



## LENDING LIBRARY – 2024

1. *Still Me: Accepting Alzheimer's Without Losing Yourself* by PhD Rebecca S. Chopp
2. *Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers*, Fifth Edition, by Jolene Brackey
3. *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias* by Nancy L. Mace, Peter V. Rabins
4. *Dementia Caregiver's Respite 2-In-1 Value: The Dementia Caregiver's Survival Guide + Dementia Caregiver - Effective Strategies for Dementia* by Janet G Cruz
5. *Dementia for Caregivers: Strategies for Behavioral Issues and Practical Tips for Caring for Your Loved One at Home (Dementia Caregiving, Activities...)* by Renee Phillippi
6. *The Dementia Caregiver's Survival Guide: An 11-Step Plan to Understand the Disease and How To Cope with Financial Challenges, Patient Aggress* by Janet G Cruz
7. *7 Caregiver Landmines: And How You Can Avoid Them* by Peter W. Rosenberger
8. *Dear Caregiver, It's Your Life Too: 71 Self-Care Tips To Manage Stress, Avoid Burnout And Find Joy Again While Caring For A Loved One* by Katie Duncan
9. *The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself* by Linda Abbit
10. *The Heart of the Caregiver: From Overwhelmed to Overjoyed* by Mary Tutterow
11. *A Minute for Caregivers: When Everyday Feels Like Monday* by Peter W Rosenberger
12. *Hope for the Caregiver: Encouraging Words to Strengthen Your Spirit* by Peter Rosenberger

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