

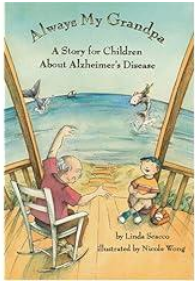
Illness

For Young Children (Ages 4-8)



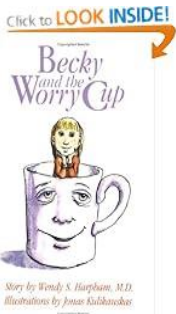
Allie Learns About Alzheimer's Disease
Kim Gosselin
(Ages 4-8), 25 pgs.

This story is about how Allie and her family learn to cope and adjust to everyday life when her grandmother is diagnosed with Alzheimer's disease.



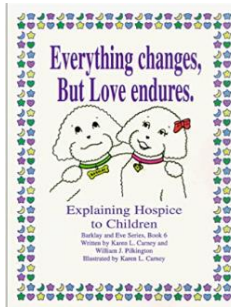
Always My Grandpa: A Story for Children About Alzheimer's Disease
Linda Scacco
(Ages 4-8), 48 pgs.

Daniel and his mom spend every summer at Grandpa's beach house. This year, his mother reminds her son that Grandpa will seem different because he has been diagnosed with Alzheimer's disease. Over the course of the visit, his symptoms worsen. Daniel, his mom, and his grandfather share their feelings and concerns in a healthy, open manner. At the end of the summer, Grandpa comes to live at Daniel's house. This is a gentle but straightforward portrayal of the early effects of Alzheimer's on patient and family.



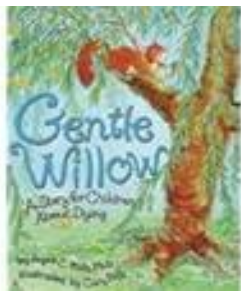
Becky and the Worry Cup
Wendy S. Harpham
(Ages 4-8), 48 pgs.

Accompanies the book "When a Parent has Cancer". A story for children that illustrates the concerns kids have and how parents can help them cope. Both the guidebook and the story are sympathetic, sensitive to intense emotions, and, above all, empowering to parents and children facing the significant changes life-threatening illness demands of a family.



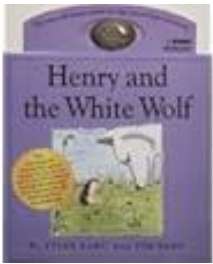


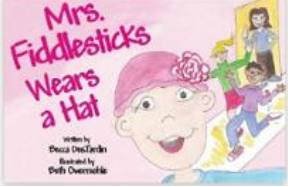

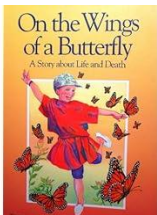

Everything Changes but Love Endures: Explaining Hospice to Children
Karen Carney
(Ages 4-8), 32 pgs.

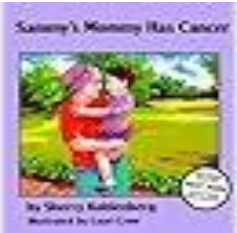
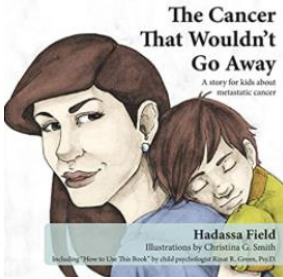

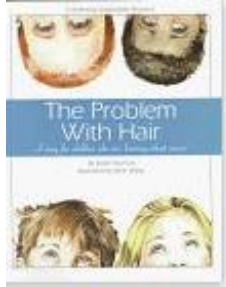
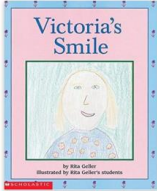

The hospice philosophy of care is illustrated through introduction of hospice team members and explanation of their roles. This true story maintains hope as Virginia, the main character, explains to Barkley & Eve that she hopes that she doesn't die... but if she does, the hospice team will be there to support them. It offers an inspiring message about the resilience of the human spirit.


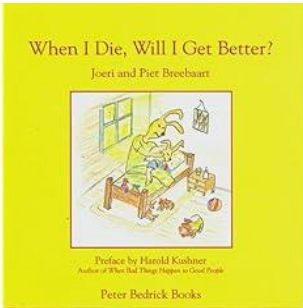


Gentle Willow
Joyce C. Mills
(Ages 4-8), 32 pgs.



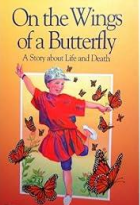
Written for children who may not survive their illness or for the children who know them, this tender and touching tale helps address feelings of disbelief, anger, and sadness, along with love and compassion. Amanda and Little Tree discover that their friend Gentle Willow isn't feeling well. Amanda summons the Tree Wizards, who visit Gentle Willow and determine that they can't fix her. Amanda is angry at first, but eventually she listens to the Tree Wizards as they explain that death is a transformation and journey into the unknown. They also counsel Amanda that the medicine she can give Gentle Willow is love. In a final act of love, Amanda comforts Gentle Willow, who is afraid, with a story about the caterpillar who transforms into a butterfly.


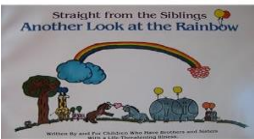
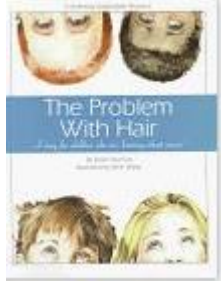
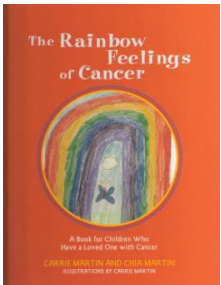
	<p>Henry and the White Wolf Tyler & Tim Karu (Ages 4-8), 32 pgs.</p>	<p>For one courageous little hedgehog it means facing his darkest fears, such as the White Wolf. Or the uncertainty of change, like when all his quills fall out. In this inspiring tale about the journey back to health, a hedgehog named Henry clings to his good-luck stone, and, using all of his inner strength finds his way out of illness.</p>
	<p>Life Isn't Always a Day At the Beach: A Book for Children Whose Lives Are Affected by Cancer Pam Ganz (Ages 5-12), 27 pgs.</p>	<p>A journal for children intended to help them express their feelings regarding cancer. The diagnosis of cancer may cause many changes and life adjustments and this journal can help you express and share some of the many feelings and thoughts you may have.</p>
	<p>Mama's Going to Heaven Soon Kathie Martin Copeland (Ages 4-12), 32 pgs.</p>	<p>A compassionate yet straightforward story to assist young children and their caregivers as they deal with an impending death of a mother. The bright, childlike artwork and simple, straightforward language offer readers a hopeful message. The book does not specify what is wrong with the mother, so it could apply to a number of situations or illnesses.</p>
	<p>Mrs. Fiddlesticks Wears a Hat Becca DesJardin (Ages 4-8)</p>	<p>Excellent book to help students understand the physical affects of cancer treatment. It has a light and hopeful tone that comes through in the rhyming and illustrations.</p>
	<p>My Daddy's Sick D. Gonsior (Ages 4-8), 32 pgs.</p>	<p>A little help, for a little person, facing a big battle, shared with a lot of love.</p>
	<p>On the Wings of a Butterfly Marilyn Maple (Ages 7+), 25 pgs. *Illness*</p>	<p>The transformation of a caterpillar to a butterfly is shown in a way that helps walk a child through his/her journey with cancer and eventual death. The butterfly is seen as a symbol of eternal life.</p>
	<p>Our Mom Has Cancer Abigail & Adrienne Ackerman (Ages 7-13), 27 pgs.</p>	<p>Abigail (11) and Adrienne (9), who's mother was diagnosed with Cancer, battles many ups and downs. This book takes you on their journey. They help you to understand what happens when someone you love has cancer.</p>

	<p>Sammy's Mommy Has Cancer Sherry Kohlenberg (Ages 4-8), 32 pgs.</p>	<p>This warm, sensitive, and straightforward story will help young children understand and accept the changes in their lives when a parent is diagnosed with a life-threatening illness. Parents will welcome this valuable aid in explaining the illness to their children. Sharing the book together, families will find encouragement in dealing with their sorrow, hopes, and small joys during a difficult time. Suggested activities for parents and children to do before, during, and after treatment are provided in the book's introduction</p>
	<p>The Cancer that Wouldn't Go Away Hadassa Field</p>	<p>Written especially for the child whose parent is living with metastatic cancer, this sensitively written tale uses a gentle, yet realistic approach to help children ages 4-8 face the unique uncertainties of life with incurable cancer. Unlike stories about early-stage cancer, after which the parent is cured and life goes back to normal, for the family in this story, life has irrevocably changed. The future is uncertain. But love and laughter remain constant, as they take life one day at a time.</p>
	<p>The Paper Chain Claire Blake, Elize Blanchard (Ages 4-8), 32 pgs.</p>	<p>Two young boys struggle to understand their mother's breast cancer, the additional problems created by her treatment, and the changes in their lives. Realistic, yet ending on a hopeful note. A powerful tool for explaining cancer and the different treatments to young children.</p>
	<p>The Problem With Hair: A Story for Children Who Are Learning About Cancer Karen Sue Foss (Ages 4+)</p>	<p>All the kids in the neighborhood, unhappy with their hair color and styles, envy Louella, who has lost her hair from undergoing medical treatment.</p>
	<p>Victoria's Smile Rita Geller (Ages 2-5), 32 pgs.</p>	<p>When Victoria, the new girl in class, is shunned by her classmates because of how she looks, her mother comes to school one day to explain about Victoria's battle with cancer so they will understand.</p>
	<p>What About Me? Allan Peterkin (Ages 4-8), 23 pgs.</p>	<p>What about me? This question, usually unspoken, lies at the heart of this poignant story, as a young girl attempts to cope with her brother's being ill. Beautifully written and illustrated, the story deals with the many complicated feelings that the well child experiences in such a situation: guilt about having somehow caused the illness; fear that the sibling will die; anger over being left out; anxiety about catching the illness; and longing for life to return to the way it was.</p>

	<p>What is Cancer Anyways? Karen L. Carney (Ages 4-8), 32 pgs.</p>	<p>What IS Cancer, Anyway? Explaining Cancer to Children of All Ages is one of the books in the Barkley and Eve Children's Book Series. This book provides basic information that is essential when someone in the family has cancer and does so in a calm, clear, reassuring manner that children and adults will appreciate. Barkley and Eve, the two lovable main characters, define cancer, explain radiation and chemotherapy (including the reasons why some people loose their hair). This is a hopeful story which has a fun connect-the -dots page of the American Cancer Sociey's symbol of hope.</p>
	<p>When I Die, Will I Get Better? Joeri and Piet Breebart (Ages 4-9)</p>	<p>Fred and Joe are rabbit brothers who live happily in their home at the edge of the wood, until one morning Joe does not get out of bed. At first Doctor Owl thinks he can cure him, but the little rabbit dies. The rest of the story tells how the neighbors help prepare for the burial, how Fred puts his brother's favorite books and toy into the coffin, and promises to play in the field close to the grave every day. After the funeral, Fred wants to be alone and is very angry; but gradually he and his parents, with the loving support of their friends, begin to feel better. Eventually the boy is able to laugh and play again</p>


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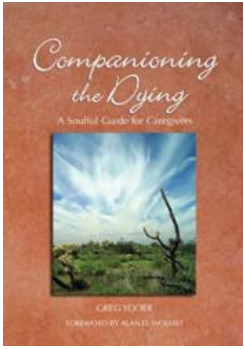
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	<p>Straight From the Siblings Gloria Murray (Ages 9-12), 95 pgs.</p>	<p>A group of thirty-four children share their experiences with terminally ill brothers and sisters.</p>
	<p>The Problem With Hair: A Story for Children Who Are Learning About Cancer Karen Sue Foss (Ages 4+)</p>	<p>All the kids in the neighborhood, unhappy with their hair color and styles, envy Louella, who has lost her hair from undergoing medical treatment.</p>
	<p>The Rainbow Feelings of Cancer Carrie & Chia Martin (Ages 9-12), 32 pgs.</p>	<p>When Chia Martin was diagnosed with cancer, she found her daughter Carrie's artwork a catalyst to their communication. This beautiful, heart-warming book features Carrie's art and writing about the emotions evoked by her mother's illness. Describing her own fears, difficulties and hopes, Carrie doesn't tell her readers what to feel; rather, she gently invites them into her world, offering them an opportunity to speak, draw, or consider their own feelings. Children need to share their feelings and ask questions, especially in stressful times -- and this book subtly and warmly encourages conversation between children and those who love them.</p>

Illness

For Adults (Ages 18+)

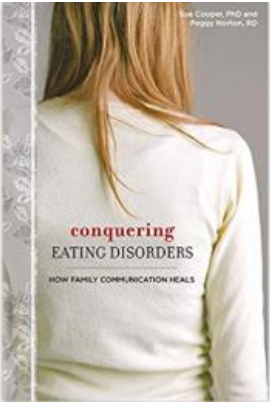
	<p>A Tiny Boat At Sea Izetta Smith (Adults), 31 pgs.</p>	<p>How to help children who have a parent diagnosed with cancer! Talks about telling the truth, explaining cancer, how to discuss cancer and the possibility of dying, showing feelings, school, and developmental stages for children facing the illness of a family member.</p>
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Companioning the Dying: A Soulful Guide for Caregivers

Alan D. Wolfelt & Greg Yoder
(Adults), 162 pgs.

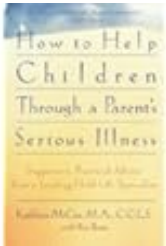
This guide for counselors and lay caregivers explores the art of caring for the dying and their families. Based on the tenets first articulated by renowned grief educator Dr. Alan Wolfelt, this respectful and gratifying guide to caregiving includes personal accounts that debunk the myth of the "good death" and teach caregivers to find the transformative potential of every moment in every experience. Written with wit and illustrated throughout with the author's poetry and artwork, it includes advice for comforting patients and their families as well as advice for dealing with the internal stress common to the profession. The guidance provided will help counselors feel affirmed in their abilities to "be with" the dying and support them and their families.



Conquering Eating Disorders: How Family Communications Heal

Sue Cooper & Peggy Norton
(Adults), 337 pgs.

One out of every one hundred young women is anorexic. Four out of every one hundred are bulimic. Overall, research suggests that eight million Americans—men and women—have an eating disorder. Yet in the face of these startling statistics, parents do not have a clear understanding of how to help their child overcome an eating disorder. In *Conquering Eating Disorders*, Susan Cooper, a licensed psychologist and group psychotherapist, and Peggy Norton, a dietician with thirty years of experience, bridge the gap between the statistics and the real-life issues to help teens and parents gain the communication skills necessary to support the healing process.



How to Help Children Through a Parent's Serious Illness

Kathleen McCue
(Adults), 240 pgs.

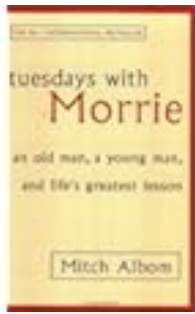
Offering supportive, practical advice from a leading child-life specialist, this book includes information such as what to tell a child about the illness, how to recognize early-warning signs in a child's drawings, sleep patterns, schoolwork and eating habits, and when and where to get professional help. Illustrations & Calvin & Hobbes cartoons.



Still Alice

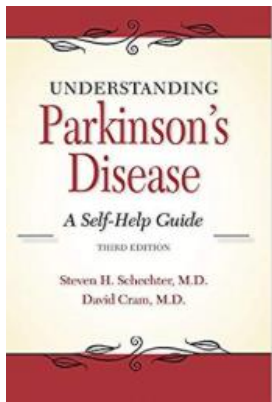
Lisa Genova
(Adults), 320 pgs.

Alice Howland has a career not unlike Genova's—she's an esteemed psychology professor at Harvard, living a comfortable life in Cambridge with her husband, John, arguing about the usual (making quality time together, their daughter's move to L.A.) when the first symptoms of Alzheimer's begin to emerge. First, Alice can't find her Blackberry, then she becomes hopelessly disoriented in her own town. Alice is shocked to be diagnosed with early onset Alzheimer's (she had suspected a brain tumor or menopause), after which her life begins steadily to unravel. She loses track of rooms in her home, resigns from Harvard and eventually cannot recognize her own children. The brutal facts of Alzheimer's are heartbreaking, and it's impossible not to feel for Alice and her loved ones, but Genova's prose style is clumsy and her dialogue heavy-handed.



Tuesdays with Morrie
Mitch Albom
(Adults), 192 pgs.

Maybe it was a grandparent, or a teacher or a colleague. Someone older, patient and wise, who understood you when you were young and searching, and gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly 20 years ago. He rediscovered Morrie in the last months of the older man's life. Knowing he was dying of ALS - or motor neurone disease - Morrie visited Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final "class": lessons in how to live. This is a chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.



Understanding Parkinson's Disease: A Self-Help Guide (2nd Edition)
David Cram & Steven Schechter
(Adults), 170 pgs.

If you've been told by your doctor, "You have Parkinson's disease," you probably found it difficult to hear those words. Such a diagnosis can be frightening and leave you filled with questions. How will it affect your life? What are your treatment options? These authors are uniquely qualified to understand your concerns. Steven Schechter, M.D., is a neurologist who has treated thousands of patients with Parkinson's disease, and David Cram, M.D., lived with the disease himself. Among the topics they cover are: diagnosis, symptoms and stages, the emotional side of PD—conquering fear and denial, choosing the right health care team, drug therapy—medications and how they work, surgical options, deep brain stimulation, the importance of exercise, coping with day-to-day problems, and care for caregivers.



When a Parent Has Cancer: A Guide to Caring for Your Children
Wendy S. Harpham
(Adults)

When A Parent Has Cancer is a book for families written from the heart of experience. A mother, physician, and cancer survivor, Dr Wendy Harpham offers clear, direct, and sympathetic advice for parents challenged with the task of raising normal, healthy children while they struggle with a potentially life-threatening disease. Included is Becky and the Worry Cup, an illustrated children's book that tells the story of a seven-year-old girl's experiences with her mother's cancer.



When Bad Things Happen to Good People
Harold Kushner
(Adults)

When Harold Kushner's three-year-old son was diagnosed with a degenerative disease and that he would only live until his early teens, he was faced with one of life's most difficult questions: Why, God? Years later, Rabbi Kushner wrote this straightforward, elegant contemplation of the doubts and fears that arise when tragedy strikes. Kushner shares his wisdom as a rabbi, a parent, a reader, and a human being. Often imitated but never superseded, When Bad Things Happen to Good People is a classic that offers clear thinking and consolation in times of sorrow.