

## People with Dementia Can Read: Reviving the Joy of Reading

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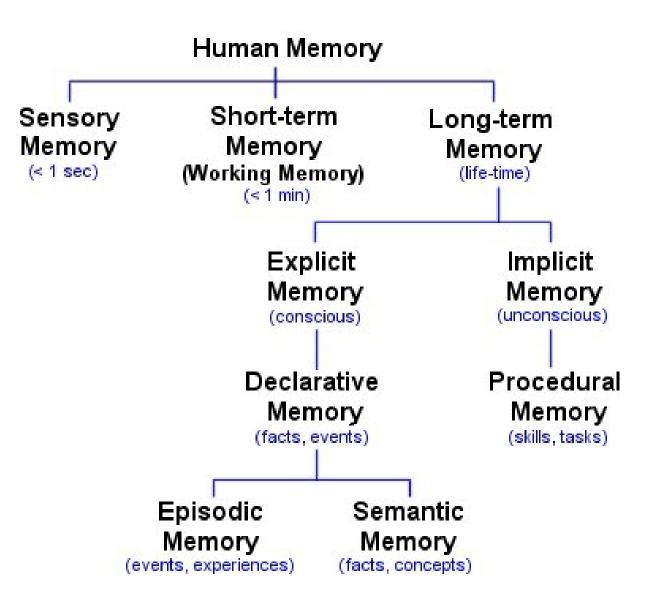
- Review the science behind reading and dementia.
- Explore how to make reading accessible and possible for persons living with dementia.
- Discover how reading impacts indicators of wellbeing in persons living with dementia.

**Providers** need new strategies to combat **"The Three Plagues**" of Nursing Home **Existence** 

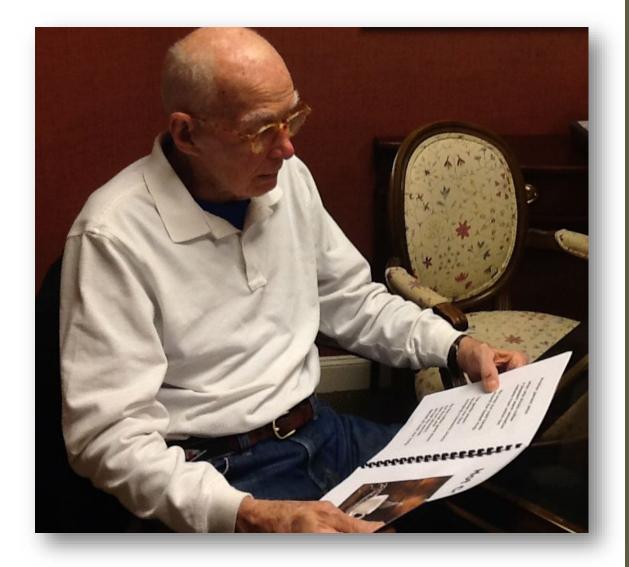
Boredom Helplessness Loneliness



# Research



Procedural memories are typically acquired through repetition and practice and are so deeply embedded that dementia generally does not affect these skills until the disease process is quite far along.







The girl did not eat breakfast.

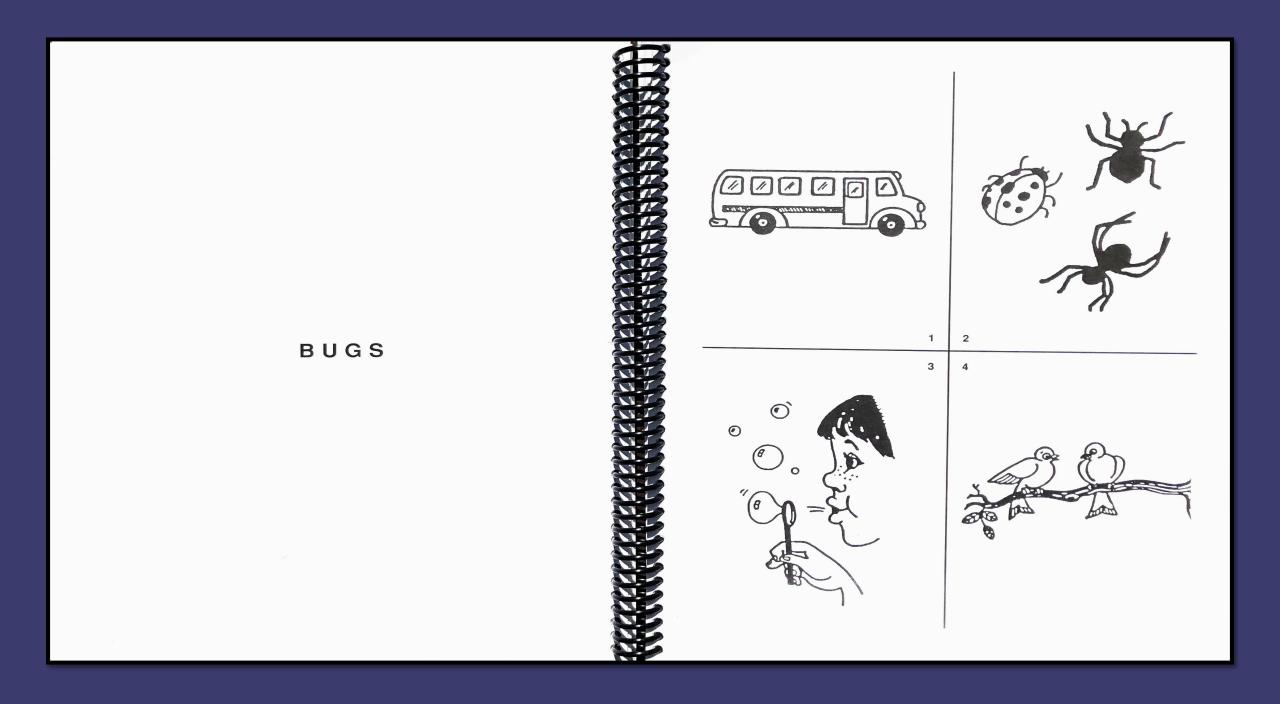
What did she do?

1. ate breakfast

2. fixed breakfast

3. went out for breakfast

4. did not eat breakfast



## **Research: Reading and Aging**

"Research examining text memory has show that it is very well preserved with aging as compared to other types of episodic memory. The preservation of text memory in combination with relatively well- preserved sentenced processing ability supports a shift away from research models that focus on working memory to models based on long-term working memory.

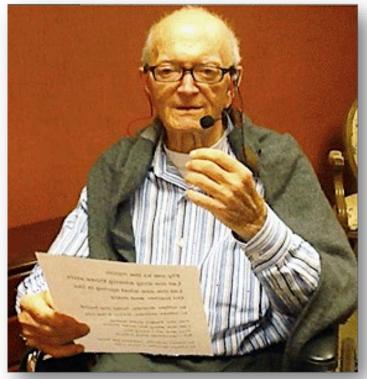
Source: Reading in Normally Aging Adults, Peter Gordon, Matthew Lowder, Renske Hoedemaker

## **Research: Reading and Aging**

It is found that although performance on the National Adult Reading Test does decline gradually over time, the deterioration on formal

tests of IQ is more rapid and more severe.

-- Journal of International Neuropsychological Society



### **Research: Reading and Dementia**

All my research demonstrates that people who were literate maintain their ability to read until the end stages of dementia.

-- Dr. Michelle S. Bourgeois, PhD., CCC-SLP University of South Florida



TO WATCH LIVE TV, Use Cable Box Remote.

- 1. Point the remote towards TV. Keep the remote steady.
- 2. Press "All On" red button. Don't move the remote until the picture comes on the TV screen.
- 3. Press small "FAV" gray button to scan favorite channels.







Dementia and Reading for Pleasure?



# Anatomy of Dementia Capable Reading Materials

#### The Legibility of Typefaces for Readers with Low Vision: A Research Review

Elizabeth Russell-Minda, Jeffrey W. Jutai, J. Graham Strong, Kent A. Campbell, Deborah Gold, Lisa Pretty, and Lesley Wilmot

Abstract: This article presents a systematic review of the research evidence on the effects of the characteristics of typefaces on the legibility of text for adult readers with low vision. The review revealed that research has not produced consistent findings and thus that there is a need to develop standards and guidelines that are informed by evidence.

Reading is critical to full participation in modern society, and as the population ages, the concern for the print accessibility of public documents will rise. For the many individuals with vision loss, reading print presents a major challenge when planning and performing everyday tasks. In Canada, the 2001 Participation and Activity Limitation Survey (PALS) reported that of the approximately 600,000 people with "seeing disabilities," most have low vision, and that roughly 500,000 people aged 15 and older require accommodations to read newsprint, such as special lighting, large print, or magnification (Statistics Canada, 2001). According to demographic information from the 2000 U.S. census, an estimated 937,000 Americans aged 40 and older were blind (U.S.

The research on which this article was based was supported, in part, by a grant from the Canadian National Institute for the Blind (CNIB). The contents of this article are solely the responsibility of the authors and do not necessarily represent the official views of CNIB. definition) and 2.4 million had low vision in 2000. The leading causes of blindness and low vision in the United States in adults aged 40 and older were age-related macular degeneration (AMD), cataract, and glaucoma (Eye Diseases Prevalence Research Group, 2004).

The International Council of Ophthalmology's report, Visual Standards: Aspects and Ranges of Vision Loss (Colenbrander, 2002), recommended that the global vision community use the term low vision for degrees of vision loss less than blindness when individuals can be helped significantly by vision-enhancement aids and devices and that when detailed reporting on the ranges of vision loss are not feasible, the range for low vision should be less than 6/18 (0.3) (20/60) and greater than or equal to 3/60 (.05) (20/ 400). Low vision has also been described as the inability to read a newspaper or recognize faces from a conventional reading distance (40 centimeters, or about 16 inches) while wearing the best refractive correction (Chung, Mansfield, & Legge,

Margins **Titles** Paragraphs Sentences Punctuation Text Markers

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wilmot abstract this article presents a systematic review of the research evidence on the effects of the characteristics of typefaces on the legibility of text for adult readers with low vision the review revealed that research has not produced consistent findings and thus that there is a need to develop standards and guidelines that are informed by evidence reading is critical to full participation in modern society and as the population ages the concern for the print accessibility of public documents will rise for the many individuals with vision loss reading print presents a major challenge when planning and performing everyday tasks in canada the 2001 participation and activity limitation survey pals reported that of the approximately 600000 people with seeing disabilities most have low vision and that roughly 500000 people aged 15 and older require accommodations to read newsprint such as special lighting large print or magnification statistics canada 2001 according to demographic information from the 2000 us census an estimated 937000 americans aged 40 and older were blind us the research on which this article was based was supported in part by a grant from the canadian national institute for the blind cnib the contents of this article are solely the responsibility of the authors and do not necessarily represent the official views of cnib definition and 2.4 million had low vision in 2000 the leading causes of blindness and low vision in the united states in adults aged 40 and older were age related macular degeneration amd cataract and glaucoma eye diseases prevalence research group 2004 the international council of ophthalmologys report visual standards aspects and ranges of vision loss colenbrander 2002 recommended that the global vision community use the term low vision for degrees of vision loss less than blindness when individuals can be helped significantly by vision enhancement aids and devices and that when detailed reporting on the ranges of vision loss are not feasible the range for low vision should be less than 6/18 (0.3) 20/60 and greater than or equal to 3/60 (.05) (20/ 400) low vision has also been described as the inability to read a newspaper or recognize faces from a conventional reading distance 40 centimeters or about 16 inches while wearing the best refractive correction chung mansfield & legge 1998 many older people have difficulty reading standard print including medication labels even with appropriate magnification and illumination high levels of magnification can reduce the size of the usable field for many individuals with low vision and the manipulation of the characteristics of typefaces can reduce or eliminate the need for additional magnification arditi 2004 previous research on the legibility of typefaces and psychophysical variables related to it has suggested that certain characteristics can affect legibility and reading acuity for both sighted readers and those with low vision arditi 1996 arditi knoblauch and grunwald 1990 legge rubin and luebker 1987 tinker 1963 these characteristics include the presence or absence of serifs arditi & cho 2000 2005 the width of strokes arditi cagnello & jacobs 1995b berger 1944a 1944b kerning or interletter spacing arditi et al 1995a Arditi Liu & Lvnn 1997



#### NATURE'S ANCIENT HISTORY

THE BIGGEST CHALLENGE in photographing ancient trees can be finding them. When the California-based photographer Beth Moon set out to capture some off the Earth's disest trees, the found hereaft hising up steep mountains, ecombing over rocks and waiking for hours down roads where cars couldn't go. She showcases her findings from the past 14 years in a new book. "Ancient Trees" (Abbeville Press, \$49,95). Selecting her arborel subjects based on there are, history more cost, Ma Moon trabslet drough thr LLS. Exclose, Asia, if you have a three to drough the street of the set of process. When the set of the street of the set of more cost. Ma have survived for so long. "You'd think they'd be easy to find because they're so big's le says. The didest tree that she found was some \$4,800 years old. "Even if you're used for the size, it guts never prepares you for the next one," she says, "Just seeing them in person is a pretty intense experience." - Alexandra Wolfe

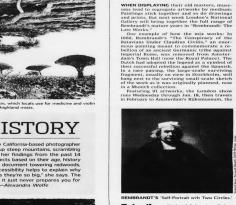


Ms. Mean used a low cames angle to capture this Tetameters from trung to each toward the substigut.

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Dear Dan





THE WALL STREET JOURNAL.

Rembrandt Exhibition BY J.S. MARCUS

# ICONS

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the barman of samaria, which is as square The radically differing lighting required by large paintings and small works on paper means that it can be "difficult to create an aesthetically rewarding esperience," said Ba-Rembrand House museum. But the upside, he said, is that visitors can "understand how art-works come to be."





52

2

Money lets users pick an animated replica of a bill from \$1 to \$100, pay for it with real maney, then flick and watch the bill burn to electronic ashes. Us-res later receive a certificate they can post on their social media pages. And that's it. What do you think? --Bmilla



Similarly, letting people know you've been burning money (both virtual and real) could be an attempt to signal wealth—as if people are saying, both to themselves and to anyone watching, "Look at me: If I can burn money, doesn't that show how wealthy and comfort-able I am?" Money lets users pick

Dear Dan,

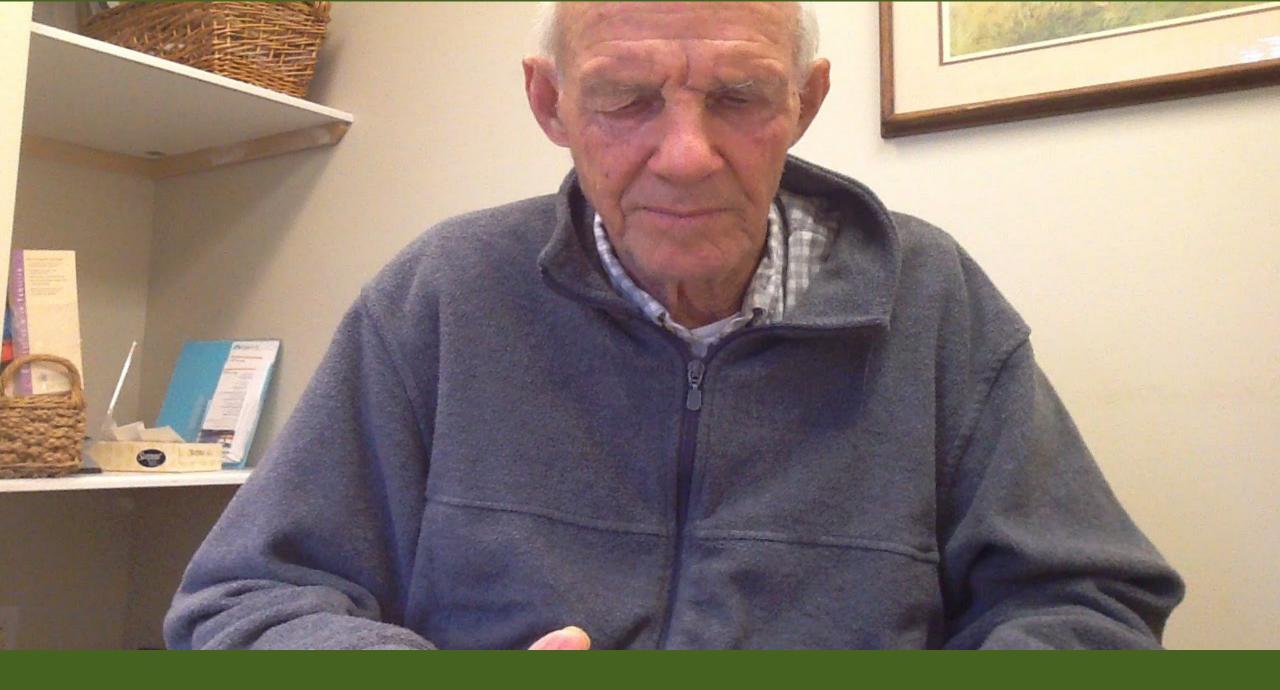
The U.S. Declaration of Independence gives us the right to pursue happiness. But is happi-ness really what we should aim for? --Helen

Happiness is fine, but if I had to pick a mind-set to pursue, it would be pronoia-a state learned from Wharton professor Adam Grant, pronoia is the delusional belief that other people are plotting our well-being or saying nice things about us behind our backs. Now there is a wonderful way to experience life.

1

Have a dilemma for Dan? Email AskAriely@wsj.com

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C12 | Saturday/Sunday, October 11 - 12, 2014

The dragon's blood tree-found on the island of Socotra, off the coast of Yemen-gets its name from its red resin, which locals use for medicine and violir varnish. The trees, which can live for as long as 500 years, raise their branches up to get moisture from the highland mists.

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THE BIGGEST CHALLENGE in photographing ancient trees can be finding them. When the California-based photographer Beth Moon set out to capture some of the Earth's oldest trees, she found herself hiking up steep mountains, scrambling over rocks and walking for hours down roads where cars couldn't go. She showcases her findings from the past 14 years in a new book, 'Ancient Trees" (Abbevile Press, \$49.95). Selecting her arboreal subjects based on their age, history and size, Ms. Moon traveled through the U.S., Europe, Asia, the Middle East and Africa to document towering redwoods, broccoli-shaped baobabs and gnarled trunks growing out of ancient temples. Their inaccessibility helps to explain why many of the trees have survived for so long. "You'd think they'd be easy to find because they're so big," she says. The oldest tree that she found was some 4,800 years old. "Even if you're used to the size, it just never prepares you for the next one," she says. "Just seeing them in person is a pretty intense experience." *—Alexandra Wolfe* 



### A Mixed-Up Rembrandt Exhibition

BY J.S. MARCUS

WHEN DISPLAYING their old masters, museums tend to segregate artworks by medium: Paintings stick together and so do drawings and prints. But next week London's National Gallery will bring together the full range of Rembrandt's mature years in "Rembrandt: The Late Works."

One example of how the mix works: In 1662, Rembrandt's "The Conspiracy of the Batavians Under Claudius Civilis," an enormous painting meant to commemorate a rebellion of an ancient Germanic tribe against Imperial Rome, was removed from Amsterdam's Town Hall (now the Royal Palace). The Dutch had adopted the legend as a symbol of their successful rebellion against the Spanish. In a rare pairing, the large-scale surviving fragment, usually on view in Stockholm, will hang next to the surviving small-scale sketch of the work as it was originally planned, now in a Munich collection.

Featuring 91 artworks, the London show runs Wednesday through Jan. 18, then travels in February to Amsterdam's Rijksmuseum, the



#### REMBRANDT'S 'Self-Portrait with Two Circles.'

Epic oils and little etchings. National Galery's collaborator on theshow. Many farous paintings will make the trip to London, like the Rijksmuseum's "The Jewish

Bride," also known as "Portrait of a Couple as Isaac and Rebecca," from about 1665, and the Louvre's "Bathsheba at Her Bath," aka "Bathsheba with King David's Letter," from 1654. "Self-Portrait with Two Circles" shows Rembrandt in front of two sare and mysterious circles.

#### **Nature's Ancient History**

The biggest challenge in photographing ancient trees can be finding them. When the California-based photographer Beth Moon set out to capture some of the Earth's oldest trees, she found herself hiking up steep mountains, scrambling over rocks and walking for hours down roads where cars couldn't go. She showcases her findings from the past 14 years in a book, "Ancient Trees." Selecting her arboreal subjects based on age, history and size, Ms. Moon traveled through the U.S., Europe, Asia, the Middle East and Africa to document towering redwoods, broccoli-shaped baobabs and gnarled trunks growing out of ancient temples. Their inaccessibility helps to explain why many of the trees have survived so long. "You'd think they'd be easy to find because they're so big," she says. The oldest tree that she found was 4,800 years old. "Even if you're used to the size, it just never prepares you for the next one," she says. "Just seeing them in person is a pretty intense experience."

Alexandra Wolfe

Adapted Article



#### The Men Who Chased Shipwrecks

When a vessel went down off the Cornish coast, a Gibson would be there to document it.

SVATI KIRSTEN NARULA

NOVEMBER 8, 2013

The Jean Gougy, engulfed by waves at Land's End in 1962 (Gibsons of Scilly/Sotheby's)

For more than 100 years, nearly every time a ship ran aground off the coast of Cornwall, a man would arrive on the scene to document the wreckage.

That man, most likely, would have the surname of Gibson. The family tradition documenting shipwrecks, obsessively and artistically—started with John, a fishermanturned-professional-photographer, who learned about the new technology in <u>Penzance</u> in 1860. Gibson trained his two sons, Alexander and Herbert, as apprentice photographers. The Gibsons, armed with their cameras, soon made a habit of traipsing out to every accident in the area as it occurred, capturing haunting scenes in the process.

To get news of the wrecks, and share the results of their work, the family took advantage of another new technology: the telegraph.

The sea surrounding their home in the <u>Isles of Scilly</u> was treacherous, and mariners made headlines when they sunk their ships after encountering storms or Cornwall's notorious cliffs. The Gibsons speedily dispatched both themselves and their images with the help of newly installed telegraph wires.

A sailor is rescued by breeches buoy in Mill Bay, near Land's End, in 1912. (Gibsons of Scilly/Sotheby's)

Bella Bathurst's book *The Wreckers*, a <u>history</u> of doomed ships off the British coast, describes the Gibson photographs as strikingly lovely and leagues beyond those captured by anyone else:

Shipwrecks in other parts of the country generally end up with nothing more than a grainy, indeterminate shot taken in bad weather from a difficult angle by the local newspaper's resident snapper. Usually there are rocks in the way or the storm has obscured the detail, or the ship itself is too far away to be clear. Even when the pictures

do reveal more than just storm-force conditions, most twentieth-century shipping would hardly inspire poetry.

But these photographs are unquestionably beautiful. Not, one supposes, that the crew and the passengers of these wrecks cared much for looks as they sped towards their graves. But in showing these ships and the people surrounding them with such care and veracity, the photographs do give them back some final dignity. According to Bathurst, the Gibsons started out using the <u>wet collodion process</u> to take their pictures—"a method which proved cumbersome and wasteful in the field, but which also produced some of the most striking images of the sea ever taken." It required a portable darkroom, which the Gibsons hauled along on a cart along with a glass-plate camera and tripod. They had to hustle, with a pony or in a rowboat, to reach their target before it sank or before night fell.

The wreck of the *Hansey* at Hounsel Bay, near the southernmost tip of Britain's mainland, in 1911. See more of these at the <u>Gibsons of Scilly website</u>. (Gibsons of Scilly/Sotheby's)

Alexander's son James carried on the work throughout the 20th century, and after his death in 1985, his son Frank carried the torch until his own death in 2012.

Next week, the archive of these now-famous Gibson family shipwreck photographs is going <u>on auction at Sotheby's</u> in London. The vivid images have been praised over the years by authors John Fowles and John le Carre. "Other men have taken fine shipwreck photographs," <u>Fowles put it</u>, "but nowhere else in the world can one family have produced such a consistently high and poetic standard of work.

#### The Men Who Chased Shipwrecks By Svati Kirsten Narula

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Over time, John Gibson trained his two sons in the art of photography.

For decades, the Gibson family has been documenting shipwrecks, obsessively and artistically.

The Gibson family lived off of the southwestern tip of Cornwall, England. The sea surrounding their home was treacherous.

Mariners made headlines when their ships sunk after encountering storms or encountering Cornwall's notorious cliffs.

The Gibson men, armed with their cameras, soon made a habit of traipsing out to every ship accident in the area.

When a vessel went down off the Cornish coast, a Gibson would be there to document it.



They captured haunting shipwreck scenes. Here is the wreck of a ship called *Hansey*.

#### The Men Who Chased Shipwrecks

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#### 8MW Concept Ninety

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Nightgown E had lain thus in bed, chatting and napping at short tervals, and Quecqueg now and then affectionate prowing his brown tattooed legs over mine, and the trawing them back; so entirely sociable and free and

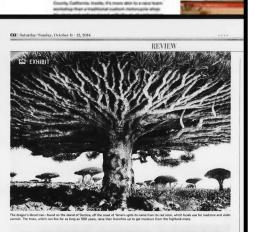
asy were we; when, at last, by reason of our on what little nappishness remained in us altogether departed and we felt like getting up again, though day-break was yet some war down the future.

Yes, we became very wakeful; so much so that our recumbent position began to grow wearisome, and by little and little we found ourselve sitting up; the clothes well tucked around us, leaning against the head board with our four knees drawn up close together, and our two nose bending over them, as if our knee-pans were warming-pans. We felt very nice and snug, the more so since it was so chilly out of doors; indeed or of bed-clothes too, seeing that there was no fire in the room. The more so, I say, because truly to enjoy bodily warmth, some small part of you ma he cold, for there is no quality in this world that is not what it is merely by contrast. Nothing exists in itself. If you flatter yourself that you are all or comfortable, and have been so a long time, then you cannot be said to be comfortable any more. But if, like Queequeg and me in the bed, the tip of your nose or the crown of your head be slightly chilled, why then, indeed, in the general consciousness you feel most delightfully and unmistakably warm. For this reason a sleeping apartment should never be furnished with a fire, which is one of the luxurious discomforts of the rich. For the heigh of this sort of deliciousness is to have nothing but the blankets between and your snugness and the cold of the outer air. Then there you lie like the one warm spark in the heart of an arctic crystal.

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eyes shut, in order the more to concentrate the snugness bed. Because no man can ever feel his own identity aright excep be closed; as if, darkness were indeed the proper element of ou s, though light be more congenial to our clayey part. Upon openin es then, and coming out of my own pleasant and self-created darkne the imposed and coarse outer gloom of the unilluminated twelve ock-at-night, I experienced a disagreeable revulsion. Nor did I at al t to the hint from Queequeg that perhaps it were best to strike a light. that we were so wide awake; and besides he felt a strong desire to a few quiet puffs from his Tomahawk. Be it said, that though I had t such a strong repugnance to his smoking in the bed the night before see how elastic our stiff prejudices grow when once love comes to ben m. For now I liked nothing better than to have Queequeg smoking by even in bed, because he seemed to be full of such serene household joy en. I no more felt unduly concerned for the landlord's policy of in nce. I was only alive to the condensed confidential comfortableness of ring a pipe and a blanket with a real friend. With our shaggy jackets bout our shoulders, we now passed the Tomahawk from one to th other, till slowly there grew over us a blue hanging tester of smoke, illumi-

nated by the flame of the new-lit lamp. Whether it was that this undulating tester rolled the savage away to far istant scenes, I know not, but he now spoke of his native island; and, ager to hear his history, I begged him to go on and tell it. He gladly complied. Though at the time I but ill comprehended not a few of his words yet subsequent disclosures, when I had become more familiar with hi roken phraseology, now enable me to present the whole story such as i may prove in the mere skeleton I give.



#### NATURE'S ANCIENT HISTORY

The structure Classical Cl



#### ASK ARIELY: DAN ARIELY



34 makes from

Have a dilemma for Dan? Email AskAriely@wsj.com



stuff we love







Bellouse with moral



The Kite

rog and Toad went out fly a kite. hey went to large meadow here the wind was strong. Dur kite will fly up and up," id Frog. t will fly all the way up the top of the sky."

16



"Toad," said Frog, "I will hold the ball of string. You hold the kite and run."

17

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Once we have





# Brevity with Impact



230 million years ago, these pebbles were craggy rocks at the bottom of a giant, turbulent river.

For centuries they were violently tossed by waves and abraded by neighboring rocks.

Their irregularities became smooth.

For many stones, the beach is the latest stop of a journey that began eons ago.

## The Serene Beauty of a Turbulent Past



When and where was coffee discovered?

Legend has it that coffee was discovered by a man named Kaldi.

Kaldi was a goatherd in the Ethiopian highlands many centuries ago.

Kaldi noticed that when his goats ate berries from a certain tree, the goats would become highly spirited.

## A Beautiful Animal



Someone once said that

music and cats are the only relief from the sorrows of life.

Many people experience strong, personal connections with their cats.

## **Beloved Friends**



Diamonds are graded by the four "C"s:

> carat color clarity cut

For almost everyone, carat size is the most important feature.

A carat weighs 0.2 grams, weighing about the same as a paperclip.

The larger the number of carats the larger the diamond.

## The Hope Diamond



## Alternative Text, Never a Diminished One



In 1939, the Nazis invaded Poland.

Universities were shut down.

John Paul was forced to work in a limestone quarry as a stonecutter.

Although the Nazis were deporting scholars and priests to concentration camps,

John Paul enrolled in a clandestine underground Catholic seminary.

#### **German Invasion**



To the Jewish people, John Paul once said,

> You are our dearly beloved brothers and in a way it could be said that you are our elder brothers.

**On November 13th**, **1956**,

the Supreme Court declared that segregation on public transit systems was unconstitutional.

The Montgomery Bus Boycott succeeded in bringing integration to the transit system.

Rosa Parks was among the first to ride the newly desegregated buses.

#### **Rosa Parks**



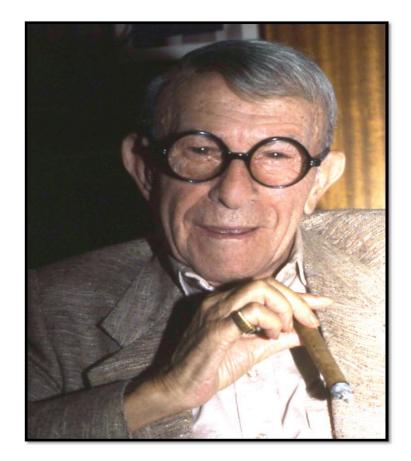
#### George Burns Speaks about Aging

Well, you know you're getting old when you stoop down to tie your shoes

and wonder what else you could do while you're down there.

I smoke ten to fifteen cigars a day.

At my age, I have to hold onto something.



I'd go out with women my age, but there are none.

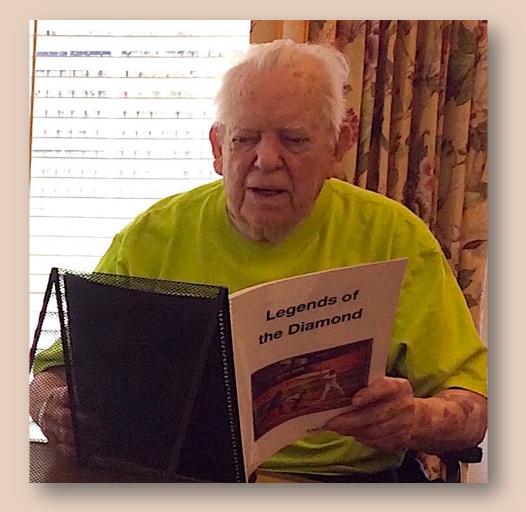
# Quality of Life

# What Does it Mean to Read?

Text and Images Influencing Thoughts and Emotions



#### Reading helps to introduce or reconnect readers to wider life systems and more broadly shared meanings.



Reading can also remind people of activities and occupations they once pursued, or knowledge and skills they still possess, helping to restore their sense of place and purpose in the world.

-- Dr. Josie Billington

Reading is an active engaging of the imagination as the words on the printed page stimulate their creativity and cause them to enter what is essentially an altered state of consciousness.

**Dr. Josie Billington** 





#### Dimensions of Wellness

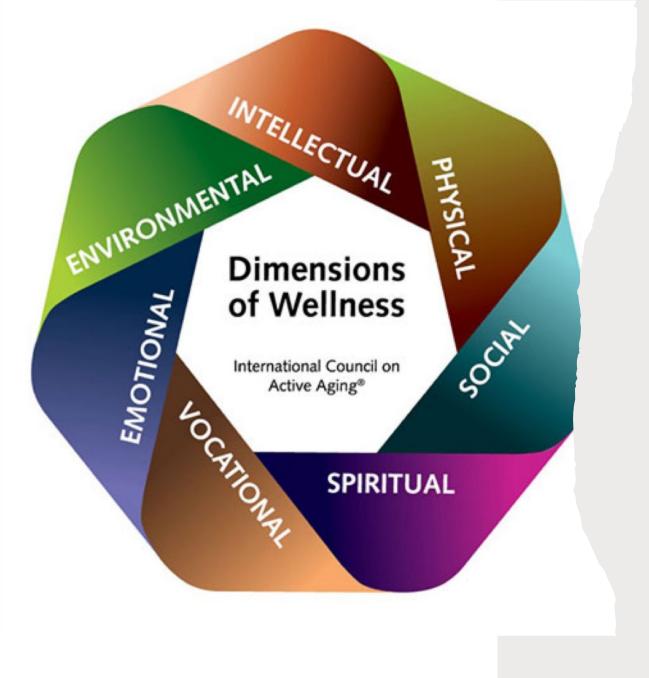
# The therapeutic value of your work.



#### **Social/Emotional**

Enabling opportunities for authentic conversation with fun, self-affirming, autonomous experiences.





#### Vocational

Fostering self-directed experiences and opportunities to initiate, lead and help others.





## Physical and Environmental

Keeping elders awake and participating in unscripted, spontaneous activities.

Promoting an inclusive environment with diversity and culturally specific books.





## Intellectual and Spiritual

Reviving memory, language, and thinking skills.

Honoring spirituality with religious and devotional content.





# Psychological Wellbeing



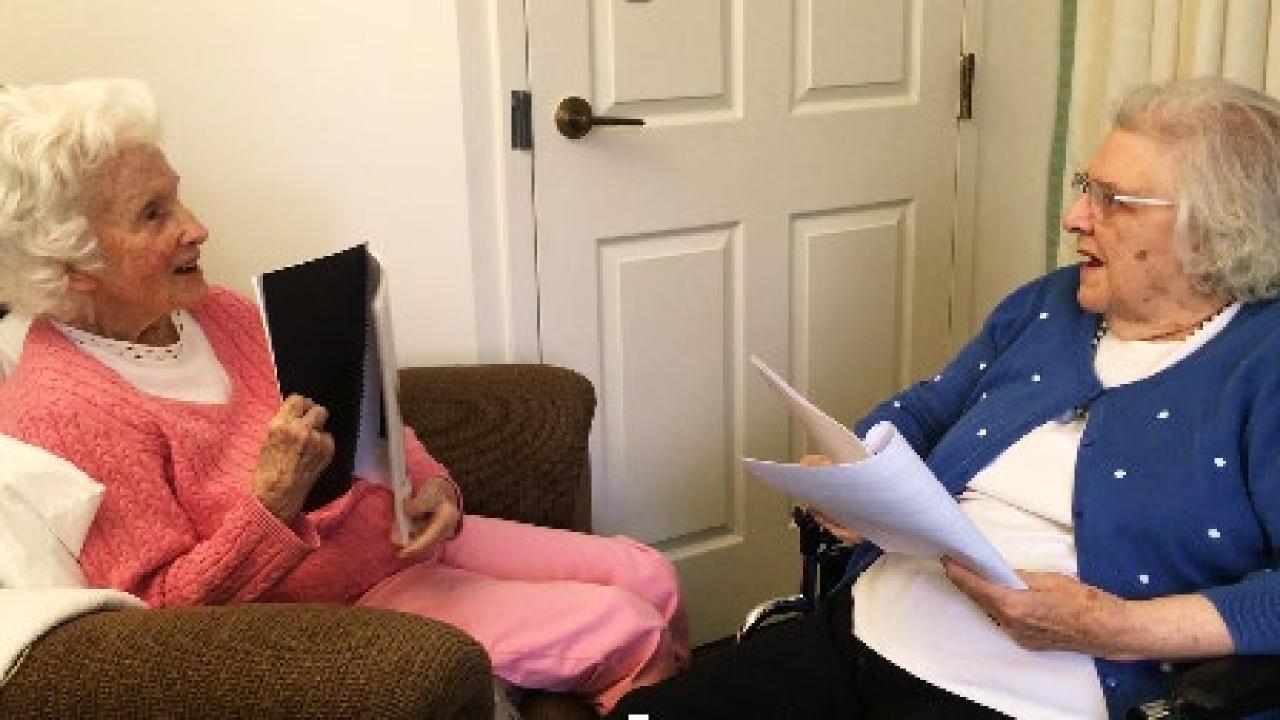




#### Honoring One's Personal Response to Print







The Chihuahua is the smallest breed of dog.

No one is certain about the history of the Chihuahua.

Most believe that this dog's ancestors originated in Mexico, many centuries ago.

A Chihuahua's temperament is determined by the owner's treatment of the dog.

Chihuahuas can be fiercely loyal and protective of their owner.

They can be aggressive if they feel their owner is being threatened.

#### I Hear You



#### When the world seems gray,

I still see the best in you.

Love I won't forget.

#### Acceptance



### Community Benefits

**Engaged Elders** 

**Family Satisfaction** 

**Tangible Resources for Staff** 

Staff Facilitation vs Leading Activity

Volunteer Engagement

**Resident to Resident Citizenship** 







