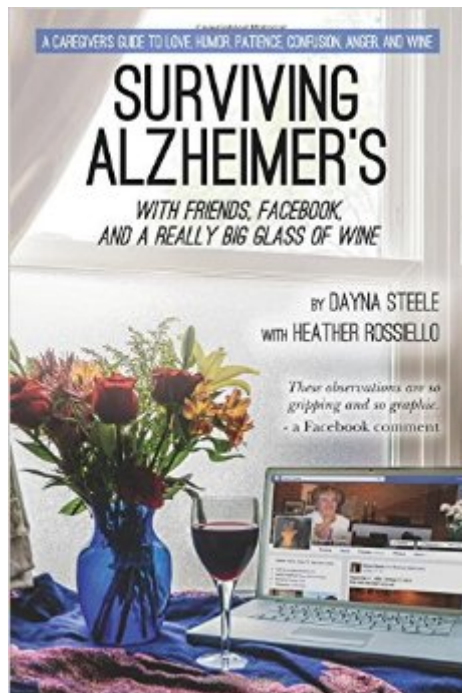


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# Surviving Alzheimer's With Friends, Facebook, And A Really Big Glass Of Wine



## Synopsis

With unfiltered observations and sometimes dark humor, author Dayna Steele chronicled her mother's journey with Alzheimer's on Facebook. This collection of Alzheimer's updates posted on the social media network includes biting humor and raw emotion as Dayna carries you from the diagnosis to the inevitable end. Also included are sections from a neurologist, Long Term Care insurance specialist, other caregivers, documents expert, elder care attorney, and an assisted living advisor. This is a journey way too many of us are going to experience in one way or another. If you have to experience Alzheimer's and chances are you will - do it like Dayna with love, wit, and wine. I would normally never read a book about Alzheimer's or click LIKE on a Facebook post about someone's declining mother. Dayna Steele sneaked past my defenses the same way that she dealt with her own misery - with humor - by making me laugh, she managed to break my heart. --Lisa Gray, Houston Chronicle Gray Matters These observations are so gripping and so graphic. --a Facebook comment This book is going to be of tremendous help to so many. --Dr. Roy Goldberg, Geriatrics, Albert Einstein College of Medicine

## Book Information

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## Customer Reviews

Somehow Dayna and Heather have managed to capture the true essence of what it is like to travel the road of Alzheimer's. Her approach is novel. Dayna began to document her mother's journey on Facebook. Taking those "in the moment" thoughts and observations and then framing it with a narrative, we journey with Dayna and most importantly, with Fran, her mother. Always with love,

Dayna honors the realism of this disease by sometimes talking about the dark side...for the patient and also for the caregiver. Raw, honest and loving, I've already recommended this to a friend who has a mother beginning the stages of this disease...and I will be passing on my copy to my sister. Be kind to yourself...grab this book...and a glass of wine.

I followed Dayna Steele's journey on Facebook regarding her Mother's battle with Alzheimer's and it was always a roller coaster ride between laughter and tears, however, in reading the book it became much more powerful. The love that she had for her Mother while watching her slowly slip out of her life was gut wrenching. This is a book that everyone should read as many of us will unfortunately be facing this in our life or the life of a loved one. There are wonderful sections in the book to help guide someone through the maze that is Alzheimer's. I highly recommend it.

This is the best book about dealing with a family member with whatever type of dementia they might have been diagnosed with. My mother was lost inside of this shell of a person that could not talk or communicate with us for the last 2 years of her life and it was heartbreaking. I wish I had this as a resource to remind me that I was not alone and to just love her while she was still here with us. BRAVO, DAYNA!! What a great tribute to your mom!!

I've just lost my Dad to Alzheimer's/ coronary disease last new year's eve. My Mom also has suffered with Alzheimer's for the last few years. Dayna's book is a godsend! I'm sole caregiver (no siblings, no living aunts/uncles, no kids or spouse or significant others) for them & now her. Dayna tells what it's like to live with someone slipping away from this disease, how much guilt & pain has to be dealt with, the tiny things that bring stress-breaking laughter. She has given me so much knowledge to carry on. And, it's different for everyone. I have no savings, a (very) part-time job (can't work long & leave her alone), & I have Clinical Depression I fight every day (sometimes every moment). If you have a family member or friend with dementia, or they are a caregiver for someone with it, you won't find a nice neat list of What To Do items that, once you've done them, solves all your problems. There ain't one. But this book gives you glimpses into what to expect, what not to be surprised by, & ways you can help care for the caregiver. My parents didn't have me to die trying to take care of them This book will help you through. Thank you, Dayna! You help me down the road to survive this every day.

Dayna Steele will always be one of my favorite writers. After reading her first book I was hooked.

Now she is one of my favorite humans on the planet and this book was written from a perspective that only Dayna could share. I have shared this book with many friends dealing with this issue in their families and they have all said how helpful this book is in coping with the diagnosis, learning from the information, dealing with the moments and being prepared with the shared resources. Sympathy extended for all families having to go through the journey of Alzheimer's and thank you to Dayna for making it easier to understand

I purchased this book on the recommendation of a dear friend who is aware of the journey my family is on with our father. The book arrived today, I opened it up and immediately felt a kinship to the authors. Just from reading the Opening Words from Dayna Steele and Heather Rossiello I realized that our lonesome, sad journey with my dad doesn't have to be that way all the time. I'm so encouraged to begin sharing more, feeling less guilt and finding joy in the simple things that my dad does remember or say. Thank you ladies for taking us thru your adventure and reminding me that I'm not alone. I highly recommend this book to everyone and anyone!

The book is a very personal, moving and most importantly informative look into Dayna's heart as her mother went on her journey with Alzheimer's. When I first started reading I really didn't expect much from a collection of Facebook posts. But I was soooo wrong. Reading the book made me smile at times, sometimes it made me laugh out loud and in other places it made me cry as Dayna shared her innermost feelings as she went through this heart rending experience with her Mom. The book also has very important information and resources not just for those who have a loved one with Alzheimer's but for anyone with older parents. This is going to be a very important work on a subject that all too many of us are going to be forced to deal with.

My mother was diagnosed with Alzheimer's at the same time that Dayna's was, but her disease has not progressed as quickly. Reading this book is like sitting down with a good friend who has already been down the road that you're traveling. It's bittersweet to know that 1) someone else has experienced the same thing; 2) It's ok to cry, drop the f-bomb, and laugh all in the space of 5 minutes; and 3) we will eventually get through it, although "getting through it" means that we lose our mom in the process. The section at the end discussing resources and things that family members/caregivers should do was very helpful. I strongly recommend this book to anyone who is impacted by this cruel disease.

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