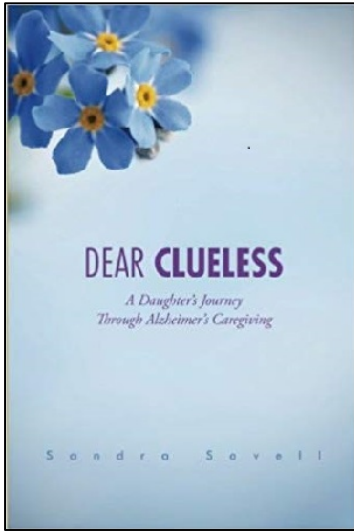


**Sandra Savell, Author**

**Wednesday April 17<sup>th</sup> 7 PM at**



Join us for an evening with speaker and author **Sandra Savell** as she visits Raleigh to speak about and sign copies of her book, ***Dear Clueless: A Daughter's Journey Through Alzheimer's Caregiving.***

It is the story of a decade of caregiving as her mother progressed from forgetfulness, to not recognizing her daughter, and, eventually to her passing from complications of Alzheimer's Disease. Even though Sandi had already experienced the deaths of her father, maternal grandmother, aunt and a cousin from Alzheimer's; it was the day-to-day caregiving of her mother, Helen, that prompted her to write this book.

After ten years of caregiving she realized that she was totally clueless when she accepted the role as her mother's caregiver. Sandi learned the hard way that much of the medical

community are also clueless as to what Alzheimer's patients and caregivers need from their doctors. She discovered that 99.99% of the advice you get from others are not based on YOUR needs but on THEIR experiences. And each Alzheimer's patient is different. Just as their lives and memories were and are different.



This book is filled with funny stories, practical caregiving tips, resources and the call to arms for more funding and research for Alzheimer's. But mostly it is about love when it's very hard to love.

**Topics addressed in "Dear Clueless":**

- How does someone realize and face the frightening fact that a loved one is most likely being affected by dementia?
- Is there a way to get the family involved with caregiving?
- How does the primary caregiver take care of the Alzheimer's patient AND themselves at the same time?
- Will the time come when the loved one will have to be placed in assisted living, memory care or a skilled nursing home? How will I know when the time has come?
- Will I get Alzheimer's like my family members?
- Moving on and reclaiming your own life when your loved one has passed away.

Seating Is Limited

[Click to RSVP](#)

**WHEN:** Wednesday April 17<sup>th</sup> at 7 PM

**WHERE:** Waltonwood Lake Boone Trail Independent Living 3<sup>rd</sup> floor

Refreshments and light snacks provided by Waltonwood

Register on the Aware Senior Care web site News & Blog/Community Calendar

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