

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



Effingham Area
ALZHEIMER'S AWARENESS



EFFINGHAM
PUBLIC
LIBRARY

(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.

Forget Me Not Resource Center Opens



The Effingham Community



Illinois



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

https://www.alz.org/documents_custom/2016-facts-and-figures.pdf



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?



The Caregiving Journey



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

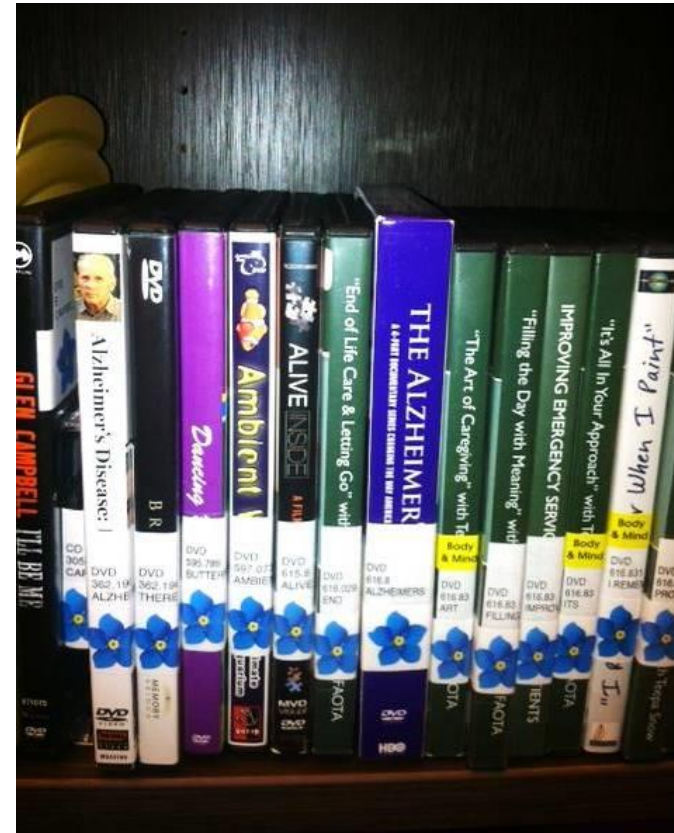
Why Partner With a Library

- 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

The Best of

Collection Name	Browse Author	Browse Title	Publication Year	Item Lifetime CircCount
Non-Fiction	Levy, Judith A.	Activities to do with your parent who has alzheimer's dementia	2014	19
Non-Fiction	Snyder, Lisa.	Living your best with early-stage Alzheimer's : an essential guide	2010	16
Non-Fiction	Zeisel, John.	I'm still here : a breakthrough approach to understanding someone living with Alzheimer's	2009	15
Non-Fiction	Kuhn, Daniel.	Alzheimer's early stages : first steps for family, friends and caregivers	2013	14
Non-Fiction	Mace, Nancy L., author.	The 36-hour day : a family guide to caring for people who have alzheimer disease, related dementias, and memory loss	2011	14
Non-Fiction	Doraiswamy, P. Murali, 1963-	The Alzheimer's action plan : the experts' guide to the best diagnosis and treatment for memory problems	2008	14
Non-Fiction	Scott, Paula Spencer, author.	Surviving Alzheimer's : practical tips and soul-saving wisdom for caregivers	2014	12
Non-Fiction	Jacobs, Barry J.	The emotional survival guide for caregivers : looking after yourself and your family while helping an aging parent	2006	12
DVD		The journey of dementia [videorecording] : becoming a good travel companion and guide	2011	12
DVD		It's all in your approach [videorecording]	2011	12
Biography	Smith, B. (Barbara), 1949-	Before I forget : love, hope, help, and acceptance in our fight against Alzheimer's	2016	12
DVD		Lewybody dementia [videorecording] : what everyone needs to know	2013	12
Non-Fiction	Strauss, Claudia J., 1952-	Talking to Alzheimer's : simple ways to connect when you visit with a family member or friend	2001	10
Non-Fiction	Arden, John Boghosian.	The brain bible : how to stay vital, productive, and happy for a lifetime	2014	10
Non-Fiction	Arden, John Boghosian.	Rewire your brain : think your way to a better life	2010	10
Kit	Effingham Area Alzheimer's Awareness (Organization)	Sewing toolkit [kit]	2015	10
DVD		The art of caregiving	2011	10
Non-Fiction		Mayo Clinic guide to Alzheimer's disease	2006	9
DVD		Glen Campbell [videorecording] : I'll be me	2015	9



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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