



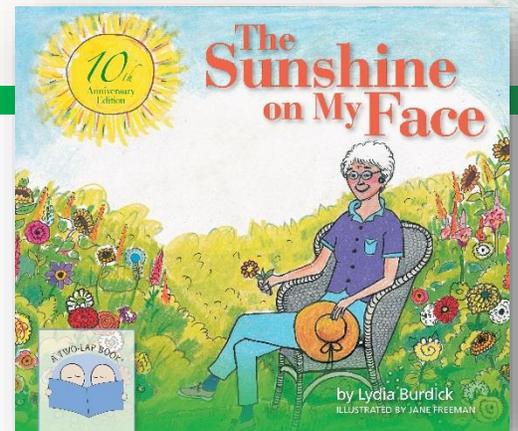
The Sunshine on My Face, 10th Anniversary Edition A Read-Aloud Book for Memory-Challenged Adults

By Lydia Burdick, M.A.

Illustrations by Jane Freeman

“One of the challenges in caring for someone with dementia is knowing what to talk about. In *The Sunshine on My Face*, Lydia Burdick and Jane Freeman provide vivid conversation starting points that are fun to look at.”

—Peter V. Rabins, MD, MPH, geriatric psychiatrist and co-author of *The 36-Hour Day*



The Book

The Sunshine on My Face is a unique book that allows family members and caregivers to reconnect with someone with memory impairments caused by Alzheimer’s disease and other dementias. Designed to be read aloud, this first-of-its-kind Two-Lap Book™ inspires conversations and encourages reminiscence. Easy-to-read text and colorful pictures portray everyday activities with universal appeal. This beautiful 10th anniversary edition presents the pictures and stories that readers have come to love while introducing new content to make interactions with loved ones more meaningful. Tips on how to promote engagement with the book are provided, as well as song suggestions that can enrich the interaction with each illustration.

ISBN: 978-1-938870-57-6

Price: \$22.99

Copyright: 2016

Subject Category: Family/Eldercare – Alzheimer’s and dementia

Length: 28 pages, full-color illustrations

Trim Size: 11 x 9½ hardcover

The Author

Lydia Burdick, M.A., has a Master’s in Clinical Psychology, and her career has been in human resources. She is president of her own executive search firm and communicates about making lifestyle choices that minimize risk of Alzheimer’s or other dementias. Lydia developed the concept of the Two-Lap Book when caring for her mother with Alzheimer’s disease.

Availability

The Sunshine on My Face, 10th Anniversary Edition, is available directly from Health Professions Press, www.healthpropress.com; toll-free (888) 337-8808; P.O. Box 10624, Baltimore, MD 21285. Also available through online booksellers.

Two-Lap Books® is a registered trademark of Lydia Burdick.

**Request a review copy today! Please contact Kaitlin Konecke,
Marketing Coordinator, Health Professions Press,
marketing@healthpropress.com or 410-337-9585**

For Immediate Release

Contact: Kaitlin Konecke, Marketing Coordinator

Phone: 410-337-9585 x181

Email: kkonecke@healthpropress.com

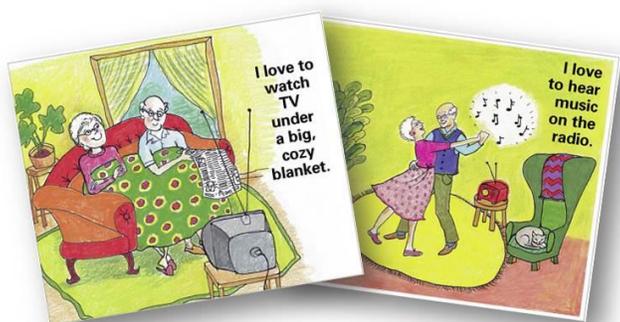
Unique Alzheimer's resource revives hidden abilities

Baltimore, MD (March, 2016) — Health Professions Press has released the 10th Anniversary Edition of **The Sunshine on My Face** by Lydia Burdick, author of the acclaimed Two-Lap Book® series. Now available in print format and as an e-book, this beautiful anniversary edition honors a decade of connecting caregivers with their loved ones with Alzheimer's disease through a shared reading experience.

Imagine never hearing your loved one's voice again and struggling to find ways to interact or spark a connection—that was the disturbing reality for author Lydia Burdick and continues to be the reality for millions of people caring for a parent, spouse, or friend diagnosed with Alzheimer's disease or other dementia. As cognitive abilities decline, communication skills diminish and conversations with family members and friends can become extremely difficult and infrequent. Searching for new ways to connect with her mother, Lydia created **The Sunshine on My Face: A Read-Aloud Book for Memory-Challenged Adults**, the first in the Two-Lap Book® series that has become a valued resource for Alzheimer's caregivers, both family and professional.



Lydia's mother,
Shirley Burdick



The Sunshine on My Face is designed to be read aloud while spread across the laps of a person with dementia and a caregiver. With its colorful illustrations and simple text, the book serves as a springboard for reminiscence and conversations about the simple text and playful illustrations portraying common pleasures such as going for a ride in the countryside, smelling fresh apple pie, and taking warm bubblebaths.

"One of the challenges in caring for someone with dementia is knowing what to talk about," says Peter Rabins, co-author of **The 36-Hour Day: A Family Guide to Caring for People with Alzheimer's Disease, Related Dementias, and Memory Loss**. "Lydia Burdick and [illustrator] Jane Freeman provide vivid conversation starting points that are fun to look at."

And because the book is a shared experience, it can be enjoyed whether or not the person with dementia retains the ability to read the words on his or her own. Over and over again, caregivers have reported surprise and delight in discovering that their loved one *can* still read and converse—when offered the right material. Research shows the importance of activities for people with



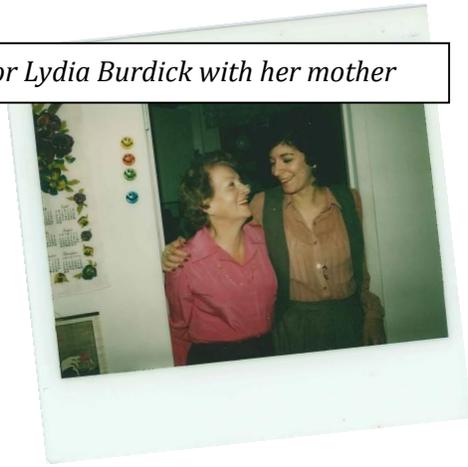
www.healthpropress.com

memory impairments to remain engaged, and words with large print in particular can help support conversational interactions.

Reading and enjoying the illustrations aren't the only ways to use a Two-Lap Book®. Since its initial publication, **The Sunshine on My Face** has gained international recognition and inspired caregivers from all over the world to share their stories of using the Two-Lap Book® with their loved ones. This feedback is incorporated in the 10th anniversary edition, which includes sections on ways caregivers have used this book, as well as conversation prompts, song suggestions to accompany each illustration, and games that can be played using the book.

"It is a truly transformational book," says Ken Ross, a family caregiver from New York who has used the book with his mother who has dementia. "While reading it together with my mom, in very little time her mood changed. She became very engaged and very *alive*."

Author Lydia Burdick with her mother



These truly special moments of connection are what Lydia says is the legacy of her series. "The impact of Two-Lap Books®," offers Lydia, "has been to bring smiles, conversation, and engagement in a simple, portable, universally appreciated format. I don't think anything means more to someone caring for a person with dementia than to see a smile and hear a few happy words. **The Sunshine on My Face** can provide both, with every page, illustration, conversation prompt, and song."

In the past 10 years, Lydia has created an additional two books for her series: **Happy New Year to You!** and **Wishing On a Star**. This 10th anniversary edition of **The Sunshine on My Face** is a celebration of the timelessness of these books, and of their power to help caregivers and their loved ones bridge the gap of dementia to connect with each other.

For more information on **The Sunshine on My Face, 10th Anniversary Edition: A Read-Aloud Book for Memory-Challenged Adults**, please visit www.healthpropress.com/twolapbooks.

###

About Health Professions Press

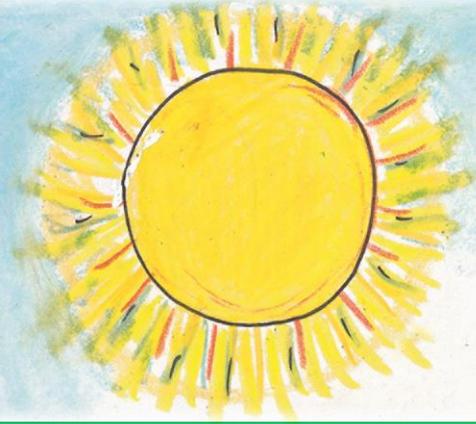
Health Professions Press, Inc. (Baltimore, Maryland) is a publisher of high-quality educational resources for professionals interested in wellness and aging, long-term care, elder care, Alzheimer's disease and other dementias, and healthcare management. Visit www.healthpropress.com to learn more about this independent company, its vision, mission, and ever-growing list of publications.

About the Author

Lydia Burdick, M.A., has a Master's in Clinical Psychology and her career has been in human resources. She is president of her own executive search firm and she also communicates about making lifestyle choices that may minimize the risk of developing Alzheimer's or other dementias.



www.healthpropress.com



Praise for The Sunshine on My Face

“One of the challenges in caring for someone with dementia is knowing what to talk about. In **The Sunshine on My Face**, Lydia Burdick and [illustrator] Jane Freeman provide vivid conversation starting points that are fun to look at.”

–**Peter V. Rabins, MD, MPH**, geriatric psychiatrist and co-author of **The 36-Hour Day**

“...an invaluable tool to engage people with advanced dementia on a one-to-one basis. The simple words, pleasant themes, and colorful illustrations enable everyone to have an enjoyable experience.”

–**Daniel Kuhn, LCSW**, Vice President of Education, All Trust Home Care (Chicago, IL)

“This book offers a unique way of sharing with someone who is living with dementia. Knowing your loved one is there communicating with you ‘in the moment’ is such a blessing!”

–**Donna Kilgore**, Executive Director, Legend at Jefferson’s Garden Assisted Living (Edmond, OK)

“As an activities director in assisted living memory care, I frequently use Lydia Burdick’s charming books.... Reading together and enjoying the colorful pictures of positive daily activities provides genuine opportunities for engaging interactions.”

–**Diane Mowitz**, Arbor Terrace Assisted Living and Memory Care (Asheville, NC)

“I used to read this book to my mother who had dementia.... I highly recommend [it], not only to facilities for memory-impaired individuals, but also for caregivers at home with their loved ones.” –**Linda Jenkins**, family caregiver (Austin, TX)

“When reading [this book] together with my mom who has dementia, in very little time her mood changed. She became very engaged and very *alive*. It is a truly transformational book.”

–**Ken Ross**, family caregiver (New York, NY)

Author Bio

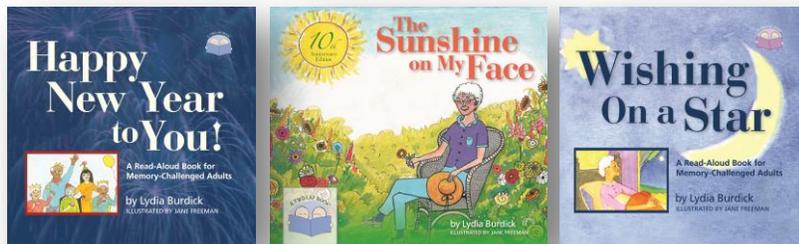


With a Master's in Clinical Psychology, Lydia Burdick's career has been in human resources. She is president of her own executive search firm, and communicates about making lifestyle choices that may help minimize risk of Alzheimer's or other dementias.

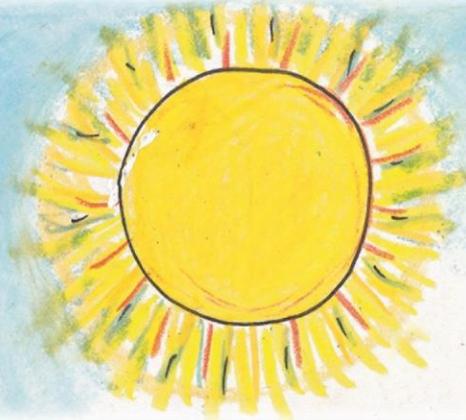
Lydia wrote **The Sunshine on My Face: A Read-Aloud Book for Memory-Challenged Adults** for her mother who was diagnosed with Alzheimer's disease in 1998. The idea for the book occurred to Lydia when she realized that she didn't know if her mother was actually reading or enjoying the magazines she was given to browse through. When she couldn't purchase an appropriate book at any bookstores, Lydia decided to write an optimistic book with illustrations of older people that would bring a smile to her mother's face.

"One of my greatest pleasures," Lydia says, "was sitting together with my mother and hearing her read the words from this book when she had otherwise stopped speaking almost entirely." Lydia has dedicated the book to the memory of both her parents, Larry and Shirley Burdick.

Since the publication of **The Sunshine on My Face** 10 years ago, Lydia has gone on to write 2 additional read-aloud books for memory challenged adults: **Happy New Year to You!** and **Wishing on a Star**.



For more information, contact Health Professions Press at 888-337-8808 or visit us online at www.healthpropress.com



Q&A with Lydia Burdick

Author of *The Sunshine on My Face* 10th Anniversary Edition



Q: 10 years ago you wrote the first book in the Two-Lap® Series, *The Sunshine on My Face*. How did you develop the idea for such a unique book?

My mother had mid- to late-stage dementia, and I was feeling frustrated during my visits with her. She would basically sit in the den, have something to eat and drink, and watch TV. Mom wasn't speaking or smiling. We were definitely not doing anything together that brought happiness to either one of us during our visits. One visit, I casually gave my mother a magazine to look at. I wondered how exactly she was using that magazine. Was she actually reading the words? Was she understanding what she read? Was she looking at the pictures? I was curious to find out what my mother was capable of. I realized that in order to do that, I needed to sit down and read with her—preferably from a book with pictures and simple text.

Q: If it is simple text you need, why not just read a children's book with a person with Alzheimer's disease or other memory impairment?

You know, I thought about reading a children's book with Mom, but I quickly decided against it. I wanted to read material with her that she could relate to. I wanted material about topics and activities that were enjoyable and relevant to her, like "taking a nap in the afternoon" and "watching TV under a big, cozy blanket." After considerable searching and not finding what I was looking for, I realized I would have to write it myself. And so I did.

The result was *The Sunshine on My Face: A Read-Aloud Book for Memory-Challenged Adults*. It's appropriate for older adults. My mom was a kindergarten teacher for about 25 years. Sharing a children's book like those she'd read to her pupils really didn't feel right! People with Alzheimer's disease and dementia are still adults and, even for reading material, shouldn't be treated like children.

Q: What is the significance of the "Two-Lap" concept?

Two-Lap Books are designed to be an activity to promote interaction—to be an activity to do together. The books are big enough to be looked at comfortably spread over the laps of both people. When this book first published, the two-lap concept was a novel idea that hadn't been suggested before for people with dementia.

Q: How much did you personalize this book to your mother's interests?

I felt my mother would relate to content that was universal instead of content that was specific to her life (like raising 4 children, teaching kindergarten, singing in choral groups). I focused on more general themes, and it turns out that that content is relevant to many caregivers and to those they are caring for.

Q: *The Sunshine on My Face* has gained international recognition and was even translated into Japanese. How did you know it would speak to others with dementia?

I felt that if my mother would relate to this material, others would too. I felt that simple, delightful activities were easy for most people to relate to or reminisce about. That means the caregiver can relate to the words and illustrations as well. Not only did Mom enjoy engaging with this material, but I did too—and I want other caregivers to experience the same enjoyment.



Q: Of all the experiences described in the book, why did you choose “the sunshine on my face” for the title?

I don't know anyone who doesn't love to feel the sunshine on their face, and this was the first sentence that occurred to me when I started writing this material. There isn't anything to “do” when you feel the sun on your face—it is a passive activity that universally feels good. That's true of all of the activities the book highlights—they are pleasant and aren't demanding.

As Alzheimer's disease and dementia progress, it's important to have these sorts of failure-free activities. Going for a ride in the countryside or smelling warm apple pie are soothing images that anyone can relate to. Plus, Mom did love to bask in the sun!

Q: Aside from recognizing its enduring appeal for a decade, why produce a 10th anniversary edition? What makes it special?

Over the past 10 years, caregivers have shared what they enjoyed when using this book, including the ease of having something delightful to do during a visit, being guided in how to elicit conversation, and the pleasure of hearing laughter in response to an illustration. We incorporated this feedback into an expanded section called “Ways to enjoy a Two-Lap Book,” which includes creative activity suggestions. Singing songs associated with the illustrations has proven especially popular, so we've added song suggestions for every page. These are all helpful additions for new readers.

Q: It can be hard to get a person who has dementia involved in an activity. How do you recommend getting a loved one interested in reading this book?

This book is an in-the-moment activity, which is perfect for people with moderate to advanced dementia who only exist “in the moment.” You can begin by inviting your loved one to engage with you in some way by using this book. You can look at illustrations together, ask a question about the illustration, invite your companion to read the words out loud, or simply start reading a selected page out loud to your loved one. You may want to start with a song suggested at the back of the book.

The beauty of a Two-Lap Book is that there is no “right” way to use it! Do what feels good to you and your reading companion!

Q: In the book, you say that there are many ways to use a Two-Lap Book. What are some of these ways?

Reading - You can invite your reading companion to read with you, using gentle persuasion (as you probably won't know if they have residual reading capability when you start). If they can and will read, great. If not, you can read to them.

Enjoying the illustrations - The illustrations in this book are colorful, playful, and whimsical, and include old-fashioned imagery that helps spark reminiscence. You can talk about what you see in each picture and ask questions about the content. We include helpful *conversation prompts* in the back of the book with appropriate suggestions for each page.

Singing - Delightful, well-known songs have been specially selected for each page. YouTube allows you to easily search for songs so you can even use accompanying music while reading.

Playing games - Engage your companion in simple activities on each page, such as finding the animals, finding different colors, sharing what you both like most.

Q: What do you hope others will get out of reading this book?

It's been 11 years since my mother passed away. Reading material from *The Sunshine on My Face* brought smiles to my mother's face, and delight to me during the difficult last part of her life.

The impact of Two-Lap Books has been to bring smiles, conversation, and engagement in a simple, portable, universally appreciated format. I don't think anything means more to someone caring for a person with dementia than to see a smile and hear a few happy words. *The Sunshine on My Face* can provide both, with every page, illustration, conversation prompt, and song!

Q: In the 10 years since *The Sunshine on My Face*, you wrote two additional books in this series, *Happy New Year to You!* and *Wishing on a Star*. What do you hope is the legacy of the Two-Lap Book® series?

I am very proud of the contributions Two-Lap Books are making for caregivers and loved ones. I think the growing legacy (I do see more Two-Lap Books down the road!) will be that readers continue to experience the happiness, connectedness and, yes, love that comes from this activity.

Two-Lap Books have the added benefit of helping caregivers know how to communicate better with their loved one with dementia. The books often spark a positive interaction that can be extended well after the reading session is complete.

Q: You're very active on social media. Where can readers follow you?

I love social media as a way of connecting with people with similar interests. I look forward to connecting with Two-Lap Book readers!

Facebook: www.facebook.com/twolapbooks

Twitter: @lydiaburdick (www.twitter.com/lydiaburdick)

Pinterest- www.pinterest.com/lydiaburdick

Instagram - @lydburd

*For more information, contact Health Professions Press at 888-337-8808
or visit us online at www.healthpropress.com*



Alzheimer's Frequently Asked Questions

What is Alzheimer's disease (AD)?

Alzheimer's is the most common form of dementia in older adults. It is progressively degenerative and involves parts of the brain that control thought, memory, and language. The words "Alzheimer's" and "dementia" are often used interchangeably, but they are not the same.

What are the symptoms of Alzheimer's disease?

People with AD generally experience a progression of symptoms, including forgetting how to do simple tasks, problems recognizing familiar people or places, and difficulty speaking and thinking clearly. People with advanced AD may become anxious or aggressive and are often unable to care for themselves.

How many people have Alzheimer's disease?

It's estimated that 5.3 million Americans are living with Alzheimer's, and this number will grow to 7.1 million by 2025. Of those with Alzheimer's today, 5.1 million people are age 65 and older, and approximately 200,000 are under age 65 (younger-onset Alzheimer's).

How long can a person live with Alzheimer's disease?

Alzheimer's is a progressive disease, in which dementia symptoms gradually worsen over a number of years. Those with AD live an average of 8 years after their symptoms become noticeable to others, but survival can range from 4 to 20 years, depending on age and other health conditions.

Do men or women have a higher risk of developing Alzheimer's disease?

While neither gender has a higher risk of developing Alzheimer's disease, more women than men have AD—almost two thirds of Americans with Alzheimer's disease are women. This may be attributed to the fact that women typically live longer than men, and the chances of developing Alzheimer's increases with age.

Is there a genetic link associated with Alzheimer's disease?

Recent research has shown links between some genes and AD, but in about 90% of cases, there is no clear genetic link.

How is Alzheimer's disease diagnosed?

Alzheimer's disease is diagnosed through a complete medical assessment. There is no single test that can show whether a person has Alzheimer's, although many physicians can determine with very high probability that a person has dementia.

What are the treatments for Alzheimer's disease?

Currently, there is no cure for Alzheimer's. But drug and non-drug treatments may help with both cognitive and behavioral symptoms. Researchers are looking for new treatments to alter the course of the disease and improve the quality of life for people with dementia.

*Source: The Alzheimer's Association® (www.alz.org)
Family Caregiver Alliance (caregiver.org)
Fisher Center for Alzheimer's Research Foundation (www.alzinfo.org)*

Facts about Caregivers in the United States

- ❖ Approximately two-thirds of caregivers are women and 34% are age 65 or older
- ❖ 41% of caregivers have a household income of \$50,000 or less
- ❖ Over half of primary caregivers of people with dementia take care of parents
- ❖ It is estimated that 250,000 children and young adults between the ages of 8 and 18 provide help to someone with Alzheimer's disease or another dementia
- ❖ Medicare generally does not cover the routine personal care and other services that people with or without dementia may need on an ongoing basis, thus increasing the time commitment and strain for unpaid caregivers and family members
- ❖ Nearly 60% of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high
- ❖ About 40% of caregivers suffer from depression
- ❖ Due to the physical and emotional toll of caregiving, Alzheimer's and dementia caregivers have additional health care costs of their own

Source: *The Alzheimer's Association*® (www.alz.org)

Family Caregiver Alliance® National Center on Caregiving (www.caregiver.org)

Kaiser Health News (www.khn.org)

GUIDELINES FOR ENHANCING COMMUNICATION WITH PEOPLE WITH ALZHEIMER'S DISEASE

- ❖ Always speak to the person as an adult
- ❖ Include the person in conversations
- ❖ Use concrete, clear language
- ❖ Use words that are familiar
- ❖ Speak positively, avoiding “don’ts” and commands
- ❖ Use lead-in information and opinion-seeking questions
- ❖ Break tasks and instructions into clear, simple steps
- ❖ Use nouns, not pronouns
- ❖ Be patient, flexible, and understanding
- ❖ Speak slowly and clearly
- ❖ Use a gentle, relaxed tone of voice
- ❖ Maintain eye contact
- ❖ Avoid criticizing, correcting, and arguing
- ❖ Eliminate environmental distractions
- ❖ Allow enough time for a response
- ❖ Use and encourage non-verbal communication, such as facial expressions, gestures, and touching

Sources: Alzheimer's Association (www.alz.org)

Navigating the Alzheimer's Journey: A Compass for Caregiving by Carol Bowlby Sifton, Health Professions Press

The Best Friends Approach to Alzheimer's Care by Virginia Bell and David Troxel, Health Professions Press