

Five Million and Counting: *Serving the Growing Number of People with Alzheimer's in Your Community*

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Libraries can make a difference for persons with Alzheimer's and dementia!

ALA Diversity & Outreach Fair in Chicago, June 23, 2013.
Karen Maki and Mary Beth Riedner received awarded when Tales & Travel Memories won **Best in Show**.



The ALA Carnegie-Whitney Grant Synopsis (2013 – 2015)

The Tales & Travel Memories Project will stimulate the use of library reading and music resources.

Premise: “Reading materials and music not only stimulate memories for those with dementia, but provide enjoyment and entertainment, as well.”

Forget-Me-Not Flowers in logo



Tales & Travel Memories Project Awards

The Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiver Legacy Award through the Family Caregiver Alliance: National Center on Caregiving 2014

The Jean Williams Sayre Upstart Innovation Award through the Midwest Chapter of the Medical Library Association 2014



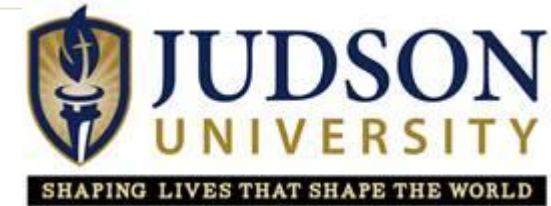
Partners are key to success



DOMINICAN UNIVERSITY

Graduate School of Library & Information Science

<http://gslis.dom.edu/about/tales-and-travel-memories>



<https://www.facebook.com/TalesAndTravelAlzheimersOutreach>



<http://www.ala.org/ascla/interestgroups/igard>

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Partnerships

Tales and Travel Memories

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A growing problem

More than five million Americans have been diagnosed with Alzheimer's Disease and other dementias, a number that is rapidly climbing as Baby Boomers age. Public, academic, and medical libraries can and should play an important role in enriching the lives of this too-often forgotten population.

What is Tales and Travel Memories?

Tales and Travel Memories is an innovative project that provides library services directly to the people diagnosed with Alzheimer's Disease, not just to their caregivers. It has received a positive reception by nursing homes and their residents, demonstrating a real need for serving this special population.

[View our video to see the project in action.](#)

"The Tales and Travel Memories program has become a favorite among the residents...this program has blossomed into a monthly adventure."

—Nursing home program services director

How does it work?

Designed by retired academic librarian Mary Beth Riedner and Gail Borden Public Library District staff and volunteers, the series is offered monthly to diagnosed people at local memory care facilities. Developed in compliance with the International Federation of Library Associations' (IFLA) Guidelines for Library Services to Persons with Dementia, each one-hour program uses the theme of an imaginary excursion to a destination around the globe.

Sample agenda for an excursion:

- Each person is greeted personally as s/he enters the room.
- A globe or large map is used to show each person where s/he is now and where the selected country or state is located.
- Residents take turns reading aloud from a folktale or a story representative of the area. The story has been retyped in large font and each person receives a copy to keep.
- Five interesting facts about the location, also typed in large font, are read aloud by the residents.
- Highly illustrated books about the destination, selected from the library's adult and children's collections, are distributed. The residents browse through several books at their own pace.
- Music, souvenirs, coloring pages, flags and sometimes food can be incorporated into the program.
- Informal conversation with library staff and volunteers adds a personal and social touch to the program. Be

[Mission, Goals & Objectives](#)

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A Tales and Travel Video

Thanks to:

Beacon Academy
South Elgin High School

Bill Kurtis
Bill Kurtis Productions



Getting Started

Identify and invite facilities:

- Daycare programs
- Dementia units
- Memory care centers

Contact Activity Directors:

- Review program
- Determine best programming schedule



Devising your Plan

Visit the site before programming begins...

- Quiet Room
- Tables and chairs
- Electrical outlet and CD player
- Confirm staff assistance



Staffing

Volunteers are **KEY** to a successful program:

- To help gather materials
- To facilitate the program at each location

Most effective volunteers will:

- Have a desire to help those with dementia and other memory disorders
- Be friendly, patient and dependable
- Be willing to travel to care facilities independently



Tool Kit

- Excursion Guide
- Globe or Map
- Name Cards
- Read-aloud Story
- Five Facts
- Books to Browse
- Supplementary Materials
- Passports
- Stamp and Ink





Excursion Guide

Mexico

Table of contents:

Page 1: Folktale, Legend or Myth
Page 2: Five Facts
Page 3: Bibliography
Page 5: Supplemental materials



Read Aloud Folktale, Legend or Myth:

Both stories below are from *Tales Our Abuelitas Told: A Hispanic Folktale Collection* by F. Isabel Campoy and Alma Flor Ada:

"The Goat from the Hills and Mountains": This is the story of a goat who steals food from a garden, and the clever ant who gets rid of him. It includes repetition, humor, and dialogue. Although it is short, there are many interesting characters (family, goat, ant), and lessons on politeness, kindness, and generosity.

"Martina Martinez and Perez the Mouse": This is a longer selection. This is the story of how Martina wins her love, Raton Perez, only to have him fall into a pot of soup! But don't worry – everything ends well. There is dialogue, humor, and a variety of characters, both animal and human. One possible concern is that the story doesn't make clear whether

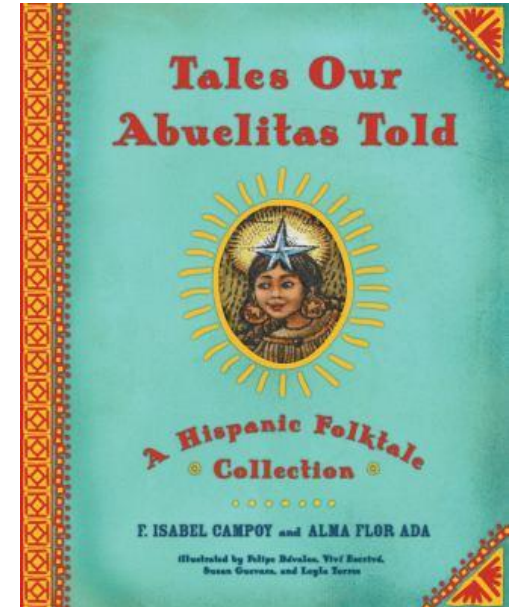
Remember to:

- Greet each person individually
- Use a globe or large map to show each person the starting point and destination
- Engage people in informal



Read-aloud Story

- Folktales, myths, legends, historical/biographical stories
Most often found in children's folktale collections
Retype in large font; easier to read
- Length - four to five typewritten pages
- Universal themes – love, cleverness, origin tales. Avoid violent tales.
- Stories with humor and dialogue are the most fun to read aloud



The Goat from the Hills and Mountains

Long, long ago, in the time of old Mary Chestnut, there lived a woman who had a daughter, a husband, a cottage and a garden. She tended her daughter with love, her husband with care, her cottage with joy, and her garden with all her heart.

And so the garden rendered plump pumpkins, sweet carrots, tender lettuces, and delicious peas. And each day, in the neatly kept cottage, the woman, her daughter, and her husband enjoyed wonderful meals.

One morning the woman sent her daughter to the garden to fetch some vegetables for their dinner. When the daughter arrived, she saw in the middle of the garden a large goat eating everything in sight.

Shouting and flapping her arms, the girl tried to scare the goat away. But the goat merely looked at her



FIVE FACTS ABOUT MEXICO

- 1. El Popocatepetl volcano has erupted 14 times in the last 500 years. Its name means “smoking mountain” in the Aztec language, Nahuatl.
- 2. Mexico is the world’s largest producer of silver. In 2000, Mexico produced over 5 million pounds of silver!
- 3. Descendants of the Aztec people still live in Mexico today, and continue to speak Nahuatl.
- 4. The Azteca soccer stadium is the largest in the world. It seats over 100,000 fans.
- 5. Mexico is home to many beautiful and exotic animals, including monarch butterflies, jaguars, iguanas, and hummingbirds.

Five Facts

- Readily found in children’s books
- Presented on a separate sheet of paper with large font
- Extreme statistics are enjoyed
- Historical/cultural references stimulate memories



Books to Browse



Choosing Materials

Adult Materials

IFLA Guidelines:

- Richly illustrated with big and clear color photographs
- Coffee table books and selected travel guides
- Cooking, local and other history, art & architecture, animals, flowers, fashion, old cars ...



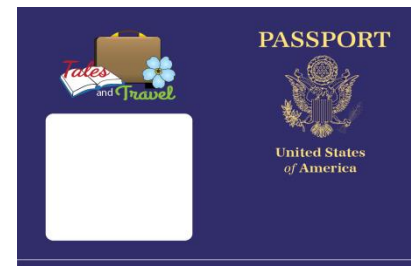
Children's Collection – Junior High / Middle School

- Publishers' series on countries of world/ individual U.S. states
- Larger font, more white space make these appealing
- Large illustrations or maps



Supplementary Materials

- Passports
- Souvenirs / Artifacts
- Food
- Coloring pages
- Music CDs



Circulating Kits

- Ideal for Caregivers to Check Out
- Extra Supplemental Materials



Questions

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