

## **FORGET-ME-NOT SPOTLIGHT**

### **Creating Moments of Joy**

**by Jolene Brackey**

A review by Shannon Nosbisch, C.D.P., co-founder of Effingham Area Alzheimer's Awareness

Joy is not, usually, a word associated with Alzheimer's disease or dementia. When a person has Alzheimer's and is living with memory impairment, life is made up of moments. Jolene Brackey has put together a book that helps you, the caregiver, family member or friend, create moments of joy for your loved one with dementia. By putting smiles on their faces, a twinkle in their eyes or triggering happy memories, moments of joy are being created for you, also. They may not remember five minutes later, but that feeling will linger with both of you.

This book is made up of 72 short chapters in 5 sections that explains ways you can bring a moment of joy to your loved one. Each chapter can be read in a few minutes making it a great read for anyone even if you do not have a lot of time. The first short section is to help you understand where (what age), in their mind, the person you care about is at in their life. From that point, you can Create Positive Outcomes (Section 2), Talk Communication (Section 3), create Memory Enhanced Environments (Section 4) and, then, Enhanced Memories (Section 5). Each chapter has a story, quote or humorous anecdote, making the idea more practical for you to implement with your loved one.

I would highly recommend this book to anyone who knows a person with Alzheimer's or dementia and wants to create a moment of joy with them. This book is available for check out at the Newton Public Library from the Forget-Me-Not Resource Center. If you do not have a library card, it can be checked out under Newton Forget-Me-Not.

*This resource is available at the Effingham Public Library, Flora Public Library, Evans Public Library, Newton Public Library, Greenup Township Public Library, Shelbyville Public Library and the Mattoon Public Library in the Forget-Me-Not Resource Center. If you do not have a library card, ask at the main desk how you can check it out.*