



A Silent Bugle

Sharon Cecelia Smith

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Day by day, hour by hour, I lost my father to Alzheimer's Dementia. As his sole caregiver, I almost lost myself. During my father's illness, my focus was on his needs alone. I didn't have time to consider that I was suffering too. It wasn't until my father had passed away that I realized the act of journaling had played a powerful role in my coping. It helped me to process my emotions, relieve guilt, weather role reversal, find humour, make decisions . . . and continue to love my everchanging father. I hope that The Silent Bugle will bring you comfort and motivate you to take control of your own journey as caregiver. My wish is that my personal stories and revealing journal entries will inspire you to find the unforgettable moments that balance the darker side of our struggle as caregivers. I have even provided a series of questions for you to ponder or journal about. You will get through this.

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