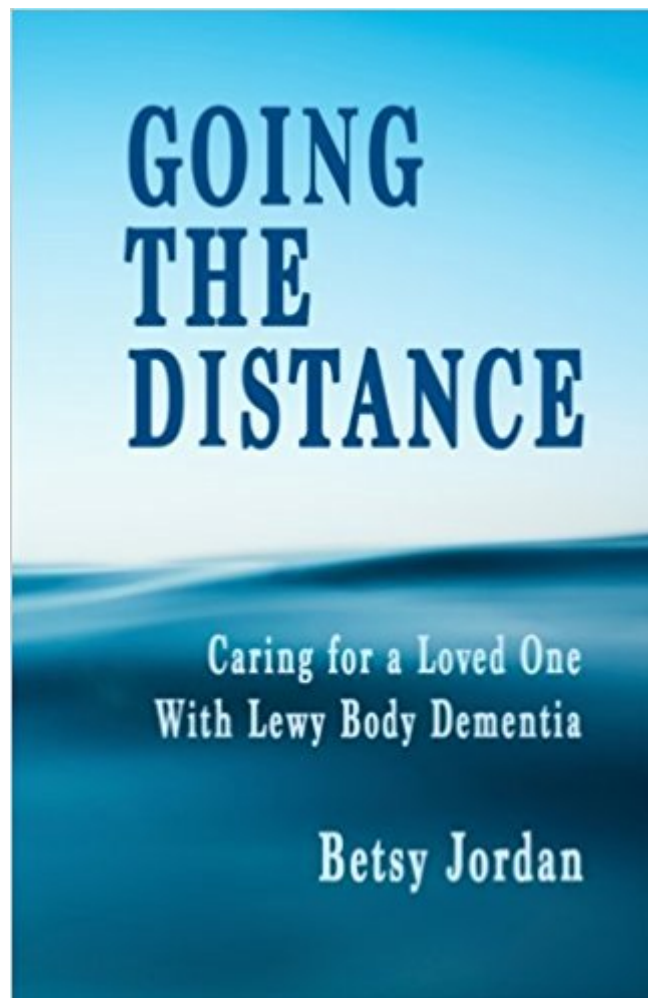




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# Going The Distance: Caring For A Loved One With Lewy Body Dementia



## Synopsis

Lewy Body Dementia took my beloved husband Pete on March 4, 2015. Upon his diagnosis, I became Pete's caregiver, and together we made the last months of his life a journey of love. LBD is a progressive neuro-degenerative disease and the challenges are many, but our love was strong and it was the love that made all the difference. Additionally, I had the many lessons of long distance swimming to buoy me through this journey. In ocean swimming you face choppy waves, relentless swells, and uncomfortably cold water. These were the physical challenges I faced as a swimmer and also the perfect metaphors for the challenges of caregiving. In the end, this is both a love story dedicated to my husband Pete, and a love letter to my fellow caregivers. I hope that this book gives you some solace and insight through your own missions of love.

## Book Information

Paperback: 146 pages

Publisher: GeniusWork Publishing (April 21, 2016)

Language: English

ISBN-10: 0983139377

ISBN-13: 978-0983139379

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 13 customer reviews

Best Sellers Rank: #364,132 in Books (See Top 100 in Books) #68 in Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases #10597 in Books > Biographies & Memoirs > Memoirs #29388 in Books > Self-Help

## Customer Reviews

Betsy Jordan lives with her dog Bella in a 100-year-old house in Coronado, CA. With degrees from Wellesley (B.A. Art History), Harvard (M.A. Art History), and University of California, San Diego (Ph.D. English Literature), she was a full-time Humanities professor at UCSD for 15 years. Betsy Jordan is a record-breaking, award-winning, master-level swimmer, and she exemplifies the values of Masters Swimming: fairness, fun, and fellowship. In her 40+ years of masters swimming competition, Betsy has set over 40 world records and many national and local records, including All-Star and All-American awards. In 2005 she was inducted into the International Masters Swimming Hall of Fame. You will still find Betsy at the morning swim workouts at UCSD and at the

La Jolla Cove on many Saturday mornings. Pete and Betsy have eleven grandchildren, all of them athletically inclined, some following Betsy into masters swimming competitions. And just so you know, Betsy met Pete at the swimming pool, and one of their favorite swims was when they swam the Maui Channel (10 miles) together in 2004. Betsy is also the author of *Dante and Me: A Journey*

We are not alone!!

Excellent. Thank you Ms.Jordan for your unvarnished yet tender and loving "guide" --- This is a heartbreaking and devastaing disease.Your voice is important and ever helpful to those struggling with lbd and their loved ones. Important reading for all -- touched by all dementia and especially Lewy Body. What strength and devotion!

So much more than an uplifting guide for those who devote themselves to caring for a loved one with a chronic medical condition. This is a book about love and life itself. You will be humbled and inspired by this beautiful journey.

Betsy's insight into how she remained such a loving caregiver was inspiring. I am thrilled that she shared her story and feel that everyone who is facing the reality of losing a loved one to dementia will benefit from reading her words.

The reader can feel the author's love in each and every page. This book would be helpful for any caregiver for any kind of dementia. Highest recommendation. Fully 5 stars!!!

Wonderful book for people dealing with any type of dementia. Caregivers need to read about the care and compassion that Betsy displayed throughout this process.

Fabulous read. So much love and caring for Pete by Betsy. Also. Great reference for those caring for a Lewy patient .

A very touching love story, and one of great courage as well. A book to share with many others.

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