



Resource Review: SARK 's Living Juicy: Daily Morsels for your Creative Soul

by Josie Padro

Living Juicy: Daily Morsels for Your Creative Soul, by SARK is a whimsical, little book packed with uplifting and inspiring directives. It seeks to help readers create “sweet, wild moments that elevate us and those around us.”

Each page describes activities that foster creative thinking and joy. The 365 activities can be done daily, weekly or when it’s convenient. Whichever way you use choose, the book communicates the joy of drawing on and exploring your inner resources.

Some of the suggestions may take you out of your comfort zone, such as the following:

“Practice asking for help. Call a friend and ask to: 1. Borrow or be given money. 2. Cry unreservedly 3. Complain endlessly 4. Hear how much they love you 5. Be taken out for dinner.”

Resource Review: The Complete Eldercare Planner

by Josie Padro

Complete is the operative word in Joy Loverdale’s updated edition of *The Complete Eldercare Planner* (Three Rivers Press, 2009). Though written with the American health system in mind, the book imparts a huge amount of practical information for anyone caring for a friend or family member.

Loverdale includes chapters on evaluating whether you’re the best person to take on the care giving role, communication, housing, transportation, and more.

The book provides numerous worksheets that can help caregivers consider questions they may not have thought about. Loverdale's style is warm, and makes readers feel as though she is speaking to them as a reassuring friend.

These books serve as a reminder to caregivers that others have experienced and courageously come to terms with their emotions surrounding caregiving for a loved one with dementia. They show that it is possible to find moments of creativity, beauty and joy

amidst the stress and sorrow of dementia.

Both Cathie and Beth have found a more positive way of dealing with difficult situations and it is hoped that these books will help caregivers to find insight, hope, and a new way of looking at persons experiencing dementia.