREGIVER LAND MINES

by: Peter W. Rosenberger

A caregiver's journey often contains beliefs and behaviors that act like emotional landmines and can cause serious damage. Avoiding these landmines, while finding a path to safety, requires caregivers to hear from someone with experience they can trust. Author and radio host Peter Rosenberger draws upon three decades of caring for his wife through a medical nightmare to discuss seven caregiver landmines that wreak havoc in a caregiver's life. Helping them navigate to a place of safety, *7 Caregiver Landmines* equips fellow caregivers to live a healthier, calmer, and even more joyful life—because *"healthy caregivers make better caregivers!"*

## CAN I STILL KISS YOU? Answering Your Child's Questions About Cancer

by: Neil Russell

As a successful, loving father, Neil Russell had to deal with one of the most difficult and important responsibilities he had ever faced as a parent: speaking to his children about his cancer. Diagnosed at age 47 when his children were only 11 and 13, this is Neil's emotional account of the disease's life-changing impact on himself and his family. *Can I Still Kiss You?* is both informative narrative and interactive journal; it will help parents speak to their children about the cancer that has come into their lives. The prospect of sitting down with a child in an attempt to make sense out of a disease that we barely understand ourselves is daunting. Russell provides a chapter-by-chapter series of questions and answers dealing with diagnosis, surgery, radiation and chemotherapy during and after treatment. The book also encourages parents to add personal responses to children and children to write back expressing fears, concerns or encouragement—in essence, a *"message board"* for sharing emotions that are difficult to articulate. This insightful book ends with a warm and powerful essay written by Neil's son, Trevor. *Can I Still Kiss You?* reveals the remarkable inner strength and courage of a family dealing with a parent in need.

# S

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## THE ULTIMATE COMPASSIONATE GUIDE TO CAREGIVING

by: Tena L. Scallan

The Ultimate Caregiver will be a new and innovative book to assist the world with all aspects of daily living. Our mission is to be a strategic partner with the world by applying our expertise, knowledge and experience to provide innovative and cost-effective solutions to those challenges facing our health care. The implementation of our mission involves listening closely to our patients, taking the time to learn about their needs, and understanding their environment. Through my work with hundreds of patients, I have established a reputation for our capabilities in private and healthcare environments. What makes this book unique is, it will take the overwhelming focus of the unknown and provide personalized attention to the most delicate detail, with care and compassion. It will cover the information to guide everyone in everything there is to know about caring for anyone anytime in a gratifying manner.

## ARTHRITIS 300 TIPS FOR MAKING LIFE EASIER

by: Shelly Schwarz

*Arthritis: 300 Tips for Making Life Easier* is a compendium of tips, techniques, and life-task shortcuts all learned from personal experience. Author Shelley Peterman Schwarz has lived with a chronic disease for years and as a result had to develop these creative ideas to make her life easier. These useful tips will make all the daily tasks of household management easier, less frustrating, and more enjoyable. The book gives valuable information on organizing workdays, households, activities, chores and making homes more accessible. Helpful for both health professionals working with people living with arthritis and also of great use for people with arthritis to learn very simple and practical tips for everyday life. The book is well organized by topic, easy to read, clearly written, and has up-to-date references which include addresses, phone, and web sites.

## MEMORY TIPS FOR MAKING LIFE EASIER

by: Shelly Schwarz

Written by memory and aging expert Shelley Peterman Schwarz, this book, written for health care professionals, family caregivers, and anyone feeling the effects of aging, includes hundreds of tips and techniques, as well as information on unique products, services, and resources for older adults. It includes ideas on how to think about things to remember better, how to organize your home so things aren't easily lost, how to buy products that will be easier to use, and much more. Each chapter begins with an assessment for determining which tips would be most helpful. Tips, especially for caregivers of those with mild impairments or advanced memory loss, are highlighted.



## **MULTIPLE SCLEROSIS: *Tips and Strategies for Making Life Easier***

by: Shelly Schwarz

An MS diagnosis presents many unanswered questions: How is this diagnosis going to change my life? Where do I begin? How will I manage to take care of my family, work, and travel? No one knows the answers to these questions better than Shelley Peterman Schwarz, who has lived nearly forty years with multiple sclerosis. Schwarz imbues her updated collection of practical tips and short cuts with personal stories that highlight her trials and triumphs. Shelley shares her real-life experiences as a wife, mother, friend, and employee/employer coping, managing, and growing with MS with a humorous warmth and unflinching honesty. This extensively revised and updated third edition is packed with helpful information and now includes over 800 tips and new solutions and strategies for confronting the challenges of living a full life with a debilitating chronic illness. With Shelley's guidance, readers will learn to conserve valuable time and energy, develop techniques for making everyday tasks easier, manage symptoms, maintain positive relationships, stay motivated, and bounce back when MS knocks you down.

## **AND IN HEALTH: *A Guide for Couples Facing Cancer Together***

by: Dan Shapiro

Here are engaging and digestible lessons for couples navigating the life changes brought about by a cancer diagnosis. Dan Shapiro draws on his more than twenty-five years of clinical work as a health psychologist who has researched and worked with couples facing cancer, and on his own experiences of being both the patient (*having and beating Hodgkin's lymphoma in his twenties*) and the supporter/advocate (*when his wife was diagnosed with breast cancer*) to weave together insights on facing cancer while maintaining a strong relationship. And in Health gives advice in short lessons on the main areas of concern or conflict that can come from life with cancer--from diagnosis to treatment and life post-treatment.

## **PARKINSON'S DISEASE AND THE FAMILY: *A New Guide***

by: Nuta Sharma, M.D.

Parkinson's disease is a movement disorder characterized by tremor, stiffness, and slow gait. It affects 500,000 people in the United States, with approximately 50,000 new cases diagnosed annually. But its impact is much wider. Family members with little understanding of the disease often find themselves struggling to help their loved one navigate the complexities of the health care system. Patients wonder, Which treatments are best for me? Will I be able to live on my own? Should I join a drug trial? In this straightforward, compassionate guide, Nuta Sharma and Elaine Richman address these concerns and more. They provide a thorough review of the etiology, diagnosis, and current treatment of Parkinson's, with special consideration given to the effect on family dynamics and routines including the often neglected topics of long-term care and sexual function. The authors also review the pros and cons of various alternative therapies, including nutritional supplements, massage therapy, and traditional Chinese medicine.

## **FIGHTING PARKINSON'S... AND WINNING: *A memoir of my recovery from Parkinson's Disease***

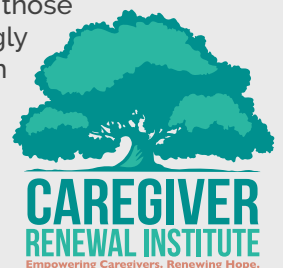
by: Howard Shifke

This memoir presents Howard's story of getting Parkinson's and provides a detailed account of how he won the fight against it. The memoir tells the story of what it was like for Howard to live day-to-day with Parkinson's, getting through the daily challenges and misgivings as well as how he looked toward the future with hope. In the fall of 2009, Howard Shifke was diagnosed with Parkinson's Disease. His mother had Parkinson's for twenty-four years before dying in 2007, just two years prior to Howard diagnosis of Parkinson's. Having watched her physically deteriorate from the disease and mentally deteriorate from the medications was difficult and frightening. Howard did not want to end up the way his mother had ended up with the disease. Howard had started studying alternative healing and Traditional Chinese Medicine. In the ten years leading up to his diagnosis, he had learned the body has the ability to heal itself. As a result, Howard decided he would endeavor to recover from Parkinson's, and he developed an alternative treatment methodology called his Parkinson's Recipe for Recovery®.

## **MY PARENT HAS CANCER AND IT REALLY SUCKS**

by: Maya Silver and Marc Silver

One million American teenagers live with a parent who is fighting cancer. It's a hard blow for those already navigating high school, preparing for college, and becoming increasingly independent. Author Maya Silver was 15 when her mom was diagnosed with breast cancer in 2001. She and her dad, Marc, have combined their family's personal experience with advice from dozens of medical professionals and real stories from 100 teens all going through the same thing Maya did.



## **YOUR BRAIN AFTER CHEMO**

by: Dan Silverman, et al

Chemotherapy saves lives, but new studies including research led by coauthor Dr. Dan Silverman, reveal that the agents used to kill cancer cells may also impair normal brain function. Even years after treatment, people report problems with memory, concentration, multitasking, and word retrieval. Silverman and Idelle Davidson combine cutting-edge science and true stories to demonstrate that chemo brain is not a figment of your imagination. With its invaluable strategies and straightforward nine-step program specifically tailored to re-energizing the brain, *Your Brain After Chemo* gives patients the coping skills to move on with their lives.

## **THE SOUL OF CAREGIVING**

by: Edward M. Smink

Dr. Edward M. Smink, in his revised edition of *The Soul of Caregiving*, brings a fresh perspective to caregivers who are experiencing compassion fatigue. His perspective as a registered nurse, pastoral counselor, and executive leader in mission and values formation, ethics, spirituality, and community health, as well as his own experience of overcoming compassion fatigue and severe burnout, gives credibility to readers validating their own stories. His book is not a "how to," but rather he invites the reader to reflect and enter into their own stories. Developing skills of compassion resilience and self-care are what Dr. Smink terms "Soul-Care," and makes the case that the antidote to compassion fatigue is Soul-Care. The reader is invited to begin a process of exploring the tension of self-care versus other-care, a unique understanding of Soul, the archetypical underpinnings of Caregiving, the mythos and logos of caregiving, the value of hospitality, the caregiver as a wounded healer, the art of reflection, caregiving as a spiritual practice, and the impact and recovery of compassion fatigue.

## **INSIDE THE DEMENTIA EPIDEMIC**

by: Martha Stettinius

The unflinching and hopeful story of one woman's journey into family caregiving, and a vivid overview of the challenges of Alzheimer's care. With the passion of a committed daughter and the fervor of a tireless reporter, Martha Stettinius weaves this compelling story of caregiving for her demented mother with a broad exploration of the causes of Alzheimer's disease, means of treating it, and hopes for preventing it. She shares the lessons she's learned over seven years of caregiving at home, in assisted living, a rehabilitation center, a "memory care" facility for people living with dementia, and a nursing home--lessons not just about how to navigate the system, but how caregiving helped the author to grow closer to her mother, and to learn to nurture her mother's spirit through the most advanced stages of dementia.

## **AUTOLOGOUS STEM CELL TRANSPLANT: *Handbook for Patients***

by: Susan K. Stewart

This comprehensive and easy-to-read book is a "must" for patients considering a transplant using their own bone marrow or stem cells. The book walks the reader through what to expect before, during and after transplant and includes the perspective of patients and caregivers as well.

## **BONE MARROW AND BLOOD STEM CELL TRANSPLANTS *(English and Spanish)***

by: Susan K. Stewart

*Bone Marrow and Stem Cell Transplants: A Guide for Patients* is the next generation of Susan K. Stewart's groundbreaking 1992 book *Bone Marrow Transplants: A Book of Basics for Patients*. This guide combines solid medical information with the voices of people who have been through a transplant. Comprehensive and easy-to-read, *Bone Marrow and Blood Stem Cell Transplants: A Guide for Patients* is a goldmine of information for people considering a transplant with donor marrow or stem cells.

## **GRAFT-VERSUS-HOST DISEASE: *What to Know, What to do (English and Spanish)***

by: Susan K. Stewart

Graft-versus-host disease (*GVHD*) is a complication that often occurs after a transplant using cells from a donor (*an allogeneic transplant*). This booklet will help you understand: the symptoms of GVHD, the organs it can affect, treatment options, and steps you can take to minimize the impact of GVHD on your daily life. Managing GVHD requires a close working relationship between you and your healthcare team. The more you know, the better equipped you will be to take charge of your GVHD.



# T

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## **REAL FAMILIES, REAL NEEDS: *A compassionate Guide for Families Living with Disabilities***

by: Joni Eareckson Tada

When a family is affected by disability, everyone's life changes. Whether you're a father, mother, sibling, grandparent, or other relative, you have specific questions based on your role in the family as well as unique needs for support. Real Families, Real Needs by Joni and Friends not only answers those questions, but also provides godly advice and spiritual hope for the challenges you face. Divided into five sections written specifically for every member of the family, this book also offers encouragement, Scriptures to lean on, practical ideas, and more.

## **A STEP FURTHER: *Growing Closer to God Through Hurt and Hardship***

by: Joni Eareckson Tada and Steve Estes

Personal answers to the difficult "whys" of suffering. New 16-page photo section and illustrations by Joni. Originally published in 1978, A Step Further is Joni Eareckson Tada's response to thousands of letters she received from people puzzled about the "whys" of suffering. Joni answers these questions by taking a personal look at how God has used circumstances, people, and events in her own life and the lives of others. A Step Further has been used by individuals, in hospitals and rehab centers, and in scores of countries overseas to bring comfort and peace to those who are suffering. It is available in over 30 different languages.

## **THE HEART OF THE CAREGIVER: *From Overwhelmed to Overjoyed***

by: Mary Tutterow

As a long-hour caregiver, you face incredible stress: financial, emotional, and physical. Yet, in the midst of all that, God is gently calling you to come to Him. Come, so you no longer feel desperate and overwhelmed. Come, so you can discover the deep soul-satisfying meaning in your difficult work. Come, experience satisfaction, peace and joy like never before. The Heart of the Caregiver is the path to finding God's heart in your unique situation. Diving into scripture that is relevant to all caregiving situations, fellow caregiver Mary Tutterow shares personal insights and Scripture passages that will help transform your perspective and purpose as you move from overwhelmed to overjoyed. Discover how you were made to love others through the care you provide.

# U

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## **ROUGH CROSSINGS: *Family Caregivers' Odysseys through the Health Care System***

by: United Hospital Fund

A 'user's manual' that explains our health care system and the policies that will change it, this edition of the best-selling practical, neutral, and readable overview of the US health care system is now available. This updated edition of the Health Care Handbook covers: New sections on health IT, team-based care and health care quality, a clear summary of health policy and the Affordable Care Act, inpatient & outpatient health care and delivery systems, health insurance and the factors that make health care so expensive, concise summaries of 32 different health professions, medical devices, pharmaceuticals, and the research world, and much, much more. The Handbook is the one-stop guide to the people, organizations and industries that make up the U.S. health care system and major issues the system faces today.

# V

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## **A PARKINSON'S PRIMER: *An Indispensable Guide to Parkinson's Disease for Patients and Their Families***

by: John M. Vine

This is a nontechnical, personal guide written from the patient's perspective. Relying on his experiences over the past 12 years, John writes knowledgeably about all aspects of the disease. This primer for newly diagnosed Parkinson's patients and their families helps them cope with the shock of diagnosis, gives them (*jargon-free*) the scientific basics they need to know, describes the symptoms they may experience (*making clear that every case is different*) and catalogs the resources available to navigate living with Parkinson's. John humanizes the book by describing his own experience and that of 22 other patients and their partners.



## ROLE REVERSAL

by: Iris Waichler

Designed to help caregivers understand how to cope with and overcome the overwhelming challenges that arise while caregiving for a loved one especially an aging parent. Role Reversal is a comprehensive guide to navigating the enormous daily challenges faced by caregivers. In these pages, Waichler blends her personal experience caring for her beloved father with her forty years of expertise as a patient advocate and clinical social worker. The result is a book offering invaluable information on topics ranging from estate planning to grief and anger to building a support network and finding the right level of care for your elderly parent.

## A LOVING APPROACH TO DEMENTIA CARE

by: Laura Wayman

Caring for someone with dementia means devotedly and patiently doing a hundred little things each day. But few care providers are trained to meet the challenges of dementia despite the fact that millions of people will struggle with it as they grow older. In *A Loving Approach to Dementia Care*, Laura Wayman, who is known professionally as the Dementia Whisperer, offers practical, compassionate advice on overcoming caregiving obstacles and maintaining meaningful relationships with loved ones who have dementia and memory loss.

## THE CAREGIVER TRAP: SOLUTIONS FOR LIFE'S UNEXPECTED CHANGES

by: Pamela D. Wilson

The *Caregiving Trap* provides recommendations for exhausted and frustrated caregivers. Advocate, care navigator, and caregiving educator Pamela D. Wilson shares stories from her personal and professional experience that will help you navigate the challenges of caring for a loved one and help you replace feelings of guilt, sadness, and fatigue with calm and certainty. A must read not only for any health professional interacting with the elderly and disabled individuals but also for any adult who could possibly find themselves in a caregiving situation or the recipient of caregiving now or in the future. Pamela's personal and professional experience, along with extensive research, offers a compassionate, perceptive and detailed resource. Familiar scenarios, probing questions, and realistic options are presented, all with the end goal of better quality of life for both the recipient of care and the caregiver.

## ESSENTIAL PUREE - THE A TO Z GUIDEBOOK:

### *67 Delicious Recipes for the Dysphagia Diet & Soft Food Diet*

by: Diane Wolff

Provides a system for setting up and running a purée kitchen. Taking the guesswork out of the setup, the Essential Purée system is fast, easy, organized and smart. Indispensable for caregivers and families coping with patients with dysphagia or swallowing difficulties, this guidebook features: 67 Puréed Recipes, for adults, of classic American comfort foods Steps to setup a "puree kitchen", a guide to the best and healthiest cooking methods, tips for making great-tasting purée, how to select ingredients for nutritional healing, how to organize a cooking schedule so that you are not chained to the kitchen and a great meal is always on hand, how to store food safely and tells how to label food and keep track of what is on hand, practical advice from a home cook who has been in the situation of the caregiver PLUS The Science of Puree - including The National Dysphagia Diet guidelines and definitions How to Thicken Beverages Using Thickeners for Puree ...and much more!

## WHEN SOMEONE YOU KNOW IS LIVING IN A DEMENTIA CARE COMMUNITY:

### *Words to Say and Things to Do*

by: Rachael Wonderlin

Life changes dramatically for the entire family when the decision is made to move a person who has dementia from home to community care. Rachael Wonderlin, a gerontologist, dementia care expert, and popular dementia care blogger, helps caregivers cope with the difficult behaviors, emotions, and anxieties that both they and their loved one may experience. Writing from her own practice and drawing on the latest research in gerontology and dementia, Wonderlin explains the different kinds of dementia, details the wide range of care communities available for people who have dementia, and speaks empathetically to the worry and guilt many families feel. "Do not let anyone make you feel like you have taken the 'easy way out' by choosing a dementia care community," she writes. "You are still going to deal with a lot of challenging behaviors, concerns, and questions regarding your loved one's care."



# Z

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## EXERCISE AND PARKINSON'S DISEASE

by: David Zid

Exercises for Parkinson's Disease is the complete guide to achieving better health, providing everything from tips on how to structure your day to take full advantage of higher energy periods, to tailor-made workout programs designed to boost mobility and balance. Studies have shown that exercise improves fitness and energy levels in Parkinson's patients, while also relieving pain and helping them retain control in their daily life. This book works as an integrated part of any Parkinson's treatment plan, optimizing mobility, increasing strength and minimizing pain, while providing lifestyle tips to keep you motivated and moving forward.

## FUNCTIONAL FITNESS FOR PARKINSON'S

by: David Zid

World's leading exercise-based PD practitioners, David Zid and Jackie Russell, deliver highly-anticipated follow-up to #1-selling Parkinson's defeating exercise program Delay the Disease. NEW Book Functional Fitness is first-ever end-user customizable modular exercise system designed to alleviate needless suffering while accomplishing daily tasks. This evidenced-based program aims to give everyone with Parkinson's disease, regardless of their physical condition or present disability, the opportunity, knowledge, confidence and ability to increase their physical strength, agility, range of motion, stamina,, and most importantly, their confidence and quality of life. This colorful, lay-flat book details 15 distinct Functional Fitness plans for people with Parkinson's Disease. Each fitness plan is based on an activity of daily living, i.e., Getting out of bed, Getting off the floor, Getting out of the car, Getting out of the chair, Dressing, Freezing, Posture, Rigidity, Moving about in Crowds, and lots more. There are exercises designed for each functional task, as well as tips for some of the tasks.

Contact us today at [contact@caregiverrenewal.org](mailto:contact@caregiverrenewal.org) to check out or borrow a physical copy of one of these helpful titles.

You may pick them up from Big Bend Hospice  
located at 1723 Mahan Boulevard in Tallahassee

