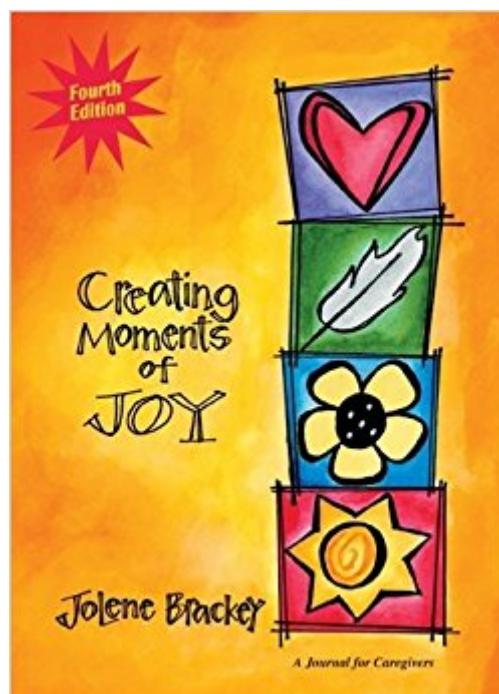


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# Creating Moments Of Joy For The Person With Alzheimer's Or Dementia



## **Synopsis**

Jolene Brackey has a vision. A vision that will soon look beyond the challenges of Alzheimer's disease and focus more of our energy on creating moments of joy. When a person has short-term memory loss, his life is made up of moments. But if you think about it, our memory is made up of moments, too. We are not able to create a perfectly wonderful day with someone who has dementia, but it is absolutely attainable to create a perfectly wonderful moment; a moment that puts a smile on their face, a twinkle in their eye, or triggers a memory. Five minutes later, they won't remember what you did or said, but the feeling you left them with will linger.

## **Book Information**

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## **Customer Reviews**

Jolene Brackey began her career as an interior designer after graduating from Iowa State University. But she soon realized that she derived great joy from helping people improve the interiors of their lives, rather than their homes. When she left her interior design job, the first job available was in an Alzheimer' special care unit as an activity director. She didn't know what Alzheimer's was but she knew she liked older people. Before long, she realized that God had given her a gift. She found ways to create positive outcomes and moments of joy for the individuals with the disease, their loved ones, and professional caregivers. Eager to share her practical solutions and insights, Jolene began speaking at educational seminars. Her message of hope, encouragement-along with generous helpings of humor-was warmly embraced by family members and professional caregivers alike. So, she established a business, Enhanced Moments, to help

guide people through the Alzheimer's journey. Jolene and her husband, Troy, live in Polson, Montana with their children Sidney, Taylor, and Keegan.

If you want to need to deal with a person who has dementia or alzheimer's, this is the most inspiring, uplifting book you can read on this subject. I have tried to read several, but they were too depressing. This book gives the reader a lot of ideas and specific instances of how to deflect worry and confusion. I have given this book to my family members and friends. I never dreamed I'd read a book about alzheimer's and be inspired! My favorite story was of the mother who wanted nothing more than to go to the beach and stick her feet in the sand one last time. The family took her on a major trip to the beach. On the way home, she said "all I want to do is stick my toes in the sand one more time." Instead of the family going nuts and saying WE WERE JUST THERE! They quietly said, 'we'll be there in about an hour'. In an hour, she had forgotten completely what she had wanted. Of course this only works if they don't remember! I can't say enough good things about this book. It will truly save your sanity!

One of the better author and books on the subject of any dementia or similar, such as Alzheimers! An absolute must read for not only professional care givers, but any and all caregivers, family members, friends, etc. If you want to understand how to react and give positive moments of joy, this is it!! This book will inform you how to react, talk and have peace in what you do with this issue. Have met this author and attended conferences where she has spoken! You cannot go wrong with this edition or any addition she puts out as time goes by for this subject covered!! Cannot recommend a more resourceful book, it is one of the best type books of any book on this subject by Jolene Brackey I've read! As an R.N. I feel most adamant about this, with this particular book, absolutely!!!!

Enjoyed this so much, I bought a copy for a sibling. Was great for understanding what our mother was dealing with (she was in her 80's when I bough this), and to see things through her eyes. Great ideas on how to not only communicate but to make visits enjoyable. Also brings a little peace about the disease. It is a horrible disease, but it makes you understand what the person is going through and how to handle it better, as many times you feel lost yourself, or at a loss, or hopeless in knowing what to do or how to handle a situation, and it helps to make your relationship with the person the most and best it can be during this very difficult time. A great read for sure!!!

This has to be the best book ever on Alzheimer's. As hopeless as this disease makes us feel, it truly presents uplifting, compassionate methods on how to help the Alzheimer's victims and help caregivers find and create "moments of joy". The author encourages caregivers to think outside the box when needed and the rewards are priceless! (ordered on Kindle) There is a 5th edition of this book that I recently purchased as well, it has even more information and ideas (Creating Moments of Joy Along the Alzheimer's Journey). This one I bought in paperback as my working copy - I will take notes on what I discover about my loved one and, as this wonderful book suggests, pass on the information to others who love and care for her.

Caring for a parent with dementia is very hard and stressful. It is physically, mentally, and emotionally exhausting. Many days I wonder if I am doing things right and handling my father the correct way. I saw this book on and decided to order it. I am enjoying it immensely! Ms. Brackey discusses many things that I am currently going through and have gone through and gives me encouragement that I am doing a good job in caring for my father and provides suggestions and advice for situations I am currently experiencing. This book has been a blessing to me and I am devouring every page. I highly recommend to anyone who has a parent or loved one with dementia or Alzheimer's.

This book was an excellent resource to me when my mother began her experience with several communication and cognitive challenges... expressive aphasia where her words wouldn't come from her mouth and a level of dementia. This book not only helps family and friends who are supporting people with cognitive issues but for me, it was a way to relate better with the elderly despite their conditions. The book helped me be more patient (instead of trying to finish sentences or relate that "I've heard that story before") and to reach my loved one where she was at the time- moving in to her world. The book is a great resource into how our responses are received by the loved one and how instead we can Create Moments of Joy for where they are at. After moving my mom from one facility to another, a caregiver said how they had observed how patient and loving I was with my mom...I attribute it all to this book. You won't be disappointed- it explains the why, is funny and makes a heck of a lot of sense. I HIGHLY RECOMMEND this book and have given it as gifts a couple times already.

I loved this book for me, but had purchased it hoping to share it with my father, who is caring from my mother. It is a little bit TOO upbeat for him to get through. I will have to translate for him, with the

New York skepticism he is used to. On the other hand, I am using the techniques with my mom over the phone. I live far away. I am feeling more comfortable "lying" ( with words like "I will be visiting soon, and it is on your calendar already") and more comfortable telling her the same things over and over as long as it makes her happy. I read her the same complimentary letters about me frequently, and tell her that the reason I have received compliments is because SHE raised me, and that she has been such a great mother. This brings her great joy over and over, and Jolene's book has given my "permission" to do this. Thank you!

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