



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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