



I Can Remember

Jerry Olin Greengrass

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"I can't remember" were the words Gerry Greengrass heard most frequently from her ninety-year-old father. They had both become frustrated that they could no longer talk about simple things: his walks, meals, favorite television shows, and friends he had seen. Severe dementia had stolen his short-term memories, which had become seemingly irretrievable. Out of her and her father's personal experience dealing with this disease that affects millions of people, Gerry Greengrass created a small miracle of a book. I Can Remember began as a simple daily journal that became an extraordinary tool--a tool that allowed the author to substantively share in her father's life. I Can Remember is a kind of diary, specifically created for people with severe short-term memory loss. Chronicled by the patient, the journal is a record of daily activities that generates a series of reference points from which he or she can read, remember, and relate. When maintained over a period of time, the book itself develops into a long-term memory. A significant means of communication and a healthy, meaningful link between patient, loved ones, and caregivers, I Can Remember recaptures the joy and dignity that reside in the details that make up every day of our lives. For those whose recollections are fading, it is a gift beyond measure.

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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try out look for book, may be the reserve untitled I Can Remember can be fine book to read. May be it could be best activity to you.

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