



LaChance publishing

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VOICES OF CAREGIVING
The Healing Companion:
Stories for Courage, Comfort and Strength

The Healing Project's *Voices of* book series is "poignant, insightful, and distinctive...highly recommended."—*Library Journal*

**Over 50 million Americans will become caregivers
to a loved one by the year 2020.**

When a person is stricken with a life-threatening or chronic, debilitating illness, their priorities and those of their loved ones shift radically. The patient's loved ones often become the primary caregivers and it's a world of constant vigilance. Doctor appointments, hospital issues, food and medication requirements, therapy options, and the future needs of the patient must be attended to above all else. But how do caregivers cope with these daily requirements and challenges while maintaining their own emotional and physical health?

VOICES OF CAREGIVING: Stories for Courage, Comfort and Strength, 37 intimate stories written by caregivers, addresses this question with candor, inspiration, poignancy and even humor. In each of these stories, caregivers share their day-to-day struggles, challenges and triumphs in short, slice-of-life fashion. (LaChance Publishing / October 2008 / Paperback \$16.95 / Distributed by Independent Publishers Group).

The book was conceived and inspired by Debra LaChance who was diagnosed by a particularly aggressive form of breast cancer a few years ago. "I wanted to ask people around me," "Would you please raise your hand if you feel as isolated as I do?" she recalls. "I don't want anyone to have to feel the way I did the day of my diagnosis. There's so much strength in others—you just have to find them."

Over—

The caregivers and patients found in this book are just the kind of people Debra sought. Each of them has embarked on a personal adventure through the often frightening and murky world of life-threatening, debilitating illness. The stories are illuminating and intimate and help readers deal with their own unique situations. Authors include:

- **Ruth Brandwein** whose mother was diagnosed with Alzheimer's disease. "Although the mother I had known gradually disappeared, I still loved the woman she had become. She may not have known my name, but I know she still loved me."
- **Ned Bastow** who, along with other family members, allowed Ned's sister to die on her own terms in her own room at home. "She had a smile on her face for much of the day, the first as it turned out in an 18-day journey to the end of her life with us. But, she was already home."
- **Whitney Sheppard** who is frequently asked if she has any brothers or sisters. As a young person she didn't want to admit that her brother was severely autistic and retarded as well. Today she is his guardian. Now, when asked if she has brothers or sisters she answers, "Yes, an older one. His name's Matthew. He's autistic and I take care of him. What about you?"
- **Joann Price** who says, "Sometimes I wonder what happened to my life. My constant concern is about my aging and very sick father. Some time, days or months from now, I hope to look back on this time and feel proud."

With a comprehensive Resources section and contributions by The Roslyn Carter Institute for Caregiving and the Leeza Gibbons Memory Foundation, *Voices of Caregiving* is a support group in a book. These stories show how ordinary people, put to the test of extraordinary situations, draw upon inner strength and determination, born by care and devotion to see their loved ones through.

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About the Healing Project

The book is underwritten by The Healing Project, dedicated to promoting the health and well-being of people with chronic, debilitating illnesses and those who care for them, developing resources to enhance their quality of life, and supporting the family members and friends who care for them. LaChance publishing contributes 100% of the net proceeds from this and all LaChance publications to The Healing Project.

Note to Media: To request a review copy or to schedule an interview with Debra LaChance or one of the author(s) please contact Kae Tienstra, KT Public Relations, kae@ktpublicrelations.com, 610-395-6298.

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