

Cherryhill Senior Advocates – Little Lending Library Items/Topics Available to Borrow

The lending library, located at 1003 Yorktown Drive, has the following items or information available for you to borrow.

Books

Decluttering

- **The Joy of Less** by Sophie Alden
- **Downsizing for Seniors** by Anthony Milionta
- **Large Print Decluttering** by J.B. Legacy

Technology

- **Digital Legacy** by Daniel Sieberg & Rikard Steiber

Cute/Fun

- **Making the Best of What's Left** by Judith Viorst

Caregiving

- **The AARP Caregiver Answer Book** by Barry J. Jacobs, PsyD & Julia L. Mayer, PsyD

Dementia

- **The Practical Dementia Caregiver Guide** by Sam Toroghi, MD
- **The 36-Hour Day (7th Edition)** by Nancy L. Mace, MA and Peter V. Rabins, MD, MPh
- **The No-Nonsense Caregiver's Guide to Dementia** an Elder Carewise Publication
- **Still Alice (10th Anniversary Edition)** by Lisa Genova

Resources: Pamphlets, Fliers & Articles by Topic

Binder 1

- Caregiver Resources
- Dementia Information

Binder 2

- Planning for the Future
 - General Planning
 - Handy Records
 - End of Life Records
 - Emergency Planning
- Legal Information & Resources
 - General Legal
 - Legal Resources
 - Abuse
 - Fraud

Binder 3

- Personal Safety
- In-home Care
- Transportation
- Mental Health
- Medical Health
- Palliative & Hospice Care
- Living Options

DVDs:

These movies are available to borrow; however, they are not stored in the Little Library. Please contact the Senior Advocates Committee at SeniorAdvocates@cherryhillna.org, or come to the door at 1003 Yorktown Drive and we will lend you the DVD.

- **“Jules”** – Milton’s quiet retirement is upended when a UFO crashes in his backyard. The unexpected friendship he develops with its alien passenger, “Jules,” helps him find meaning in his later years and newfound connections he never knew he needed.

“Still Alice” – Alice Howland (Julianne Moore), happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer’s disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking, and inspiring.
- **“Relative Control” – Seasons change... Family? Not so much.** – A middle-aged, type-A attorney’s life spirals as she juggles her handful of an ex-cop father, forgetful mother, unemployed son, a reignited romance, and a hostile takeover in the biggest corporate control battle of her career.
- **“Familiar Touch”** – Ruth (Kathleen Chalfant), a retired cook in her 80s, enjoys preparing breakfast daily in her cozy kitchen, though small and puzzling errors have now begun to punctuate her comfortable routine. Soon, Ruth finds herself moving into an assisted living facility, which she does not remember having selected for herself. Among her fellow memory care residents, Ruth feels lost and adrift, certain she has somewhere she does not belong. As she gradually begins to accept the warmth and support of care workers Vanessa (Carolyn Michelle) and Brian (Andy McQueen), she finds new ways to ground herself in her body, even as her mind embarks on a journey all its own. Sarah Friedland’s coming-of-age feature compassionately follows the winding path of Ruth’s shifting memories and desires while remaining rooted in her sage perspective.