



# Surviving Alzheimer's With Friends, Facebook, and a Really Big Glass of Wine

Dayna Steele

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## Surviving Alzheimer's With Friends, Facebook, and a Really **Big Glass of Wine**

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Surviving Alzheimer's With Friends, Facebook, and a Really Big Glass of Wine Dayna Steele With unfiltered observations and sometimes dark humor, author Dayna Steele chronicled her mother's journey with Alzheimer's on Facebook. This collection of Alzheimer's updates posted on the social media network includes biting humor and raw emotion as Dayna carries you from the diagnosis to the inevitable end. Also included are sections from a neurologist, Long Term Care insurance specialist, other caregivers, documents expert, elder care attorney, and an assisted living advisor. This is a journey way too many of us are going to experience in one way or another. If you have to experience Alzheimer's and chances are you will - do it like Dayna with love, wit, and wine. I would normally never read a book about Alzheimer's or click LIKE on a Facebook post about someone's declining mother. Dayna Steele sneaked past my defenses the same way that she dealt with her own misery - with humor - by making me laugh, she managed to break my heart. --Lisa Gray, Houston Chronicle Gray Matters These observations are so gripping and so graphic. --a Facebook comment This book is going to be of tremendous help to so many. --Dr. Roy Goldberg, Geriatrics, Albert Einstein College of Medicine



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