

Seasons of Caring: Meditations for Alzheimer's and Dementia Caregivers

ClergyAgainstAlzheimer's Network



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Winner of the 2015 Caregiver Friendly Award, *Seasons of Caring* offers the gifts of hope, encouragement, compassion and empathy to those on the difficult journey of caring for loved ones with Alzheimer's disease and other dementias.

The book is organized around themes and metaphors of seasonal transition, with each of the four seasons paralleling the various stages of life. The 141 entries open with quotes from scripture, sacred text or other inspirational text. The original writings by seventy-two authors representing a great diversity of spiritual traditions range from thoughtful meditations to poignant personal stories, moving poems and meaningful songs. Each is followed by a prayer and words of comfort and encouragement.

The book is a product of the ClergyAgainstAlzheimer's Network, an interfaith national network of clergy, laity, and faith organizations working to focus attention on improved treatment, better care and a cure for dementia. It's also an educational tool for support groups and advocates. Inspiring and uplifting, *Seasons of Caring* champions the dignity of all those with Alzheimer's and dementia, and is a powerful resource in raising awareness about this disease and helping to remove its stigma.

ClergyAgainstAlzheimer's is a network of USAgainstAlzheimer's.

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