FLOURISHING TOGETHER:
NEW STORIES AND FRIENDSHIP PRACTICES FOR LIVING WITH
ADVANCED FORGETFULNESS

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Annotated Bibliography

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Spirituality, aging, and dementia


This award-winning book, written by a highly regarded social gerontologist, includes a chapter on transpersonal sociology and presents considerable wisdom about possibilities for late life spiritual growth.


Bianchi argues that middle aged people are challenged to turn inward to develop spiritually so that in elderhood, they might turn outward to bring their wisdom and strengths to the wider world.


Quotes from famous essayists, poets, playwrights, and novelists about feeling older and experiencing the joys and sorrows of aging.


This is Frankl’s well-known story of his concentration camp imprisonment during WWII and what it taught him about finding meaning in the midst of terrible suffering.


Guttmann, a well-known social gerontologist, applied Frankl’s ideas on logotherapy to the challenge of meaningful living in middle age and beyond.

Rabbi Dayle Friedman has worked with aging persons for many years, including serving as chaplain to persons with dementia living in long term care. See her new website: http://growingolder.co/


Contains many excellent essays that can be used in adult discussion groups.


Authors in this book take psychological and theological perspectives on the meaning of spirituality throughout adulthood, particularly in later life. The authors know the literature well and are also involved in practice so they don’t get lost in abstractions. The last chapter provocatively addresses “ageist theology.”


Containing all new chapters (see also his book from 2004), this book sensitively addresses the challenges and, dare we say also, the gifts of dementia from the perspective of carers and persons with the diagnosis.


Contains many excellent articles about the spiritual care of older persons, including those with dementia.


This pamphlet capsulizes the messages of the McFadden’s book (see next entry) in an accessible and affordable form. You can download a copy at http://www.ekklesiaproject.org/wp-content/uploads/2011/05/EkklesiaPamphlet_16.pdf They can also be ordered nicely printed and bound from Wipf and Stock Publishing.


This book asserts that all aging baby boomers will be living with dementia, whether they have the diagnosis or friends and family members have it. In order to flourish, communities need to find ways to support ongoing, meaningful relationships as people journey into forgetfulness.

This small book contains big ideas about late life meaning, based largely in the work of Carl Jung and Viktor Frankl.


One of Nouwen’s earliest publications, this book (illustrated with lovely photographs) meditates on aging as a way to the Darkness and as a way to the Light. In the second part of the book, the authors meditate on caring as a way to the Self and as a way to the Other.


An in-depth study of older Lutheran men and women in the US and Germany who were nominated by their pastors as showing spiritual resiliency, this book is grounded in Lutheran theology. Through their life stories, the book tells how they come to terms with the complexities of aging while maintaining hope and faith.


Written by a Methodist clergywoman, this excellent book offers abundant insights into pastoral care for persons with dementia.


This is the story of the famous Nun Study, in which Snowdon obtained the cooperation of elderly members of the School Sisters of Notre Dame to undergo repeated cognitive tests and to donate their brains for study of dementia. Snowdon tells this story with deep love and respect for these aged nuns.


Stanley Hauerwas calls Swinton the “premier pastoral theologian of our time.” A former psychiatric nurse and hospital chaplain, Swinton now teaches theology at the University of Aberdeen in Scotland. He describes his book as being not only a “challenge to medicine and medical approaches to dementia; it is also a challenge to theology.”

Thibault, a social worker and experienced spiritual director, believes that people can obtain what she calls a “radical freedom” in later life and that spiritual practices open them to receive many spiritual gifts. She describes herself as part Methodist and part Catholic, but wholly inclined toward the Christian mystical tradition.


A book that is as beautiful on the inside as its title is on the outside, this book addresses the spiritual needs of caregivers, both family members and paid staff in memory care facilities. It has good suggestions for leading worship and thus offers important insights for clergy and chaplains.


A collection of short meditations on God’s presence as we encounter the mysteries of aging, dying and death.

**A 21st Century Approach to Dementia**


This book examines how our language about dementia shapes our responses to people with the diagnosis. It criticizes the way they are excluded from communities and viewed only as passive, needful beings. It places discussions about dementia in a socio-political context whether we’re talking about social and health care, or about research.

**The Voices of People who have Dementia**


Cary Henderson, a history professor, is one of the few people with a definitive diagnosis of Alzheimer’s since he had brain tissue biopsied because of another problem. This book, illustrated with photographs of Henderson and his family, offers his reflections on the experience of Alzheimer’s.

A collection of interviews with seven remarkable people with the diagnosis of Alzheimer’s disease along with insightful reflections from Lisa Snyder, a social worker, who helped them organize one of the first support groups for people who have dementia.


Richard Taylor, a clinical psychologist diagnosed with Alzheimer’s disease, has become a major spokesperson for people with the diagnosis. In this book, he describes what it feels like to have progressive memory loss. Taylor gives lectures all over the world encouraging persons with dementia to “speak up and speak out” about their experiences. He posts blog entries to his website: [http://www.richardtaylorphd.com/](http://www.richardtaylorphd.com/).

**The Voice of Someone who Cares for People who have Dementia**


Lauren Kessler was an English professor whose mother died of Alzheimer’s. She felt she didn’t give adequate care to her mom, and so after her death, she underwent training as a CNA (certified nursing assistant). This book describes her CNA experiences in a nursing home, working with many people with advanced dementia, people who she describes as forming a “quirky community.”

**The Voices of Care Partners**


This book is a collection of short first person accounts by people caring for a loved one with dementia—husbands, wives, adult children, and partners. Their stories will be recognized by anyone who has also given such caring.

**Creative Engagement and Dementia**


Anne Basting has been a leader in promoting creative engagement for persons with memory loss. In this book she describes the ways our popular culture reinforces stigma about dementia. She says we need a new story and she describes a number of arts programs that are helping to tell that new story—a story about how people can retain a meaningful social role (as creators) despite progressive forgetfulness. She calls this the “cultural cure.” For more information about Anne and her work, see [www.ageandcommunity.org](http://www.ageandcommunity.org).
Basting, A. D. (2008). *ArtCare: The story of how an arts program can transform long term care*. Milwaukee, WI: UWM Center on Age & Community

This booklet contains information about research on creative arts programs and concrete suggestions about developing them. It is available from the Center on Age and Community, University of Wisconsin Milwaukee: http://ageandcommunity.org/index.html

*ArtCare*

The ArtCare program at the Luther Manor Adult Day Services, Wauwautosa, WI, is an artist in residence program in which an artist is trained in working with people who have dementia and then develops a 10 week program of art creation. Examples have been dancers, percussionists, potters, painters, and poets. http://www.luthermanor.org/ARTCARE.pdf


An excellent review of how the creative arts can add joy and meaning to the lives of people living with dementia.


Killick describes play as a form of communication, an “unfettering of the mind and body.” He thinks all adults need to play but we generally think play is just for children. This book has lots of practical suggestions for bringing the joy of play into dementia care.

Friendship with a person experiencing memory loss can be challenging. Here are some resources that offer advice on remaining in friendship.

*Remember the person: How to be a friend to someone with dementia*


This URL will take you to a site from which you can print a 21 page PDF with practical information about remaining in friendship with someone experiencing memory loss. It was written for “dementia awareness week 2011” sponsored by the Alzheimer’s Society in the UK.

“I’ll get by with a little help from my friends” *Information for friends of people with dementia*

http://www.alzscot.org/pages/info/friends.htm
This URL takes you to a page where you can download a PDF that also has excellent, practical information for friends. It is published by Alzheimer Scotland.

Setting up a memory café

http://www.repod.org.uk/memorycafes.html

This page links to a PDF from REPoD (Rotarians Easing Problems of Dementia) in the UK. It has a lot of specific information about setting up memory cafés which meet on a regular basis for people who have been diagnosed with dementia to gather with their family care partners or friends for a couple hours of informal socialization. Often memory cafés give people the opportunity to engage in creative activities.