

Great Outdoors– LIBRARY MATERIALS: MEDIA

Title	Collection	Call Number
Great Yellowstone Thaw	Adult DVDs	591.5 Great
Sweetgrass	Adult DVDs	636.0109 Sweetgrass
Scenic Walks of the World	Adult DVDs	910.202 Scenic
Best Parks Ever	Adult DVDs	917.3 Best
Wonders of America's National Parks	Adult DVDs	917.304 Wonders
Yellowstone Battle for Life	Adult DVDs	917.8043 Yellowstone
Glacier National Park	Adult DVDs	917.8652 Glacier
Alaska's Katmai, Lake Clark, and Alagnak	Adult DVDs	917.9804 Alaska's
Alaska's Wild Denali	Adult DVDs	917.983 Alaska's
America's National Parks	Adult DVDs	973 America's
Frontier House	Adult DVDs	978.6 Frontier
Arizona's Monuments	Adult DVDs	979.1 Arizona's
Olympic National Park	Adult DVDs	979.798 Olympic
Alone in the Wilderness	Adult DVDs	979.8 Alone
The Old Man and the Sea	Adult DVDs	Drama Old
Tracks	Adult DVDs	Drama Tracks
A Walk in the Woods	Adult DVDs	Drama Walk
Wild	Adult DVDs	Drama Wild
Jeremiah Johnson	Adult DVDs	Western Jeremiah

Great Outdoors – LIBRARY MATERIALS: PRINT

Title	Collection	Call Number
<p>Great Hiking Trails of the World by Karen Berger 10.4 x 1.4 x 10.3 inches / 336 pages / 4.8 pounds Coffee table book. Many full page photographs of beautiful outdoor scenes. Plenty of text about the trails if you do want to read about them, but the pictures are the main content.</p>	Adult Nonfiction	796.51 Ber
<p>The Complete Guide to North American Fishing by Ken Schultz 9 x 0.8 x 11.2 inches / 256 pages / 2.9 pounds A large book of photos and text about fishing. Photos show locations, fish, fishing, and fishing tools.</p>	Adult Nonfiction	799.1097 Sch
<p>How to Hunt Everything by Outdoor Life 8.5 x 1.2 x 10.5 inches / 320 pages 3.5 pounds Lots of full page photos of all sorts of live game animals all over the world, along with text about the hunt. Very few pictures of guns, weapons or the actual hunt.</p>	Adult Nonfiction	799.2 How
<p>The Total Fishing Manual by Field and Stream 7.5 x 1.1 x 9.5 inches / 256 pages / 2.3 pounds A large book of photos and text about fishing. Photos show locations, fish, fishing, and the tools of fishing.</p>	Adult Nonfiction	799.1 Cer
<p>The Angler's Practical Guide to Fishing by Tony Miles 9 x 1 x 11.4 inches / 256 pages / 3.3 pounds Very few full-page photos, but plenty overall. Many photos of fish or people holding fish and fishing tools, along with some of large fishing scenes.</p>	Adult Nonfiction	799.1 Mil
<p>Bass Strategies by North American Fishing Club 10.8 x 8.8 x 0.6 inches / 160 pages / 1.6 pounds Light enough to hold. A little heavy on text but there are several full-page photos.</p>	Adult Nonfiction	799.1773 Bas
<p>The Best American Travel Writing Short stories to read aloud together.</p>	Adult Nonfiction	910.4 Bes
<p>Beautiful World by Lonely Planet 10.7 x 1.2 x 14.2 inches / 256 pages / 5.4 pounds Coffee table book. Huge photo album, many two-page spreads, most full-page images. No text.</p>	Adult Nonfiction	910.222 Lon
<p>Wild World by Lonely Planet 10.7 x 1.2 x 14.2 inches / 256 pages / 5.3 pounds Coffee table book. Huge photo album, many two-page spreads, most full-page images. No text.</p>	Adult Nonfiction	910.222 Lon
<p>Yosemite National Park by M.C. Hall (Symbols of Freedom series) This book is part of a series. They are all equally good. Large print to read aloud together. Plenty of photos.</p>	Children's Nonfiction	J 917.9447 Hal
<p>Big Alaska by Debbie Miller Illustrated with paintings rather than photos. Might be too large to hold comfortably. Text is on the photos, which could make it hard to see sometimes, but it is a decent size. The paintings are large and cover each 2-page spread. The text follows a bald eagle across Alaska.</p>	Children's Nonfiction	J 917.98 Mil
<p>Great American Stories</p>	Adult Fiction Audiobooks	Twain, Mark

Great Outdoors– ACTIVITIES

- Play an alphabet game listing states or cities that begin with a certain letter.
- Roast marshmallows or hot dogs over a fire.
- Go fishing. Check the Illinois DNR site for the appropriate license. The Super Senior license is currently only \$1.50.
- Play an outside game like croquet or golf. If they can't play they may still enjoy watching.
- List national parks to visit or that they have visited. They might like to write the list.
- Fly kites or watch others fly kites.
- Some area parks have handicap accessible trails. These are paved or boardwalks so they are easier to walk on, or a wheelchair can be used. A list can be found at <https://www.traillink.com/cityactivity/champaign-il-wheelchair-accessible-trails/>. In addition, Busey Woods in Urbana has boardwalks and Meadowbrook Park has concrete paved paths. West Side Park and Hessel Park in Champaign also have concrete paved paths.
- Visit the Wildlife Observation Room at the Anita Purves Nature Center, Busey Woods, Urbana. It is a quiet space for viewing wildlife. An outdoor parabolic sound system brings the sounds of the woods indoors.
- Set up your own wildlife viewing station near a window that a chair can be set near. Include feeders for seed, insect, suet, and fruit eaters, a bird bath, nesting material in the Spring, and perhaps a brush pile or other cover.
- Look through photo albums of past adventures. Take pictures on walks now that you can share together later.
- Park at a pond, overlook, or river and talk about what you see.
- Eat a meal or snack sitting outside.
- Make leaf or bark rubbings.
- Sit outside at night and look at the stars.

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.