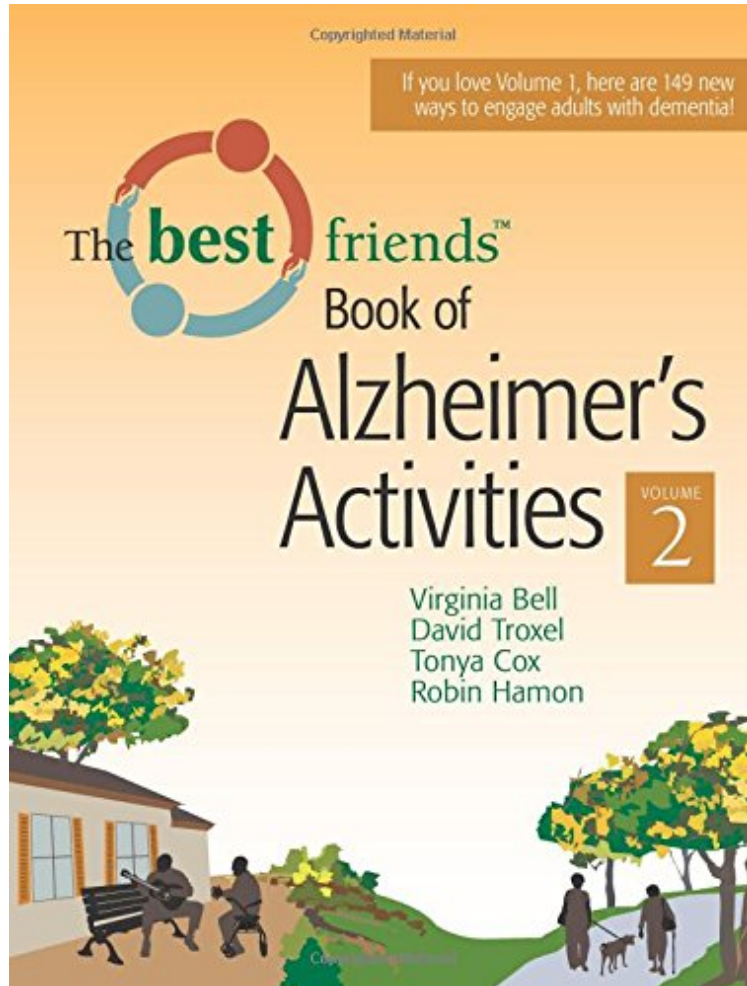


## The Best Friends Book of Alzheimer's Activities, Volume Two

Virginia Bell MSW, David Troxel MPH, Tonya Cox M.S.W., Robin Hamon M.S.W.  
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**Virginia Bell MSW, David Troxel MPH, Tonya Cox M.S.W., Robin Hamon M.S.W. : The Best Friends Book of Alzheimer's Activities, Volume Two** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Best Friends Book of Alzheimer's Activities, Volume Two:

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will definitely benefit from all of the activities you have suggested Dianne from Alzheimer's Marlborough, New Zealand

Expand and enrich your Best Friends activity programming with 149 all-new activities for individuals with dementia. Like the first book, this collection of fun and easy activities will add both meaning and enjoyment to the activities at your adult day center, home care setting, or residential care facility. Feedback and insights from individuals with early-stage dementia helped shape this new collection, as well as activity suggestions from national and international dementia programs. As a result, the activities include a new focus on diversity and multiculturalism. Also featured are topics of interest to participants in their 50s and 60s, such as the Internet, advocacy, and community service. Participants, staff, and family members will enjoy fresh ideas for creative art projects, interactive games, and evening activities. New themes to explore in Volume 2 include activities related to the kitchen and food, life story sharing and reminiscence, religious and spiritual traditions, and wellness. Adaptations for people in the early and late stages of Alzheimer's disease, preventive measures to avoid unwanted surprises, and conversation tips make these activities particularly versatile. Use this resource to extend the benefits you already enjoy from Best Friends programming or discover for the first time how this groundbreaking approach can transform activities and daily interactions.

"Embracing the activity principles in the Best Friends model has helped us to capture the very essence of how activity programming should be for person-centered care. Our residents and staff have responded so positively to the Best Friends program that we have made Best Friends our road map to achieving excellence in dementia care." --Jill Hess, LMSW, ACSW, Vice President, Organizational Development, Heritage Community of Kalamazoo, "In addition to facilitating more creative individualized projects, this book breathes new life into activities routinely done in memory care settings. . . Occupational therapists experienced in the art of planning person-centered and occupation-based activities will appreciate the way The Best Friends Book of Alzheimer's Activities utilizes the person's life story to anchor the design process." --Advance for Occupational Therapy Practitioners

About the Author Virginia Bell has lectured widely on Alzheimer's disease at national and international conferences, speaking at 12 National Education Conferences of the Alzheimer's Association and lecturing at 18 conferences of Alzheimer's Disease International. She has published journal articles and books, notably in *Dementia Care: Patient, Family and Community* (John Hopkins, 1989). Many of her articles have been reprinted numerous times: "The Alzheimer's Disease Bill of Rights" (1994), "The other Face of Alzheimer's Disease" (1999) and "Spirituality and the Person with Dementia" (2001), co-authored with David Troxel and published in the *American Journal of Alzheimer's Disease* and in the *Alzheimer's Care Quarterly*. She has also co-authored five books with David Troxel. Virginia is currently the Program Consultant for the Greater Kentucky and Southern Indiana Chapter of the Alzheimer's Association. David Troxel is an internationally known expert in Alzheimers and memory care. Hes best known for his work with residents and families, and is an informative and engaging speaker. David holds a Masters Degree in Public Health from Rutgers Medical School. During the 25 years that hes worked in the field, hes also served as an Executive Board member of the American Public Health Association and the Ethics Advisory Panel for the US National Alzheimers Association. David has co-authored four influential books (most notably, *The Best Friends Approach to Alzheimers Care*) on Alzheimers relating to the disease care as well as staff development and training. Davids Best Friends Approach is built on a seemingly simple premise: that what people living with memory loss need most is a friend a best friend. David teaches caregivers how to understand and fulfill this Best Friends role, including special caregiving techniques and tools. He lives in Sacramento as a writer, speaker and consultant. Tonya M. Cox, M.S.W., is Vice President of Education and Programs for the Alzheimer's Association serving greater Kentucky and southern Indiana. She began working in dementia care in 1995 in the Helping Hand Adult Day Program developing and leading activities for persons with memory loss. She also teaches and presents on activity programming and caring for persons with dementia. Robin Hamon, M.S.W., is Family Support Coordinator for the Alzheimer's Disease Research Center at the University of Kentucky Sanders Brown Center on Aging. She worked with the Alzheimer's Association Lexington/Bluegrass Chapter for 11 years. During her tenure as program manager for the Helping Hand Day Center, she developed a creative art training program for staff and volunteers working with persons with dementia. Her special interests are in training and providing creative arts experiences for persons with dementia.