

Cars and Motorcycles – LIBRARY MATERIALS

Title	Collection	Call Number
Le Mans	Adult DVDs	Action Le Mans
Smokey and the Bandit	Adult DVDs	Comedy Smokey
Bobby Deerfield	Adult DVDs	Drama Bobby
Tucker the Man and His Dream	Adult DVDs	Drama Tucker
The World's Fastest Indian	Adult DVDs	Drama World's
Dukes of Hazzard	Adult DVDs	Television Dukes
Classic Motorsports	Adult Magazines	Classic Motorsports
Hot Rod	Adult Magazines	Hot Rod
Motor Trend	Adult Magazines	Motor Trend
Road and Track	Adult Magazines	Road and Track
Classic Car by DK Publishing 10.5 x 1.1 x 12.2 inches / 320 pages / 4.6 pounds Coffee table book. Most pages have several photos of different classic cars. A little heavy on text, but there are plenty of images to hold attention.	Adult Nonfiction	629.222 Cla
Ford Mustang by Donald Farr 10.1 x 1.1 x 12.4 inches / 256 pages / 4.4 pounds Coffee table book. Most pages have several photos of different cars with some full page images. A little heavy on text, but there are plenty of images to hold attention	Adult Nonfiction	629.2222 Far
Corvette by Randy Leffingwell 10.2 x 1.2 x 12.2 inches / 256 pages / 4.4 pounds Coffee table book. Most pages have several photos of different cars with some full page images. A little heavy on text, but there are plenty of images to hold attention.	Adult Nonfiction	629.2222 Lef
Mustang An American Classic by Mike Mueller 11.7 x 1.1 x 14.5 inches / 288 pages / 6 pounds Coffee table book. Parts are a little heavy on text, but there are photos on every page and many are full page or 2 page spreads.	Adult Nonfiction	629.2222 Mue
Porsche The Fine Art of the Sports Car by Universe 11.8 x 1.4 x 14.6 inches / 384 pages / 8.3 pounds Coffee table book. A few pages are heavy on text; however, most of the book is full page or 2-page spreads of automobiles or their interior.	Adult Nonfiction	629.2222 Sch
The Spirit of the Motorcycle by Michael Dregni 9 x 0.5 x 11.2 inches / 160 pages / 2.2 pounds A little heavy on text; however, there are plenty of great photos and the book is light enough to possibly hold and look through.	Adult Nonfiction	629.2275 Dre
BMW Motorcycles of the Century by Claudio Somazzi 9.8 x 1.1 x 11.3 inches / 272 pages / 4.1 pounds Coffee table book. Every 2 page spread shows a different bike with text about it.	Adult Nonfiction	629.2275 Som
Art of the Harley-Davidson Motorcycle by Dain Gingerelli 10.1 x 1 x 12.4 inches / 216 pages / 4.1 pounds Coffee table book. Every 2 page spread shows a different bike with text about it.	Adult Nonfiction	629.2775 Gin
The Official History of the Indianapolis 500 by Donald Davidson and Rick Shaffer 9.6 x 1.4 x 12.8 inches / 400 pages / 5.4 pounds A little heavy on very small text, but there are plenty of images.	Adult Nonfiction	796.7209 Dav
Thunder and Glory by Nascar Scene 11 x 0.8 x 11 inches / 160 pages / 3.2 pounds Photos and text of the 25 most memorable races.	Adult Nonfiction	796.7209 Thu

Title	Collection	Call Number
<p>Henry Ford for Kids by Ronald Reis 10.9 x 0.4 x 8.4 inches / 144 pages / 1.1 pounds This book is longer than it is tall which can make it awkward to hold and page through. There is a lot of text, but plenty of pictures as well. The text is in short bits which makes a good book to read aloud from. Having someone read aloud creates a greater sense of involvement. The text is a normal size.</p>	<p>Children's Nonfiction</p>	<p>J 338.7629 Rei</p>
<p>Cars by James Flammang 7.6 x 0.3 x 9.5 inches / 32 pages / 8.8 ounces Large print. Heavy on text, but plenty of pictures and easy to read.</p>	<p>Children's Nonfiction</p>	<p>J 629.222 Fla</p>
<p>Fast Cars by Ian Graham 8.8 x 0.2 x 11.5 inches / 32 pages / 1 pound Gives nice explanations of what things are and how they work along with plenty of diagrams and photos. There is text on every page, but it is a large font, simply written, but not overly so. This book is a part of a series HOW MACHINES WORK, and the rest are all equally nice.</p>	<p>Children's Nonfiction</p>	<p>J 629.2221 Gra</p>
<p>Hot Cars: Porsche by Lee Stacy 8.5 x 0.2 x 9.5 inches / 8.8 ounces This book is a part of a series and they are all equally good. Photos, descriptions and specifications of different Porsche models. Captions are small print, but the main text is large.</p>	<p>Children's Nonfiction</p>	<p>J 629.2221 Sta</p>

Cars and Motorcycles – ACTIVITIES

- Create a matching game of car logos and names. A librarian or volunteer at the library can help you find and print images
- Attend a car show or an Illini Collector Car Club event – check their website for dates and times -- <https://www.illinicollectorcarclub.com/>
- Take a walk in a used or new car lot or visit a motorcycle show room.
- Visit the models aisle in a hobby store.
- Wash the car together.
- Sort tools, sockets, nuts, bolts, washers. Wipe tools off with a lightly oiled rag and put them away. Organize a tool box.
- Watch *Jay Leno's Garage* or *Top Gear* on YouTube.
- Collect and display miniature automobiles.

Conversation starters

- Show them a project you or someone else is working on and ask for suggestions.
- Are there pictures of past projects? Keep these out and visible.
- Did they work on cars for fun, or because they had to keep something running?
- Tell them about things you are working on, and they may share a memory with you.
- Go for a ride in the car and talk about other cars you see or other sights around you.
- Talk about your own driving experiences, learning to drive, and car trips you have taken
- Some of the books above may be appropriate to read aloud together.
- List makes and models of cars. Write these lists down and add to them later.

Tips

Always practice safety first.

Be aware of current abilities and offer tasks that are safe and attainable—not beneath current abilities and not above.

Be alert for opportunities to praise work. Dementia diminishes a person's ability to see the value of their own abilities.

Benefits

From Alzheimers.net:

Research shows that the use of person-centered activities provides many positive effects on families and senior loved ones with dementia, including:

- Decreased depression
- Improved self-esteem
- Improved sleep habits
- Increased mental and social stimulation
- Minimized behavioral changes
- Reduced caregiver stress

You can improve your quality of life and the quality of life for the one you care for through dementia activities.

To place requests on these materials or materials on a different topic, please call Champaign Public Library at 403-2070.

If you are looking for more information or help, please feel free to reach out to the Alzheimer's Association 24.7 Helpline at 800-272-3900. They have trained professionals available who can help you set-up or adjust these activities, make local referrals, and provide emotional support.

These suggested activities and materials are not intended as medical information. The caregiver is responsible for deciding which activities and information are safe and appropriate to the situation.