

## Its Time To Let You Go.: a memoir



Do you know how many Americans have Alzheimers disease today? Over five million. Over five million will die, because there is nothing we can do for them. There is no way to prevent this disease, cure it or slow it down. But there is one thing we can do for those people: love them. Its Time To Let You Go is a book about the seven years of my life I spent as the caregiver of my husband Frank. It started with a simple question that was essential to pass a test and become American citizen, What colors does the American flag have? The silence that followed was the start of a long journey not only for Frank, but for both of us. It is a book about the slow death of forgetting the world around you. Forgetting the yesterday, birds on trees, names of people you knew and loved, even our own name. Slowly but surely you are slipping away from everything that was part of your life and becoming a stranger in your own body. There are moments of short clarity, moments when you are aware that something is wrong with you but you do not know what it is. You have no time to think about it for too long because a cloud of fog mercifully covers your memory again and you are gone to your own world. Until you do not have the strength to continue the fight. Your body gives up and that is the end. There are books about Alzheimers on the market. Most are guides about what to do in certain situations, how to behave and react. My book is a view from the caregivers side. The main problems of Alzheimers are very similar and can be solved almost identically by following the basic rules. Yet, each patient is totally unique. So there are many problems that are different from one person to another. Therefore, our decisions in critical situations are so hard. We are confused, do not know how to handle them and even if we try our best, at least we think its the best, we make mistakes. We can learn from our mistakes and if possible,

not to repeat them. But there is something we can do for the people we care for: give them dignity, respect and love! And this is the message I would like to convey with my book. A percentage of the proceeds of the sales of this book is going to Alzheimers Association of Austin to support their efforts to end Alzheimers.

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