Forget Me Not Resource Center
Connecting People Living with Dementia And their Caregivers

Effingham Area Alzheimer's Awareness

(217) 342-2464
effinghamlibrary.org
Effingham Area Alzheimer’s Awareness

* History -
  of EAAA
  with the library - meetings started in 2014; officially a non-profit in November, 2014; FMN Resource Center opened in Sept. of 2015

* Mission – to provide support and education to all families, caregivers, and persons living with Alzheimer’s disease and related dementias. Our focus is specifically on rural areas affected by these diseases.

Effingham Public Library
(217) 342-2464
effinghamlibrary.org
Forget Me Not Resource Center Opens
The Effingham Community
Community Philosophy

Our Vision:
A catalyst for positive action.
Dementia

• 1 in 9 people who are 65+ have Alzheimer’s
• 2016 to 2025 Alzheimer’s and related dementias will increase 14% nationwide
• 15+ million Americans are unpaid caregivers
• 41% of those have a household income of $50,000 or less

Dementia vs. Alzheimer’s disease

• Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

• Alzheimer’s disease is one form of dementia. Others include Dementia with Lewy Bodies, Frontotemporal dementia and vascular dementia.
Welcome Shannon Nosbisch and Amy Sobrino, Effingham Area Alzheimer’s Awareness Founders

The Caregiving Journey
Why a unique nonprofit?
Why partner with a library?
Challenges of partnering?
What goals were you able to accomplish?
Why a Unique Non-Profit

Effingham Area Alzheimer’s Awareness

• Other families were going through Alzheimer’s
• Help families understand the disease
• Educate caregivers to better care for the person living with the disease
Why Partner With a Library

• Non-biased location, non-judgmental
• Accessibility
• Hub of learning
Challenges of Partnering

• Dedicated space
• Checkout procedure – to everyone, regardless of having a library card
• Lost or not returned items
Challenges & Opportunities
What Goals were Accomplished

• Forget-Me-Not Resource Center – expanded to include other dementias
• Community Education Series
• Friends in Rural Places: Dementia Friendly library initiative
• Forget-Me-Not Spotlight and Memory Moment Articles
<table>
<thead>
<tr>
<th>Collection Name</th>
<th>Author/Creator</th>
<th>Title</th>
<th>Publication Year</th>
<th>Item/Order ID</th>
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<tbody>
<tr>
<td>Non-Fiction</td>
<td>Long, Judith L.</td>
<td>Activities to do with your parent who has Alzheimer’s or dementia</td>
<td>2014</td>
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<td>Non-Fiction</td>
<td>Smidler, Lisa</td>
<td>Living your best with early stage Alzheimer’s: an essential guide</td>
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<td>Zickel, John</td>
<td>I’m still here: a breakthrough approach to understanding someone living with Alzheimer’s</td>
<td>2008</td>
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<td>Kline, Daniel</td>
<td>Alzheimer’s early stages: first steps for family, friends, and caregivers</td>
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<td>Maze, Nancy L., author.</td>
<td>The 24-hour day: a family guide to caring for people who have Alzheimer’s disease, related dementias, memory loss</td>
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<td>Distelhaupt, P. Arnold, 1945-</td>
<td>The Alzheimer’s action plan: the expert’s guide to the best diagnosis and treatment for memory problems</td>
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<td>Scott, Paula Spencer, author.</td>
<td>Navigating Alzheimer’s: practical tips and support for caregivers</td>
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<td>Jacobs, Barry J.</td>
<td>The essential survival guide for caregivers: looking after yourself and your family while holding on to your sanity</td>
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<td>The journey of dementia [collaboration] : becoming a post-treatment companion and guide</td>
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<td>It’s all in your approach [unconventional]</td>
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<td>Biography</td>
<td>Smith, B. (Folksy, 1949-</td>
<td>Forget to say: love, hope, and acceptance must reign against Alzheimer’s</td>
<td>2016</td>
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<td>Living with dementia [unconventional] : what everyone needs to know</td>
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<td>Smidler, Lisa, 1953-</td>
<td>Talking to Alzheimer’s: complex ways to bridge your child with a family member or friend</td>
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<td>Beware you brain: think your way to a better life</td>
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<td>Effingham Area Alzheimer’s Association (Organization)</td>
<td>Living together [kit]</td>
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Reminiscence Kits – how to use
Keeping the Resources Active

• Memory Moment articles in newspapers, website
• Forget-Me-Not Spotlight articles in newspapers, on website and on Facebook
• Highlighted at Community Education meetings
Friends in Rural Places: Dementia Friendly Community Initiative

• Libraries
• 2018 businesses include restaurants, banks and grocery stores
• Future businesses include government agencies, police, fire departments, beauty salons, medical clinics, gas station
Curriculum for Friends in Rural Places

• Foundation of Dementia – symptoms, types, risk factors
• Communication skills
• Modification of Physical Environment
• Tailoring programs and services
• Practical application
For more information

Best of the Forget Me Not Resource Center Items

How to Use Reminiscence Kits

Effingham Area Alzheimer’s Awareness

Alzheimer’s Association
Contact Information

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