

MORE RESOURCES: THE BRAIN, COGNITIVE IMPAIRMENT, BEHAVIOR, DEMENTIA

Books, Journals, Articles and Websites:

Here is a list of some of the websites, books, journals, and articles that are easily accessible in the general press and media, in both the popular and professional press. You can find most of these and other articles/information on the internet or in the library. More websites and resources are listed at the end of some of the handouts and in information from the Michigan Mental Health and Aging Project (MHAP) (whose website is below). The resources listed here emphasize older adults, dementia, and disorders frequently misdiagnosed. Some are seminal and some more recent. These may be interesting and useful in addition to your professional and academic sources of information.

BOOKS

Brain (Books)

1. Amen, Daniel G. *Making a Good Brain Great*. 2005. New York: Random House.
2. Beaumont, JG; Kenealy, PM; Rogers, MJC. *The Blackwell Dictionary of Neuropsychology*. 1999. Malden, Mass: Blackwell Publishers.
3. Begley, Sharon. *Train your Mind, Change your Brain: How a new Science Reveals our Extraordinary Potential to Transform Ourselves*. 2007. New York: Ballantine Books.
4. Birnbaum, Molly. *Season to Taste: How I lost my sense of smell and found my way*. 2011. New York: HarperCollins Publishers.
5. Borod, JC., (Ed) *The Neuropsychology of Emotion*. 2000. Oxford University Press, New York
6. Damasio, Antonio. *The Feeling of What Happens: Body and Emotion in the Making of Consciousness*. 1999. Orlando: Houghton Mifflin Harcourt Publishing Company.
7. Damasio, Antonio. *Descartes' error: Emotion, Research and the human brain*. 1994. Avon, New York
8. Davidson, Richard J, Begley, Sharon. *The Emotional Life of your Brain*. 2012. Hudson Street Press, Penguin Group, New York.
9. Grandin, Temple. *Thinking in Pictures and Other Reports from My Life with Autism*. 1995. New York: Vintage Books.
10. Gurd, Jennifer M; Kischka, U; Marshall, J.C. (eds). *Handbook of Clinical Neuropsychology: Second Edition*. 2010. New York: Oxford University Press.
11. Jacka, Felice. *Brain Changer: How diet can affect your risk of anxiety and depression and health of your brain*. 2019. Sydney, Australia: Macmillan.
12. Lezak, Muriel; Howieson, DB; Bigler, E; Tranel, D. *Neuropsychological Assessment: Fifth Edition*. 2012. New York: Oxford University Press.
13. Linden, DJ. *Touch: The Science of Hand, Heart, And Mind*. 2015. New York: Viking Penguin.
14. Lipska, B. with McArdle, E. *The Neuroscientist who Lost her Mind: My Tale of Madness and Recovery*. 2018. New York: Houghton Mifflin Harcourt.
15. Marcopulos, BA & Kurtz, MM (Eds) *Clinical Neuropsychological Foundations of Schizophrenia*. 2012. New York: Taylor & Francis.
16. Marcote, R & Grant, I (Eds). *Neuropsychology of Everyday Functioning*. 2010. New York: Guilford Press.
17. Miller, Bruce & Cummings, Jeffrey (Eds). *The Human Frontal Lobes: Functions and Disorders, Second Edition*. 2007. New York: Guilford Press.

18. Pliszka, Steven. *Neuroscience for the Mental Health Clinician*. Second Edition. 2016. New York: Guildford Press.
19. Rolls, E.T. *The Brain and Emotion*. 2005. New York: Oxford University Press.
20. Roach, Mary. *Gulp: Adventures on the alimentary canal*. 2013. New York: W.W. Norton & Company, Inc.
21. Sacks, Oliver. *Hallucinations*. 2012. New York: Alfred A. Knopf.
22. Sacks, Oliver. *Musicophilia: Tales of Music and the Brain: Revised and Expanded*. 2008. New York: Random House.
23. Shaywitz, Sally. *Overcoming Dyslexia*. 2003. New York: Random House.
24. Tammet, Daniel. *Born on a Blue Day: Inside the Extraordinary Mind of an Autistic Savant: A Memoir*. 2007. New York: Simon & Schuster Adult Publishing Group.
25. Tammet, Daniel. *Thinking in Numbers*. 2012. New York: Little, Brown and Company
26. Taylor, Jill Bolte. *My Stroke of Insight: A Brain Scientist's Personal Journey*. 2006. New York: Plume of Penguin Group.
27. Walker, Matthew. *Why we Sleep: Unlocking the Power of Sleep and Dreams*. 2017. New York: Scribner.

Dementia (Books)

28. Barrick, Amy Louise. *Bathing Without a Battle: Personal Care of Individuals with Dementia*. 2002. New York: Springer Publishing.
29. Bell, Virginia; Troxel, D. *The Best Friend's Approach to Alzheimer's Care*. 2003, Revised 2006. Baltimore, Maryland : Health Professions Press.
30. Burkholder, Ginnie Horst. *Relentless Goodbye: Grief and Love in the Shadow of Dementia*. 2012. Herald Press: Harrisonburg, SVirginia.
31. Geist, ME. *Measure of the Heart: A Father's Alzheimer's, A Daughter's Return*. 2008. New York: Springboard Press.
32. Gogia, Prem P, Rastogi, Nirek. *Clinical Alzheimer Rehabilitation*. 2009. New York: Springer Publishing Company.
33. Gwyther, L. *Caring for People with Alzheimer's Disease: A Manual for Facility Staff*. 2001. Chicago, Illinois: Alzheimer's Association.
34. Hoblitzelle, O. A. 2008. *Ten thousand joys & ten thousand sorrows: A couple's Journey through Alzheimer's*. New York: Jeremy P. Tarcher/ Penguin, a member of Penguin Group (USA).
35. Jones, M. 1999. *Gentlecare: Changing the experience of Alzheimer's disease in a positive way*. Vancouver: Hartley & Marks Publishers Inc.
36. Lichtenberg, P.A. (2010) *Handbook of Assessment in Clinical Gerontology* (2nd edition) Elsevier.
37. Lichtenberg, Peter A; Kimbarow, ML; Wall JR; Roth, RE; MacNeil, SE. *Depression in Geriatric Medical and Nursing Home Patients: A Treatment Manual*. 1998. Detroit: Wayne State University Press.
38. Lichtenberg, Peter A. *Grief and Healing: Against the Odds: A Personal Story*. 2016. Detroit: Movement Publishing. (This isn't about dementia, but is about grief.)
39. Mace, N with D. Coons & S. Weaverdyck. *Teaching Dementia Care: Skill and Understanding*. 2005. Baltimore, Maryland: Johns Hopkins University Press.
40. Mace, N & Rabins. P. *The 36-Hour Day* (Fifth edition). 2011. Baltimore, Maryland: Johns Hopkins University Press.
41. Manteau-Rao, M. 2016. *Caring for a Loved One with Dementia: A Mindfulness-based Guide for Reducing Stress and Making the Best of Your Journey Together*. Oakland,CA: New Harbinger Publications.
42. Mast, BT & Yochim, BP. 2018. *Alzheimer's Disease and Dementia: Advances in Psychotherapy-Evidence-Based Practice*. Boston: Hogrefe Publishing.
43. Mast, BT. 2011. *Whole Person Dementia Assessment*. Baltimore: Health Professions Press.

44. Morris, MC. 2017. Diet for the Mind: The Latest Science on What to Eat to Prevent Alzheimer's and Cognitive Decline. London: Macmillan; New York: Little, Brown and Company.
45. Power, GA. 2010. Dementia Beyond Drugs: Changing the Culture of Care. Baltimore: Health Professions Press.
46. Radin, L & Radin, G (Eds). What if it's Not Alzheimer's? 2003. Amherst, New York: Prometheus Books. (About Frontotemporal Dementia)
47. Robinson, A, Spencer, B, & White, L. Understanding Difficult Behaviors: Some Practical Suggestions for Coping with Alzheimer's Disease and Related Illnesses. 1989. Ypsilanti, Michigan: Eastern Michigan University.
48. Spencer, B, White, L. Coping with Behavior Change in Dementia: A Family Caregiver's Guide. 2015. Whisppub LLC.
49. Spencer, B, Robinson, A, & Curtin, C. Developing Meaningful Connections with People with Dementia: A Training Manual. 2008. Lansing, Michigan: Michigan Department of Community Health.
50. Taylor, Richard. Alzheimer's From the Inside Out. 2007. Baltimore, Maryland: Health Professions Press.
51. Thomas, William. Life Worth Living: The Eden Alternative in Action. 1996. Acton, Massachusetts: VanderWyk & Burnham.
52. Throop, A & Throop, G. Living with Lewy's: Empowering Today's Dementia Caregiver. 2008. Boyne City, Michigan: Cando Books LLC.
53. Whitehouse, P. with D George. The Myth of Alzheimer's. 2008. New York: St. Martin's Press.
54. Wornell, D. Sexuality & Dementia. 2014. New York: Demos Health Medical Publishing.
55. Zeisel, John. I'm Still Here: A Breakthrough Approach to Understanding Someone with Alzheimer's. 2009. New York: Penguin Group.
56. Zgola, J. Care that Works: A Relationship Approach to Persons with Dementia. 1999. Johns Hopkins University Press, Baltimore, Maryland.

ARTICLES

Brain (Articles)

1. In Search of the Optimal Brain Diet. By Stetka, B. In Scientific American Mind March-April 2016 Pages 27-33. www.mind.scientificamerican.com.
2. The Science of delicious. By Owen, D. In National Geographic December 2015 Pages 61-81.
3. A Matter of Taste: Can a sweet tooth be switched off in the brain? In Scientific American May 20, 2018. www.sciam.com
4. Sugars, Sweet Taste Receptors, and Brain Responses. By Lee, AA; Owyang, C. In Nutrients. 2017 June 24. doi: 10.3390/nu9070653. National Institutes of Health <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5537773/>
5. Don't Diet. By Markey, CH. In Scientific American Mind September-October 2015 Pages 46-53. www.mindscientificamerican.com
6. Operation: Diabetes. By Francesco Rubino. In Scientific American: July 2017 Pages 61-65.
7. Caffeine, the circadian clock, and sleep. By Landolt, HP. In Science Vol 349 (6254): 1289. September 18, 2015. www.sciencemag.org
8. The Joyful Mind: How the brain generates pleasure. By Morten Kringelbach, Kent Berridge. In Scientific American. August, 2012 pages 40-45. www.sciam.com
9. The Currency of Desire. By John d. E. Gabrieli and Silvia A. Bunge In Scientific American Mind: January-February 2017; Pages 46-53.
10. Food addiction. By Kenny, PJ. In Scientific American September 2013 Vol 309 (3): 44-49. www.sciam.com
11. The Addicted Brain. By Fran Smith. In National Geographic September 2017 Pages 30-51.

12. The Neuroscience of Habits: How they form and why they are so hard to change. By Graybiel, AM; Smith, KS. In *Scientific American* June 2014 pages 39-43.
13. The Roots of Human Aggression. By R. Douglas Fields. In *Scientific American*: May 2019; Pages 65-71.
14. The New Century of the Brain: Billions of neurons give rise to thoughts and emotions – New technologies. By Yuste, R; Church, GM. In *Scientific American* March 2014 Vol 310 (3): 38-45. www.sciam.com
15. A Look inside the Brain. By Karl Deisseroth. In *Scientific American* October 2016 Pages 30-37. www.sciam.com
16. A Tree of the Human Brain: Genomes of single neurons trace the developmental and mutational history of the brain. By S Linnarsson. In *Science* Vol 350 (6256): 37. October 2, 2015. www.sciencemag.org
17. The Aging Brain: How cognitive function can flourish. Special Issue of *Science* October 31, 2014 Vol 346 (6209). www.sciencemag.org
18. The Impact of sleep disturbance on the association between stressful life events and depressive symptoms. By Leggett, A; Burgard, S; Zivin, K. In *Journal of Gerontology: Social Sciences* 2016 Vol 71 (1): 118-128.
19. Relationships among nightly sleep quality, daily stress, and daily affect. By Blaxton, JM; Bergeman, CS; Whitehead, BR; Braun, ME; Payne, JD. In *Journal of Gerontology: Psychological Sciences* 2017 Vol 72 (3): 363-372.
20. Sleep: Rest affects mind and health. By Stickgold, R. *Scientific American* October 2015 Vol 313 (4): 52-57. www.sciam.com
21. Brain Drain: Toxic waste cleanup during Sleep. By Nedergaard, M; Goldman, S. In *Scientific American* March 2016 pages 45-49. www.sciam.com
22. How sleep affects memory: Perchance to Prune. By Tononi, G; Cirelli, C. In *Scientific American* August 2013 Vol 309(2): 34-39. www.sciam.com
23. Blue Light Blues: Why electronic screens keep you awake at night and what you can do about it. By Jabr, F. In *Scientific American* November 2016 Vol 315 (5): 24-25. www.sciam.com
24. What Makes Each Brain Unique: Jumping Genes By Gage, FH; Muotri, AR. In *Scientific American* March 2012 Vol 306 (3): 26-31. www.sciam.com
25. Our Unconscious Mind: Hidden thoughts and feelings influence behavior. By Bargh, J. In *Scientific American* January 2014 Vol 310 (1): 30-37. www.sciam.com
26. Following the Crowd: Brain Substrates of Long-Term Memory Conformity. By Edelson, M; Sharot, T; Dolan, RJ; Dudai, Y in *Science* Vol 333: 108-111, July 1, 2011. www.sciencemag.org
27. How the Brain Creates the Mind. By Antonio Damasio in *Scientific American* December 1999 pages 112-117. www.sciam.com
28. Concentrating on Kindness. By Kupferschmidt, K. In *Science* 2013 341:1336-1339.
29. The Self-Compassion Solution: Being Kind to Yourself. By Krakovsky, M. In *Scientific American Mind* May-June 2017 pages 65-69. www.sciammind.com
30. Mind of the Meditator: Neuroscience has demonstrated that meditation has tangible and significant benefits for both body and mind. By Ricard, M; Lutz, A; Davidson, RJ. In *Scientific American* November 2014 Vol 311 (5): 38-45. www.sciam.com
31. Stress and the Brain. By Amy Arnsten, Carolyn Mazure, Rajita Sinha. In *Scientific American*. April, 2012 pages 48-53. www.sciam.com
32. A New Kind of Inheritance: Epigenetic changes passed down to future generations. By MK Skinner. In *Scientific American* August 2014 pages 45-51. www.sciam.com
33. Redefining Mental Illness: Psychiatry's Diagnostic Guidebook gets its first major update in 30 years. By Jabr, F. In *Scientific American Mind* May/June 2012 Vol 23 (2): 28-35. www.sciammind.com
34. Health Promotion with Older Adults Experiencing Mental Health Challenges: A Literature Review of Strength-Based Approaches. By Hirst A; Lane, A; Stares, R In *Clinical Gerontologist* July-September 2013, 36 (4):329-355.

35. Hidden Switches in the Mind: Epigenetic changes contribute to mental illness. By Eric J. Nestler. In *Scientific American*. December, 2011 pages 77-83. www.sciam.com
36. Schizophrenia's Unyielding Mysteries: Genes, the Environment, and Treatment. By Michael Balter. In *Scientific American*. May, 2017 pages 55-61. www.sciam.com
37. Brain "Relay" also Key to Holding Thoughts in Mind: Thalamus & Schizophrenia. National Institute of Mental Health May 3, 2017. www.nimh.nih.gov/news/science-news/2017/brain-relay-also-key-to-holding-thoughts-in-mind.shtml
38. Decoding Schizophrenia: The brain in Schizophrenia. By Daniel C. Javitt and Joseph T. Coyle In *Scientific American*. January, 2004 pages 48-57. www.sciam.com
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40. Late-Onset Schizophrenia: A Review for Clinicians By Pearman, A & Batra, A. In *Clinical Gerontologist* March-April 2012, 35 (2):126-147.
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42. What's in your Mind: The Mind is what the Brain Does. In *National Geographic* March 2005 pages 6-29 (about Autism, localization (or lack of) function, sensory processing, hypergraphia et al).
43. Mirrors in the Mind: Mirror neurons may mediate our ability to mimic, learn, and understand the actions and intentions of others. Rizzolatti, G; L. Fogassi, V. Gallese. *Scientific American*, 295 (5):54-61, November 2006. www.sciam.com
44. Faulty Circuits: Brain Connections in Depression, OCD, PTSD. By Thomas R. Insel. In *Scientific American*. April, 2010 pages 44-51. www.sciam.com
45. Treating Depression at the Source: Electrical Stimulation Deep within the Brain. By Lozano, AM; Mayberg, H. In *Scientific American*. February, 2015 pages 68-73.
46. Case Presentation of Cognitive Behavioral Therapy with an Older Adult with Major Depressive Disorder Comorbid with Multiple Sclerosis. By Wong, D & Laidlaw, K In *Clinical Gerontologist* May-June 2013, 35 (3):270-285.
47. Effectiveness of Psychodynamic Psychotherapy with Older Adults: A Longitudinal Study. By Roseborough, DJ; Luptak, M; McLeod, J; Bradshaw, W. *Clinical Gerontologist* January-February 2013, 36 (1):1-16.
48. Neuropsychological Profiles of Patients with Obsessive-Compulsive Disorder: Early onset versus Late onset. By Hwang, S.H, J.S.Kwon, Y.W.Shin, K.J.Lee, YY.Kim, and M.S.Kim. *Journal of the International Neuropsychological Society*, 13 (1), 30-37, 2007.

Dementia (Articles)

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50. Sugary beverage intake and preclinical Alzheimer's disease in the community. By Pase, MP; Himali, JJ; Jacques, PF; et al. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. September 2017 Vol 13 (9): 955-964.
51. Neighborhoods, sleep quality, and cognitive decline: Does where you live and how well you sleep matter? By Hunter, JC; Handing, EP; Casanova, R; et al. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. April 2018 Vol 14 (4): 454-461.
52. Alzheimer's Association Dementia Care Practice Recommendations. By Fazio, S; Pace, D; Maslow, K; Zimmerman, S; Kallmyer, B. *The Gerontologist: A Supplement*. February 2018 Vol 58 (S1): 1-9.
53. The Fundamentals of Person-Centered Care for Individuals with Dementia. By Fazio, S; Pace, D; Flinner, J; Kallmyer, B. *The Gerontologist: A Supplement*. February 2018 Vol 58 (S1): 10-19.
54. Non-pharmacological Interventions for persons with Dementia. *Alzheimer's Care Quarterly*, 6(2), 129-145.

55. Evidence-based Nonpharmacological Practices to address Behavioral and Psychological symptoms of Dementia. By Scales, K; Zimmerman,S; Miller, SF. In *Gerontologist*: Vol 58 (S1): S88-S102. February 2018. The Gerontological Society of America published by the Oxford University Press. gerontologist.oxfordjournals.org
56. From Approach to Application: Supportive and Therapeutic Environments for People Living with Dementia. By Calkins, MP. In *Gerontologist*: Vol 58 (1): S114-128. February 2018. The Gerontological Society of America published by the Oxford University Press. gerontologist.oxfordjournals.org
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58. Lighting in Long-Term Care. By John Hall. May 6, 2017 Issue of McKnight’s Long-Term Care News.
59. Introduction to the Recommendations from the National Institute on Aging-Alzheimer’s Association Workgroups on Diagnostic Guidelines for Alzheimer’s disease. By Jack, CR; Albert, MS; Knopman, DS; et al. in *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association* Vol 7(3):257-262, 2011. (Also see pages 263-292. Final guidelines are at website www.alz.org.)
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61. The insiders as outsiders: Professionals caring for an aging parent. By Kaiser, R & Kaiser, S. In *Gerontologist*: Vol 57 (1): 46-53. February 2017. The Gerontological Society of America published by the Oxford University Press. gerontologist.oxfordjournals.org
62. Interconnections between my research and experience as a caregiver: Impacts on empirical and personal perspectives. By Lisa Fredman. In *Gerontologist*: Vol 57 (1): 40-45. February 2017. The Gerontological Society of America published by the Oxford University Press. gerontologist.oxfordjournals.org
63. New Professionals in Gero-Assessment: Moving the Field Forward Using Classic and Novel Approaches. By Balsis, S. in *Clinical Gerontologist* Vol 34 (1): 1-3, 2011.
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70. In-Place Progression: Lessons Learned from the Huron Woods Staff. By Weaverdyck, S; Wittle, A; deLaski-Smith, D. in *Journal of Gerontological Nursing*, 24 (1), 31-39, January, 1998.
71. Assessment and Care/Service Plans. By Weaverdyck, S. in *National Alzheimer’s Association (Ed.) Key Elements of Dementia Care Manual*. Alzheimer’s Association, Chicago, Illinois, 1997.
72. Assessment as a Basis for Intervention, Chapter 11. By Weaverdyck, S. in D. Coons (Ed.) *Specialized Dementia Care Units*. 1991. Johns Hopkins University Press, Baltimore, Maryland.
73. Intervention to Address Dementia as a Cognitive Disorder, Chapter 12. By Weaverdyck, S. in D. Coons (Ed.) *Specialized Dementia Care Units*. 1991. Johns Hopkins University Press, Baltimore, Maryland.

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JOURNALS

1. [Progress Report on Alzheimer's Disease](#) published annually by the US Department of Health and Human Services available from US Government National Institute on Aging (www.nia.nih.gov) or from Alzheimer's Disease Education and Referral Center (ADEAR) at www.alzheimers.org.
2. Newsletters and journals published regularly by various dementia associations are available at the websites listed below.
3. [American Journal of Alzheimer's Disease & Other Dementias](#) published by Sage Publications (<http://oe.sagepub.com>) (e.g., "Can you have Dementia with an MMSE Score of 30? The Mini-Mental State Examination in Behavioral Variant Frontotemporal Dementia and Primary Progressive Aphasia" by Osher, JE; Wicklund, AH, Rademaker, A; Johnson, N; Weintraub, S. in Vol 22(5), October/November 2007. (This is a special issue on Frontotemporal Dementia.)
4. [Alzheimer's & Dementia: The Journal of the Alzheimer's Association](#) published by Elsevier for the Alzheimer's Association in the United States (www.alzheimersanddementia.org). An article of the annual report from the Alzheimer's Association is included. (e.g., [2018 Alzheimer's disease facts and figures](#) included in the March 2018 issue focuses of statistics and information on updates on prevalence, costs, various types of dementia, diagnosis, etc.)
5. [Journal of Gerontological Nursing](#). (e.g., "Caring for People with Atypical Presentations of Cortical Dementia" by G. Hall in February 1999, Vol 25 (2): 9-19.) (e.g., "In-Place Progression: Lessons Learned from the Huron Woods Staff." By S. Weaverdyck, A. Wittle, A; D. deLaski-Smith. In Vol 24 (1), 31-39, January, 1998.)
6. [Clinical Gerontologist: The Journal of Aging and Mental Health](#) published by the Haworth Press, Inc. (e.g., "Factors Related to Severe Mental Illness in the Latter Half of Life" in Vol 30 (4), 2007)
7. [The Gerontologist: The Gerontological Society of America](#) published by the Oxford University Press. gerontologist.oxfordjournals.org (e.g., February 2017 Vol 57 (1) Special issue on personal experience including professional gerontologists with aging and with caring for an aging family member) and (e.g., February 2018 Vol 58 (S1) Supplement issue on Alzheimer's Association Dementia Care Practice Recommendations)
8. [Journal of the International Neuropsychological Society](#) published by Cambridge University Press (http://www.journals.cambridge.org/jid_ins) (e.g, Special issue on Human Brain Connectivity March, 2016.)
9. [Scientific American](#) published by Scientific American, Inc. (www.sciam.com) (e.g., "Decoding Schizophrenia: The brain in Schizophrenia." By Daniel C. Javitt and Joseph T. Coyle in January 2004, Vol. 293 (1), pages 48-57) (e.g., "Consciousness: How Neurons Make Us Aware" Vol 297 (4), October, 2007)
10. [Scientific American: Mind](#) published by Scientific American, Inc. (www.sciammind.com) (e.g, "Help for Hoarding" Vol 18 (1) February-March, 2007)
11. [Science](#) published by American Association for the Advancement of Science. (www.sciencemag.org) (e.g., "Brain Activity to Rely on?" by S Schwarzkopf & G Rees and "Reproducibility Distinguishes Conscious from Nonconscious Neural Representations" by A Schurger, F.Pereira, A Treisman, & J. Cohen Vol 327 January 1, 2010.

12. **National Geographic** published by the National Geographic Society (e.g., What's in your Mind: The Mind is what the Brain Does. In March 2005 pages 6-29 (about Autism, localization (or lack of) function, sensory processing, hypergraphia et al). (e.g., Memory: Remember this: Why we Remember; Why we Forget" Vol 212 (5), November 2007)

WEBSITES

1. Our True Colors: A family's journey with dementia. By Brenda Roberts and family. <http://www.truecolorsofdementia.com>
2. CMS initiative to reduce use of antipsychotic medications in nursing homes, including the Hand in Hand training toolkit -Three websites: <http://www.cms-handinhandtoolkit.info/Index.aspx> and <http://surveyortraining.cms.hhs.gov/index.aspx> and www.nhqualitycampaign.org
3. Alphabetical List of Mental Health Medications www.nimh.nih.gov/health/publications/mental-health-medications/alphabetical-list-of-medications.shtml
4. Medications used to treat various disorders [www.nimh.nih.gov/health/publications/mental-health-medications/what-medications-are-used-to-treat-\(disorder\).shtml](http://www.nimh.nih.gov/health/publications/mental-health-medications/what-medications-are-used-to-treat-(disorder).shtml)
5. Mental Health and Aging Project (MHAP) (<http://www.lcc.edu/mhap>) The MHAP library has many books, journals, videos, and AV materials on mental health, dementia, and neurological disorders. The website also provides updates on aging and mental health issues, lists of resources, and a calendar of conference and training events. MHAP is funded by the Michigan Department of Community Health (MDCH).
6. Dementia Care Series Caring Sheets: Thoughts & Suggestions for Caring. Michigan Department of Community Health; Lansing, Michigan. Caring Sheets are available online at the following two websites: <http://www.lcc.edu/mhap> (Mental Health and Aging Project (MHAP) of Michigan at Lansing Community College in Lansing, Michigan) and <http://www.improvingmipractices.org/> (Improving MI Practices website by Michigan Department of Health and Human Services in Lansing, Michigan). See List of Available Caring Sheets in your handouts. Note especially those regarding these topics: Caring Sheets #1 (Brain); #2 (Dementia); #14 (ADLs), #19 (Interventions for Frontal Lobe Impairment) #11 (Alzheimer's Disease), #12 (Dementia+ with Lewy Bodies), #13 (Frontotemporal Dementia). They are produced by Eastern Michigan University Alzheimer's Education and Research Program, edited and many authored by Shelly Weaverdyck.
7. National Institute of Neurological Disorders and Stroke NINDS website has information about:
 - a. Alzheimer's Disease at: <http://www.ninds.nih.gov/disorders/alzheimersdisease/alzheimersdisease.htm>
 - b. Dementia with Lewy Bodies at: <http://www.ninds.nih.gov/disorders/dementiawithlewybodies/dementiawithlewybodies.htm>
 - c. Frontotemporal Dementia at: <http://www.ninds.nih.gov/disorders/picks/picks.htm>
8. Alzheimer's Disease Education and Referral Center ADEAR <http://www.alzheimers.org>
9. University of Michigan Alzheimer's Disease Center <http://www.med.umich.edu/alzheimers/>
10. Alzheimer's Association <http://www.alz.org> The annual report from the Alzheimer's Association called Alzheimer's Disease Facts and Figures is posted on this site.
11. Lewy Body Dementia Association, Inc. <http://www.lewybodydementia.org>
12. Association for Frontotemporal Degeneration (AFTD) <http://www.FTD-Picks.org>
13. National Plan to Address Alzheimer's Disease – 66 pages <http://aspe.hhs.gov/daltcp/napa/NatlPlan.pdf>
14. National Alzheimer's Project Act: Websites of information about implementing the National Plan to Address Alzheimer's Disease – 9 pages <http://aspe.hhs.gov/daltcp/napa/#Plan>
15. Annual Alzheimer's Disease Facts and Figures Alzheimer's Association Report by the Alzheimer's Association <http://www.alz.org/facts> and www.alzheimersanddementia.org
16. Dementia: Hope through Research from National Institute of Neurological Disorders and Stroke – 18 pages http://www.ninds.nih.gov/disorders/dementias/detail_dementia
17. Down Syndrome and Alzheimer's Disease. Alzheimer's Association (US). <http://www.alz.org>
18. Down Syndrome and Alzheimer's Disease. Alzheimer Society of Canada. <http://www.alzheimer.ca>

19. Down Syndrome. US National Library of Medicine. <http://ghr.nlm.nih.gov/>
20. Autism Fact Sheet. National Institute of Neurological Disorders and Stroke. <http://www.ninds.nih.gov/disorders/autism>
21. Autism Spectrum Disorder. National Institute of Mental Health. <http://www.nimh.nih.gov>
22. Asperger Syndrome Fact Sheet. National Institute of Neurological Disorders and Stroke. <http://www.ninds.nih.gov/disorders/asperger>
23. Attention Deficit Hyperactivity Disorder (ADHD). National Institute of Mental Health. <http://www.nimh.nih.gov>
24. Fragile X Syndrome. US National Library of Medicine. <http://ghr.nlm.nih.gov/>

ILLUSTRATIONS & ARTICLES ABOUT BRAIN FUNCTIONING:

The articles and illustrations listed below are available online (e.g., www.sciam.com) or at any library. The photos, drawings, and articles explain in some detail specific aspects of brain functioning.

1. **Food:** Scientific American: July 2017; Illustration on Page 63 called “Cutting out Diabetes: Weight Loss Surgery” of article “Operation: Diabetes” by Francesco Rubino: Pages 61-65.
2. **Food:** National Geographic: December 2015; Illustration on Page 69 called “More than Taste: How the Brain Constructs Flavor” of article “The Science of Delicious” by David Owen: Pages 61-81.
3. **Food Addiction:** Scientific American: September 2013; Illustration on Page 47 called “Hooked on Food” of article “The Food Addiction” by Paul J. Kenny: Pages 44-49.
4. **Addiction:** National Geographic: September 2017; Illustration on 42-43 called “Hijacking the Brain” of article “The Addicted Brain” by Fran Smith: Pages 30-51.
5. **Pleasure:** Scientific American: August 2012; Illustration on Page 43 of article "The Joyful Mind" by Morten L. Kringelbach and Kent C Berridge; Pages 40-45.
6. **Desire:** Scientific American Mind: January-February 2017; Illustration on Page 52 called “Longing in the Brain” of article “The Currency of Desire” by John d. E. Gabrieli and Silvia A. Bunge: Pages 46-53.
7. **Habits:** Scientific American: June 2014; Illustration on Page 42 of article "Good Habits, Bad Habits" by Ann M. Graybiel and Kyle S. Smith: Pages 39-43.
8. **Aggression:** Scientific American: May 2019; Illustration on Page 69 called “Pathways of Rage” of article “The Roots of Human Aggression” by R. Douglas Fields; Pages 65-71.
9. **Stress:** Scientific American: April 2012; Illustration on Page 51 of article "This is your brain in meltdown" by Amy Arnsten, Carolyn M. Mazure and Rajita Sinha: Pages 48-53.
10. **Sleep:** Scientific American Mind: March/April 2013; Illustration on Page 13 called "Central Brain Regions Involved in Sleep". It isn't really part of any article.
11. **Sleep:** Scientific American: May 2011; Illustration on Page 57 called “How the Body Knows Day from Night” in article “The Hidden Organ in our Eyes” by Ignacio Provencio: Pages 55-59.

12. **Sleep:** National Geographic: May 2010; Illustration on Pages 84-85 called “The Brain in Slumber” in article “The Secrets of Sleep” by D.T.Max: Pages 74-93.
13. **Sleep:** Scientific American: March 2016; Illustration on Page 47 called “Clearing the Head” in article “Brain Drain: An Internal plumbing system rids the brain of toxic wastes. Sleep is when this cleanup ritual occurs.” by Maiken Nedergaard and Steven A. Goldman: Pages 45-49.
14. **Sleep:** Scientific American: October 2015; Illustration on Page 55 called “Don’t Skimp on Sleep” in article “Sleep on it!” by Robert Stickgold: Pages 52-57.
15. **Schizophrenia:** Scientific American: January 2004; Illustration on Page 52 of article “Decoding Schizophrenia: The Brain in Schizophrenia” by Daniel C Javitt & Joseph T Coyle: Pages 48-57.
16. **Meditation:** Scientific American: November 2014; Illustration on Page 41 of article "Mind of the Meditator" by Matthieu Ricard, Antoine Lutz and Richard J. Davidson: Pages 39-45.
17. **Touch:** Scientific American Mind: July/August 2015; Illustration on Page 35 of article "The Social Power of Touch" by Lydia Denworth: Pages 30-39.
18. **Love and Lust:** Scientific American Mind Special Collector's Edition May 3, 2016: Illustration on page 13 of article "People Often Think of Love and Lust as Polar Opposites" by Stephanie Cacioppo and John T. Cacioppo: Pages 12-14