



THE

MEMORY PUZZLE

Written by: Sonnur IŞITAN

Illustrated by: Fatma KARAOĞLAN



REMEM

UNUTTUYSAN TIKLA / CLICK ME, IF YOU FORGOT

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Owner of the Book

.....

Mother

.....

Dear Reader

This book is a part of REMEM Project (Click me, if you forgot/ Erasmus + KA2 Adult Education) which is coordinated by Pamukkale University and supported by the European Union and the Turkish National Agency.





To my mother Saliha and all
the mothers who raise their
children with love....

Sonnur IŞITAN







My grandmother came over today. My grandmother is a little sick. She's been experiencing a lot of forgetfulness lately. She's having a bit of a hard time due to her forgetfulness.





My grandmother went for a walk in the park last week, but then she had a hard time finding the house... One time she forgot the iron plugged into the outlet and got carried away watching TV. Fortunately, there was no fire....



She forgot how to bake pastries while baking
them...

She started having trouble recalling the names
of people she knew...

She couldn't remember where she put her
phone for the life of her....





My mother was very worried about her.
She went to the doctor with her. The doctor
said that my grandmother had the onset of
“Alzheimer’s”





Alzheimer's is an important disease that usually causes memory loss in the elderly. My grandmother was just at the onset stage.





As the doctor said, we organized her room to be very plain and simple. We put her personal items that she likes in the room. We put up her favorite family photos on the wall. We put labels on the cabinets and doors to remind her what is what and how it is used so that she could find the items easily.







The doctor told my mother to take regular walks and definitely do mental activities. He said that she needed to get into new hobbies and activities she has never tried before. Mom and I thought, what kind of activities could we find for her?





I thought I'd teach my grandmother how to use a tablet. However, she didn't like the tablet very much. Mom tried some things.



Learning English.... Cycling... Sudoku.... But the results were not very good. My grandmother said, "Arzum, I don't want these. I don't like it!" to my mother, a little angry.





While walking with my grandmother, she tells me about the childhood's of my aunts and uncles and we laugh about it... Although it's hard to believe, my grandmother raised 6 children. I continue to think about an activity for my grandmother. Just regularly walking is not enough For Alzheimer's! I definitely had to find an activity that exercises the mind.







We're looking at the family album together. We're talking about what had happened on the days the photos were taken. We looked at my photos today. The photo from the day I turned five years old is very funny. Two years has passed since then. The gifts I received are still in my room. Toys, sleeping pillow, puzzle...







Puzzle. Yes! Doing puzzles with my grandmother! She loved this idea. She just needs a puzzle and reading glasses to do it.





We do puzzles together every day after taking
a walk. Sometimes we have a hard time. But
we're still having a lot of fun







Yes. Almost there. And..... We have completed it.





The puzzle is our family photo from my fifth birthday. Mom, dad, me, my brother, aunts, uncles, cousins, we're all together. I have the sleeping pillow on my lap in the photo. That pillow is a gift from my grandmother. She told me that day that when I miss her, I could hug this pillow.







My grandmother was very happy when the puzzle was completed. She remembers my birthday very well. We will continue to do puzzles with her. She has a request from me. Getting together with the whole family even if it is once a year. She said: I love all my children and Arhan, Ecrin, Pelin, Bilge, Derin and newborn Beren very much and I don't want to forget you all!







We love you very much too, Grandma. This disease is hard, but we will always be there for you. You will never forget that you are loved...

For teachers;

Before you start reading the book: Examine the cover of the book with the children. Ask the children what they see on the cover. Ask them what the book might be about. Make them guess. Read the name of the book, its author and the name of the person who drew the pictures, to the children. Draw attention to these writings by pointing at them with your finger while reading.

During the reading: While reading the book, the meanings of some words can be explained to children if needed in some places. About the pictures on a page, for example; questions such as "What do you see on this page?" can be asked. After reading some pages, ask children to guess by asking questions such as "What do you think will happen next?".

After reading The following questions can be asked to children after the book is finished:

What was the name of the story?

Who was in the story?

What is Bilge's grandmother's illness? What kind of disease is it?

What did the grandmother forget to do?

What recommendations did the doctor give?

What activity did her grandmother want to do?

Which picture appeared when the puzzle was completed?

What did her grandmother request from her family?



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