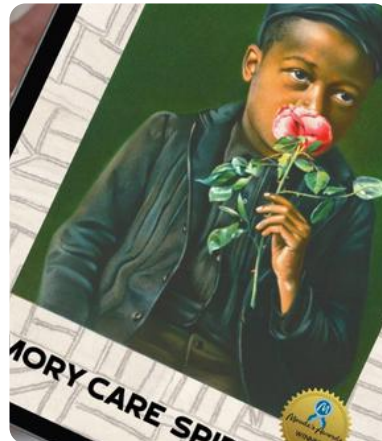


Mindful Libraries: Creating Communities of Readers Through Adaptive Resources

Reading brings joy, connection, and meaning throughout life. That's why Mindful Libraries unites three award-winning publications- NANA'S BOOKS, Mirador Magazine, and the Resense Register- to create accessible, engaging reading environments in care communities.

Our carefully curated collections support autonomy, preserve dignity, and foster meaningful engagement every day. At the heart of Mindful Libraries is a commitment to person-centered design. Each publication is thoughtfully crafted to mirror everyday reading materials while being fully accessible to people living with dementia and their care partners.

There is no mention of Alzheimer's or related dementias, or stigmatizing elements - just high-quality, engaging content that respects the reader's lifetime of experiences and interests.



Mindful Libraries Program Training

» **Training for LTC Staff:** Comprehensive training sessions on how to integrate these publications into daily activities, focusing on person-centered care and best practices for engagement. 3 - 1 hour long sessions.

» **Training Modules:**

- Why share Adaptive Literature and Reading?
- How to effectively and compassionately share adaptive reading materials.
- Using Resources as props for meaningful engagement.

For each 1 hour training modules, Mindful Libraries is certified to offer 1 CEU credit - up to 3 credits total.

We have been certified through the NCCAP.



The Collection



NANA'S BOOKS provides 40 large-format, large-print books specifically designed to engage readers in life review. Using resonant nostalgic art, literature and familiar themes, these books activate core memories and spark meaningful conversations. Each book includes built-in conversation guides to support natural interaction.



Mirador Magazine delivers 12 monthly volumes of dementia-inclusive content celebrating readers' continued interest in the world around them. Features focus on nature, science, history, and art in an ad-free, easy-to-read format. Activities support both independent and shared engagement.



The Resense Register offers a year-round subscription to a dementia-friendly newspaper designed to support daily routines and cognitive engagement. With timeless articles, enhanced formatting, and varied puzzles, it provides a familiar and stimulating reading experience.

Mindful Libraries: Honoring the Reader's Journey

A library is more than a collection of books - it's a sanctuary of stories, memories, and connections that evolve with us throughout life. Mindful Libraries embraces this truth by creating spaces where readers of all cognitive abilities can discover, remember, and connect through carefully curated reading experiences.

Through thoughtfully selected materials that respect both aesthetics and accessibility, **Mindful Libraries supports individuals in their life review journey.** Whether discovering shared experiences in a veteran's story, finding comfort in familiar hymns, or exploring cultural heritage through visual narratives, each reader engages with materials that affirm their identity and honor their life experiences.

The program recognizes that cognitive changes need not diminish one's fundamental relationship with reading and learning. By providing adaptive, dignified materials that mirror traditional publications, Mindful Libraries empowers individuals to maintain their connection to the written word. Readers can independently explore content that interests them, share discoveries with family members, and participate in meaningful discussions that bridge generations and experiences.

Central to our philosophy is the understanding that intellectual curiosity and creativity remain vital throughout life's journey. Our curated collection - from nostalgic photo books to nostalgic discussions - creates natural opportunities for readers to:

- Discover new perspectives and shared experiences
- Engage in meaningful conversations
- Form connections through common interests
- Continue learning at their own pace
- Maintain autonomy in their reading choices



By prioritizing both dignity and engagement, Mindful Libraries creates an environment where every reader can find success, forge new friendships, and continue their journey of discovery - regardless of where they are on life's path.

Mindful Libraries Program FAQ

What is the Mindful Libraries Program?

The Mindful Libraries Program is a collaborative initiative between Nana's Books, Mirador Magazine, and Resense. It provides adaptive library resources designed for individuals living with dementia or memory loss. The program offers enriching content to promote purposeful engagement, life review, and enhanced well-being in long-term care (LTC) communities.

What are the core objectives of the program?

- Enhance Engagement: Provide adaptive books, magazines, and newspapers for cognitive and sensory stimulation.
- Promote Autonomy: Enable residents to choose from varied formats and content.
- Support Staff: Offer tools and training for seamless integration into care routines.
- Foster Connections: Encourage social interaction through shared creative and literary experiences.
- Create Accessible Opportunities: Ensure resources are available in both physical and digital formats.
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How does the program support LTC staff?

The program provides:

- Training: Tailored in-person or virtual sessions on integrating publications into care routines, eliciting memories, and encouraging self-expression. Mindful Libraries is certified to offer 3 - CEU credits to participating staff members.
- Ongoing Support: Monthly support meetings, updates, and access to a dedicated specialist for additional training and guidance.

Mindful Libraries Program FAQ

What activities can be implemented using this program?

The program enables a variety of engagement activities, including:

- Art and reminiscence sessions
- Storytelling and memory sharing circles
- Creative writing workshops
- Puzzle and game challenges
- Discussion groups and coffee chats

How are residents engaged through the program?

Resident Talks: Scheduled on-site sessions for readings, reminiscence activities, and storytelling.

Other activities are designed to foster a sense of community, self-expression, and enjoyment.

Is the program accessible digitally?

Yes, the program offers digital access and support resources, ensuring that all users can benefit from its offerings.

Your Community Hub

The Benefits of a Reading Room

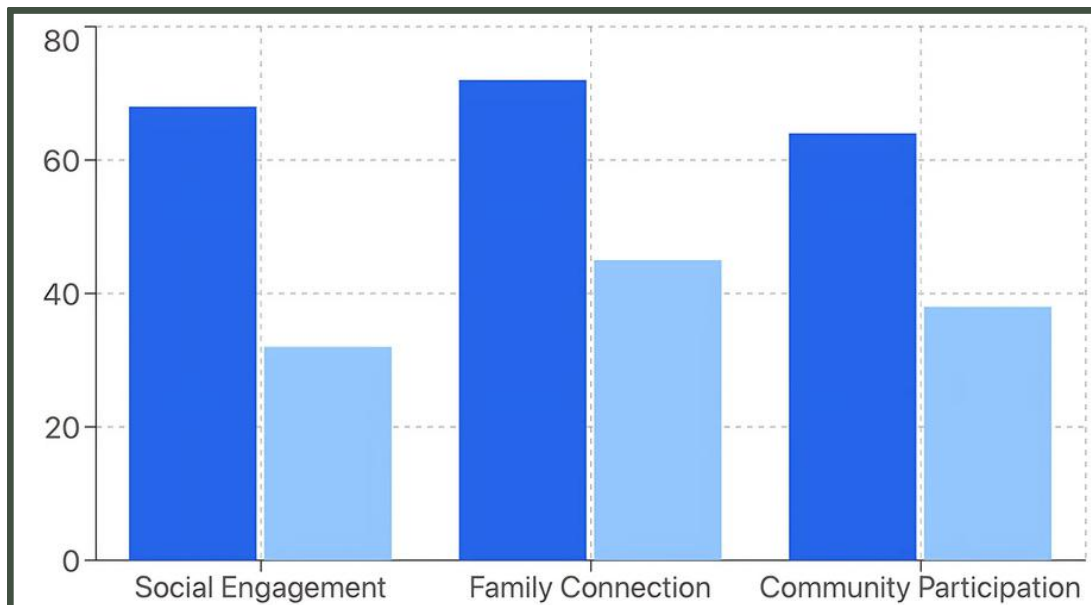


Adaptive. Accessible. Accommodating.

Read the Research on Adaptive Reading for Elders:

- Key Benefits of Community Reading
- The Impact of Reading on Wellbeing
- The Benefits of Adaptive Reading

University of Sussex Study:
Reading reduces stress levels
up to 68% more effectively than other leisure activities



Key Benefits of Community Reading

Social Connection

Regular participation in reading groups increases social interaction by up to 45%

Family Bonds

Shared reading experiences strengthen family relationships and create lasting memories

The Impact of Daily Reading on Wellbeing

Research-Backed Benefits



Mental Wellbeing

68% reduction in stress levels

Source: University of Sussex



Emotional Health

73% report improved mood

Source: Yale University



Social Connection

52% increase in social interaction

Source: Harvard Medical School

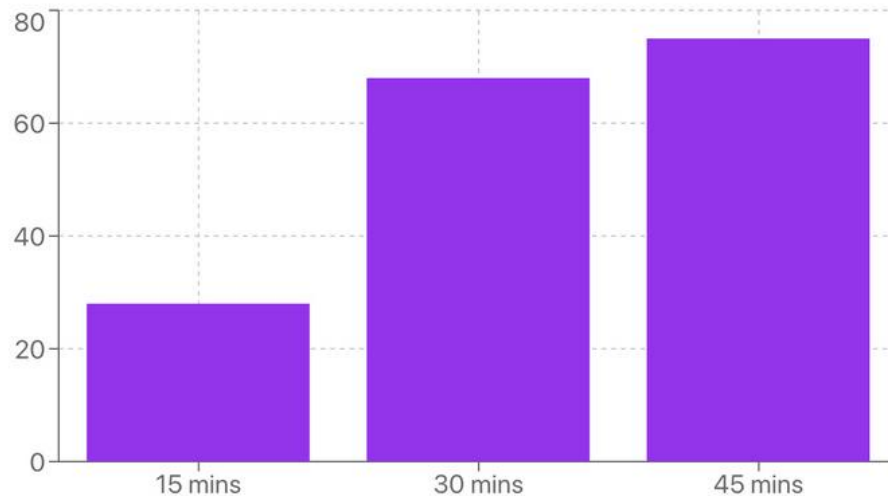


Daily Engagement

30 minutes optimal reading time

Source: National Institute on Aging

Stress Reduction by Reading Duration



Data source: University of Sussex Reading Study

Key Findings:

- Reading is more effective at reducing stress than music or walking
- Regular readers report better sleep quality and reduced anxiety
- Group reading activities enhance social wellbeing and community connection

Research-Based Benefits of Adaptive Reading

Cognitive Engagement

Harvard Medical School: 30 minutes of daily reading associated with 28% increase in cognitive activity

Study: 2023

Social Connection

Johns Hopkins: Adaptive reading programs increased social interaction by 67%

Study: 2023

Quality of Life

NYU Aging Center: 72% improvement in reported quality of life with adaptive materials

Study: 2023

Sustained Attention

UW Institute on Aging: 64% increase in engagement duration with adapted formats

Study: 2022

