

LOVING GORDON

A Dementia Caregiver's Journey

RUTH BAIRD POLLARD

"Dives deep into the realities of how dementia affects the mind, body, and spirit of the patient, but even more so, how it impacts the people they love."

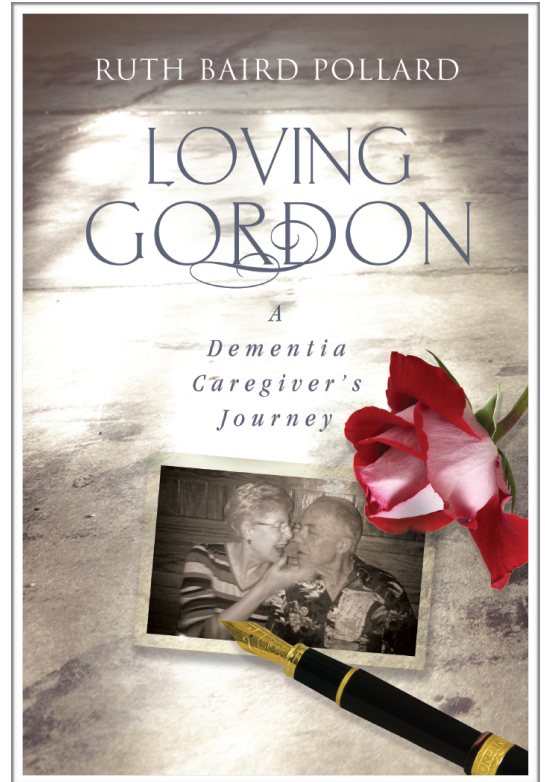
—Chloe Rachel Gallaway, Author, *The Soulful Child*

"She makes the challenges of this caregiving journey come alive."

—Sharon Lewis, RN, PhD, FAAN, President and Developer
Stress-Busting Program for Family Caregivers

WHEN HER HUSBAND, GORDON, was diagnosed first with Alzheimer's dementia and later Lewy body dementia, Ruth and Gordon Pollard faced the challenge of their lifetime. Aiming to keep him at home as long as possible while knowing a memory care facility might be an eventual reality, Ruth educated herself about every aspect of the disease, attending seminars and reading stacks of books. She embraced support from family, friends and neighbors and joined a support group. And most importantly she asked for help, for this journey cannot be completed on one's own.

Along the way, Ruth found wisdom in the words and actions of professional caregivers as well as her dearest loved ones. Surprisingly, help also came from complete strangers in the form of encouragement and understanding. The journal she kept for several years now supports and inspires caregivers and their family members through their walk with dementia, one of life's most arduous, tender and compassionate journeys.



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RUTH BAIRD POLLARD is an author, a speaker, and an active volunteer with the local Alzheimer's Association in Albuquerque, New Mexico, where she facilitates two groups supporting other caregivers along their journeys. Also a member of SouthWest Writers, she has five sons, five daughters-in-law, nine grandchildren, and four great-grandchildren. www.TheCaregiversJourney.com