



CHILDREN'S LITERATURE

DRAWN TOGETHER

Minh Lê

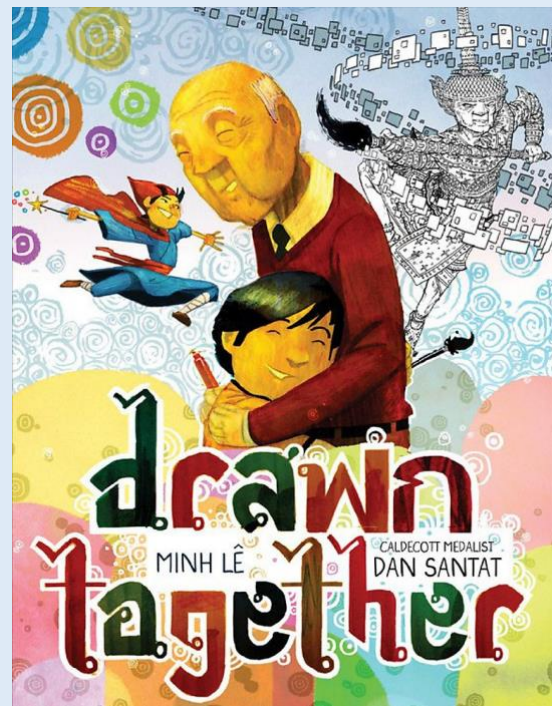
When a young boy visits his grandfather, their lack of a common language leads to confusion, frustration, and silence. But as they sit down to draw together, something magical happens—with a shared love of art and storytelling, the two form a bond that goes beyond words.

With spare, direct text by Minh Lê and luminous illustrations by Caldecott Medalist Dan Santat, this stirring picturebook about reaching across barriers will be cherished for years to come.



Minh Lê is the award-winning author of *Drawn Together* (winner of the 2019 Asian/Pacific American Award for Literature) illustrated by Caldecott Medalist Dan Santat, *Let Me Finish!* (an NPR Best Book of 2016) illustrated by Isabel Roxas, and *The Perfect Seat* illustrated by Gus Gordon (all published by Disney-Hyperion). He is also the

author of *Green Lantern: Legacy* (illustrated by Andie Tong), his debut middle grade graphic novel for DC Comics and has several other unannounced projects in the works.



Other works by Minh Lê:

Books:

- *The Perfect Seat*
- *Let Me Finish*
- *Green Lantern: Legacy*

Check out Minh Lê website here:

<http://minhlebooks.com/>

THE TIDE

Clare Helen Walsh

A young girl loves her grandpa so much! When they spend the day at the beach, she holds his hand as they go for a walk, and they build sand castles together. But sometimes, it's difficult, because Grandpa has become forgetful. "Grandpa's memories are like the tide," Mommy explains. "Sometimes, they're near and full of life. Other times, they're distant and quiet."

A story about families, laughter, and how we can help a loved one with dementia live well.

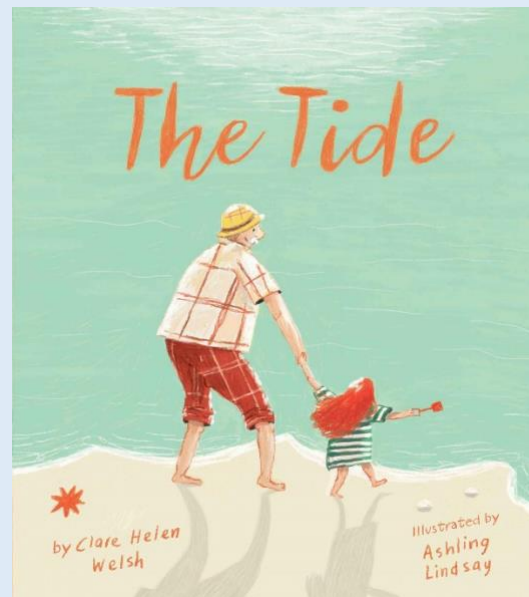


Clare Helen Walsh is a primary school teacher and children's author who lives in South West England with her husband and two children. Clare does her best writing by the sea, which is lucky because she lives close to many beautiful beaches and the salty sea air.

When Clare isn't writing stories she is inspiring children to write their own. Being a teacher gives Clare an outlet for her BIG ideas.

Once she helped a class make a giant rice crispy cake that was so wide it wouldn't fit through the door!

But her best idea yet has been putting pen to paper. Clare loves writing whacky but is particularly passionate about writing stories that help children deal with big feelings and difficult issues.



Other works by Clare Helen Walsh:

Books:

- *How Rude!*
- *Aerodynamics of Biscuits*
- *How Selfish*
- *Cookie Blast Off!*

Coming Soon:

- *The Misfit Stitch*
- *Jungle Stink*

Check out Clare Helen Walsh's website here: <https://clarehelenwelsh.com/>

MR. GEORGE BAKER

AMY HEST

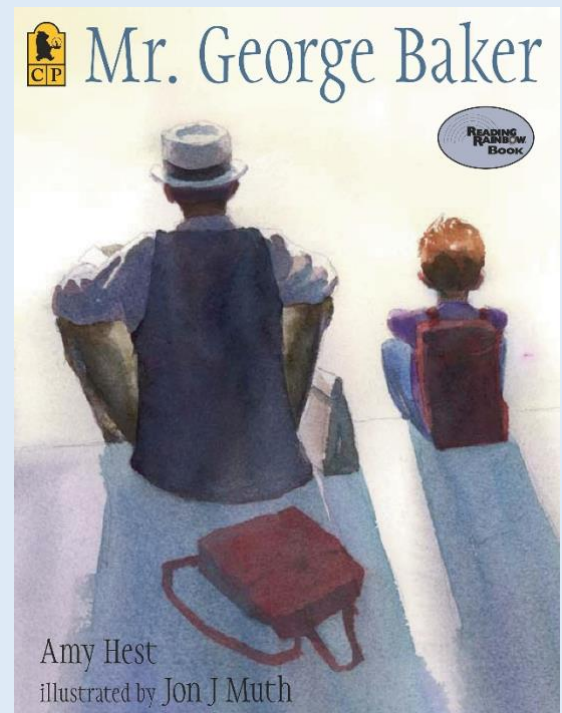
A best-selling author and illustrator pay tribute to the power of language and intergenerational bonds.

George Baker and Harry don't seem the likeliest of friends. Yet, sitting side by side on George's porch, waiting for the school bus to come, the two have plenty in common, this hundred-year-old musician with the crookedy fingers going tappidy on his knees and the young schoolboy whose shoelaces always need tying. They're both learning to read, which is hard — but what's easy is the warm friendship they share. In an inspired pairing, a best-selling author and illustrator pay tribute to the power of language and intergenerational bonds.



Amy Hest worked as a children's librarian in the New York Public Library system in the early 1970s, and then for years in children's book publishing. She wrote all during this time, still not sharing her ambition with the world, not even with her publishing co-workers!

Today, Amy is the highly versatile author of more than thirty books for young readers, many of which affectionately address family and intergenerational themes.



Other works by Amy Hest:

Books:

- *Kiss Good Night*
- *When Jessie Came Across the Sea*
- *Charley's First Night*
- *The Reader*
- *You Can Do It, Sam*
- *The Dog Who Belonged to No One*
- *On the Night of the Shooting Star*
- *Remembering Mrs. Rossi*
- *Letters to Leo*

And many more...

Check out Amy Hest's full bibliography here:

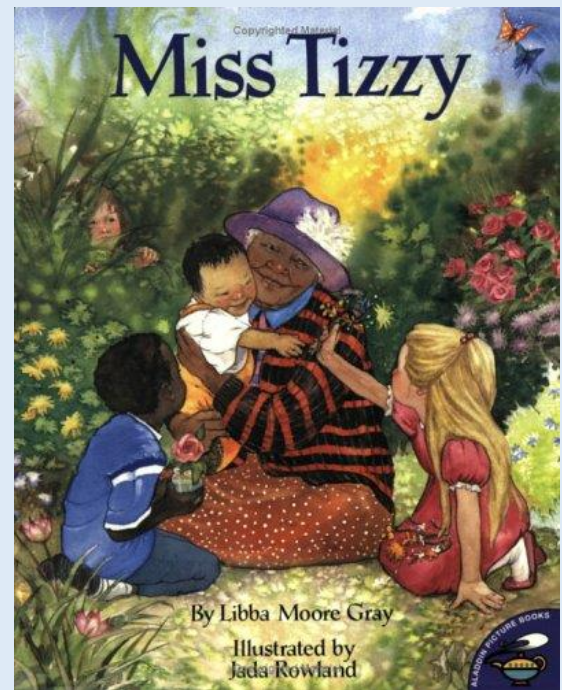
<https://www.amyhest.com/>

MISS TIZZY

Libba Moore Gray

When old Miss Tizzy, beloved by all of the children in her racially diverse neighborhood, becomes too ill to help them bake cookies, make puppets, and put on a parade, the children know just how to return her kindness.

Libba Moore Gray has been an actress, a dancer, and for twenty years a teacher of high school English and drama. Her poetry and short stories have appeared in a number of literary magazines, but *Miss Tizzy* is her first writing for children. Ms. Gray's four children include a businessman, a ballerina, a teacher, and a professional clown. With her husband, Robert, she makes her home in Knoxville, Tennessee.



Other works by Libba Moore Gray:

Books:

- *Dear Willie Rudd*
 - *My Mama Had a Dancing Heart*
 - *Is There Room on the Feather Bed?*
 - *Small Green Snake*
 - *The Little Black Truck*
- And many more...

Check out Alma Flor Ada's website:

<http://almaflorada.com/>

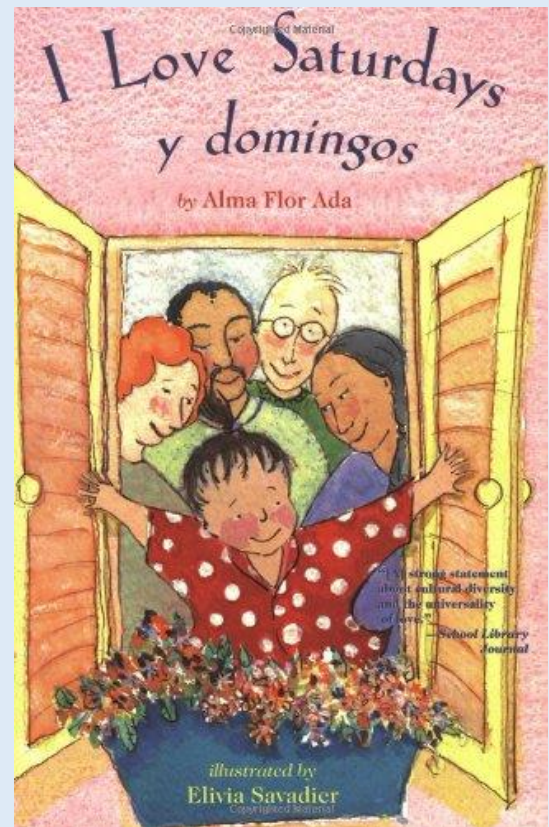
I LOVE SATURDAYS AND DOMINGOS

Alma Flor Ada

Saturdays and Sundays are very special days for the child in this story. On Saturdays, she visits Grandma and Grandpa, who come from a European-American background, and on Sundays -- *los domingos* -- she visits *Abuelito y Abuelita*, who are Mexican-American. While the two sets of grandparents are different in many ways, they also have a great deal in common -- in particular, their love for their granddaughter.



Alma Flor Ada, Professor Emerita at the University of San Francisco, has devoted her life to advocacy for peace by promoting a pedagogy oriented to personal realization and social justice. A former Radcliffe Scholar at Harvard University and Fulbright Research Scholar she is an internationally re-known speaker.



Other works by Alma Flor Ada:

Books:

- *My Name is María Isabel*
- *Dancing Home*
- *Gathering the Sun: An Alphabet in Spanish and English: Bilingual Spanish-English*
- *Dear Peter Rabbit*
- *Yours Truly, Goldilocks*
- *Yes! We Are Latinos: Poems and Prose About the Latino Experience*

And many more...

Check out Alma Flor Ada's website:

<http://almaflorada.com/>

ALL AROUND US

Xelena Gonzalez & Adriana M. Garcia

Grandpa says circles are all around us. He points to the rainbow that rises high in the sky after a thundercloud has come. "Can you see? That's only half of the circle. That rest of it is down below, in the earth." He and his granddaughter meditate on gardens and seeds, on circles seen and unseen, inside and outside us, on where our bodies come from and where they return to. They share and create family traditions in this stunning exploration of the cycles of life and nature.

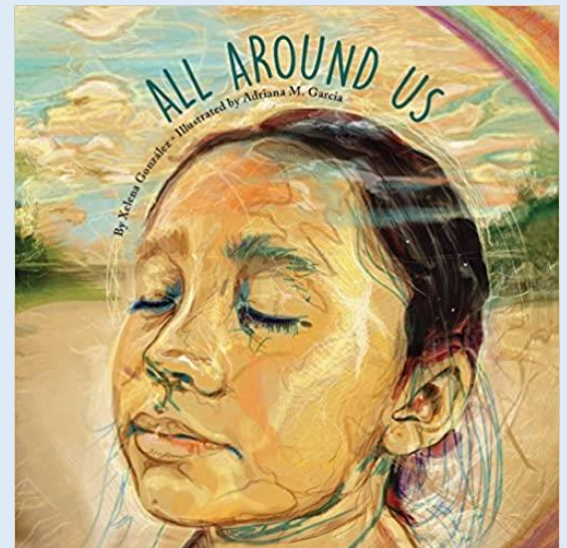
This is a debut picture book for Xelena Gonzalez and Adriana Garcia.



Xelena González is a storyteller, screenwriter, poet, and author of *All Around Us*, winner of multiple accolades, including the Tomás Rivera Mexican American Children's Book Award, an American Indian Youth Literature Honor Award, and an International Latino Book Award. Her storytelling skills were honed as a children's librarian in San Antonio and in Guangzhou, China. As a visiting author,

she has introduced her method of "tai chi storytelling" to more than 60 schools and libraries around the country. In October of 2020, Cinco Puntos Press will release *Where Wonder Grows*, her much-anticipated sophomore collaboration with muralist Adriana Garcia.

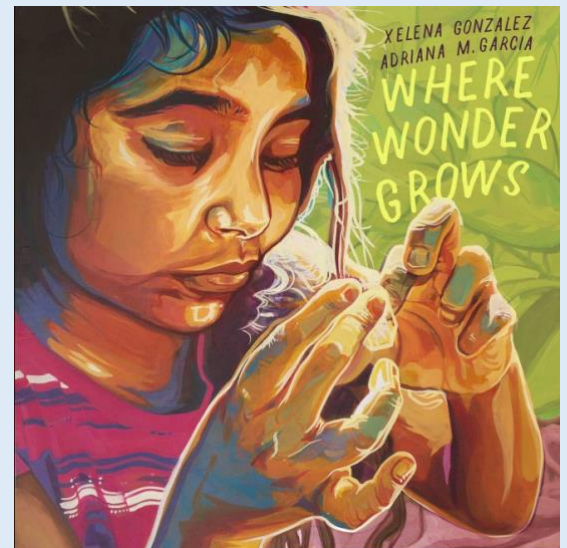
Adriana M Garcia is an award-winning artist, muralist, illustrator and scenic designer who has exhibited locally and nationally.



Other works by Xelena González and Adriana M. Garcia:

Books:

- *Where Wonder Grows* (October 2020)



WALK TWO MOONS

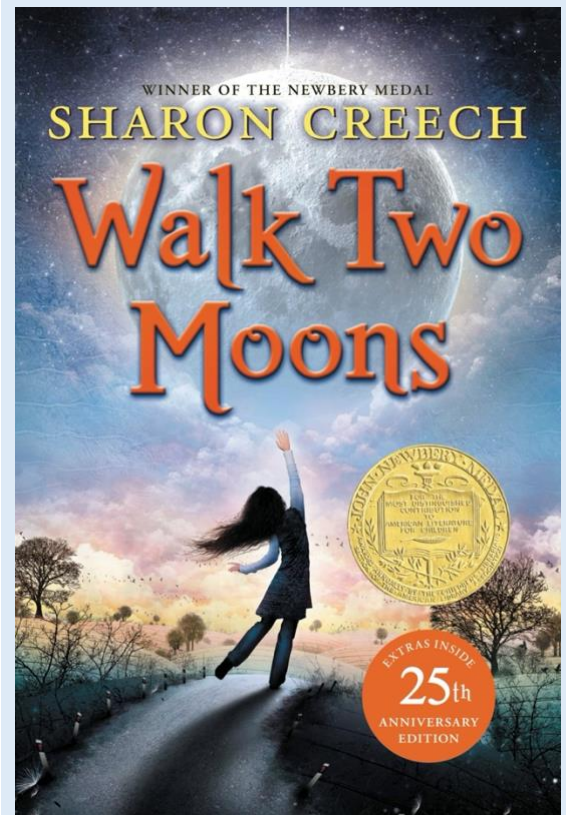
Sharon Creech

Thirteen-year-old Salamanca Tree Hiddle, proud of her country roots and the "Indian-ness in her blood," travels from Ohio to Idaho with her eccentric grandparents. Along the way, she tells them of the story of Phoebe Winterbottom, who received mysterious messages, who met a "potential lunatic," and whose mother disappeared.

As Sal entertains her grandparents with Phoebe's outrageous story, her own story begins to unfold—the story of a thirteen-year-old girl whose only wish is to be reunited with her missing mother.



Sharon Creech is the Newbery-Medal winning author of *Walk Two Moons*, and the Newbery Honor winning author of *The Wanderer*. Her other works include *Bloomability*, *Absolutely Normal Chaos*, *Chasing Redbird*, *Pleasing the Ghost*, *Love That Dog*, and *Ruby Holler*.



Other works by Sharon Creech:

Books:

- *Love That Dog (Jack #1)*
- *Ruby Holler*
- *Chasing Redbird*
- *The Wanderer*
- *Bloomability*
- *Heartbeat*
- *Hate That Cat (Jack #2)*
- *Moo*

And many more...

Check out Sharon Creech's full bibliography here:

<https://www.sharoncreech.com/>

THE LAST BEST DAYS OF SUMMER

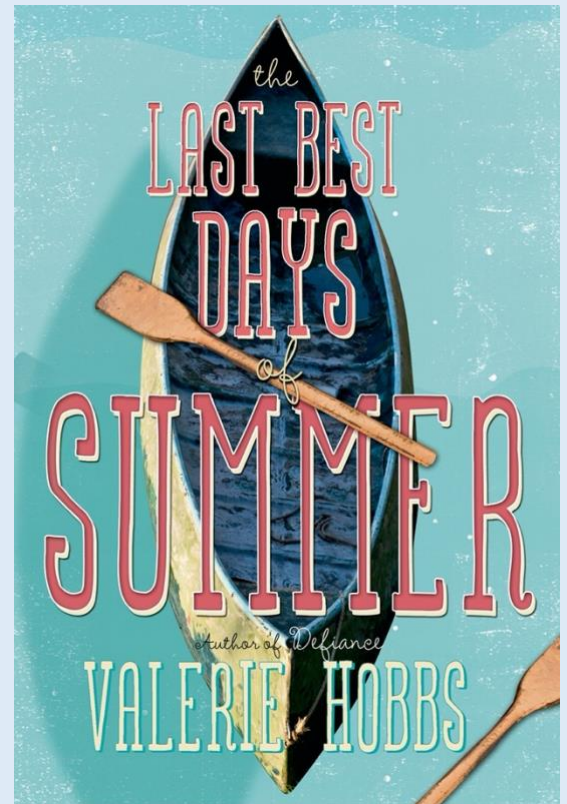
Valerie Hobbs

For twelve-year-old Lucy Crandall, the last week of August is the most perfect time in the world. It's the week she gets to spend with Grams at the lake house, canoeing, baking cookies, and glazing pots in Grams's potting shed. Grams has a way of making Lucy feel centered, like one of the pots on her kick wheel—perfect, steady, and completely at peace. But this summer, Grams doesn't seem to be exactly the person she once was. And as the week turns into a roller coaster of surprises—some good, some awful—Lucy can't help but wonder: Will things ever be centered again?



Valerie Hobbs is the recipient of the 1999 PEN/Norma Klein Award, a biennial prize that recognizes "an emerging voice of literary merit among American writers of children's fiction." She is the author of young adult and middle-grade novels including *Sheep*, *Defiance*, and *Anything but Ordinary*. She holds a B.A. and an M.A. in English from the University of California at Santa Barbara, where she has taught academic writing. Valerie lives in

Santa Barbara, California, with her husband.



Other works by Sharon Creech:

Books:

- *Sheep*
- *Wolf*
- *Defiance*
- *Tender*
- *How Far Would YoyuHave Gotten If I hadn't Called You Back*

And many more...

Check out Valerie Hobbs' full bibliography here:

<http://www.valeriehobbs.com/index.htm>



FICTION

THE BAR HARBOR RETIREMENT HOME FOR FAMOUS WRITERS

Terri-Lynne DeFino

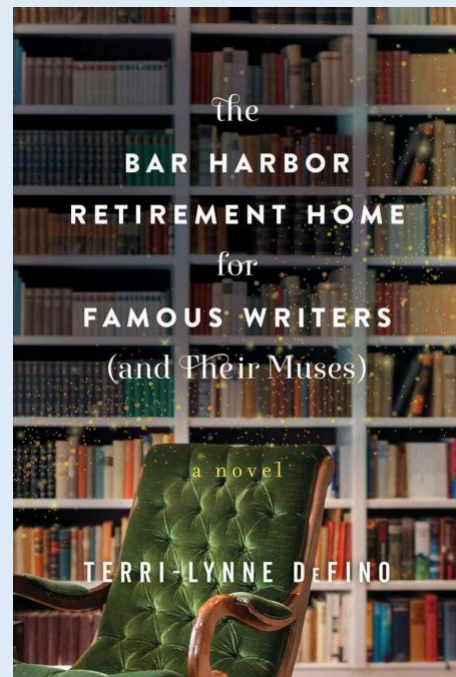
A whimsical, moving novel about a retirement home for literary legends who spar, conjure up new stories, and almost magically change the lives of the people around them. Alfonse Carducci was a literary giant who lived his life to excess—lovers, alcohol, parties, and literary rivalries. But now he's come to the Bar Harbor Home for the Elderly to spend the remainder of his days among kindred spirits: the publishing industry's nearly gone but never forgotten greats. Only now, at the end of his life, does he comprehend the price of appeasing every desire, and the consequences of forsaking love to pursue greatness. For Alfonse has an unshakeable case of writer's block that distresses him much more than his precarious health.

Set on the water in one of New England's most beautiful locales, the Bar Harbor Home was established specifically for elderly writers needing a place to live out their golden years—or final days—in understated luxury and surrounded by congenial literary company.



Terri-Lynne DeFino was born and raised in New Jersey, but escaped to the wilds of Connecticut, where she still lives with her husband and her cats. She spends most days in her loft, in her woodland cabin along the river, writing about people she's never met. Other days, she can be

found slaying monsters with her grandchildren. If you knock on her door, she'll most likely be wearing a tiara. She'll also invite you in and feed you, because you can take the Italian girl out of Jersey, but you can't take the Jersey Italian out of the girl.



Other works by Terri-Lynne DeFino:

Books:

- *Waking Savannah* (2016)
- *Dreaming August* (2016)
- *Seeking Carolina* (2015)

SAY SAY SAY

Lila Savage

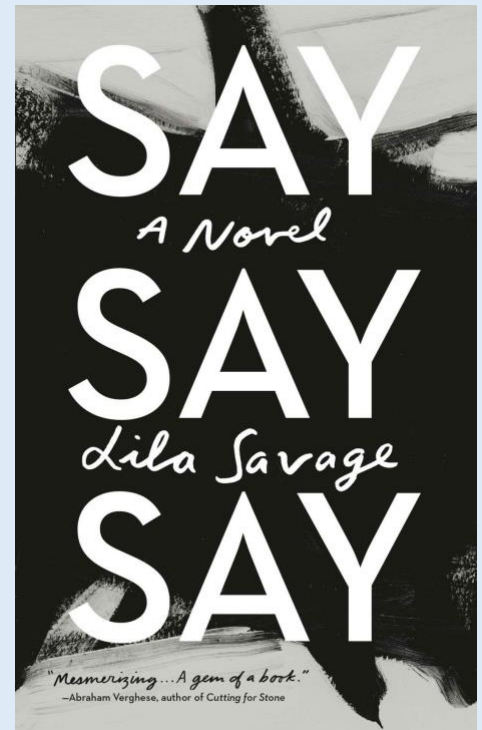
Ella is nearing thirty, and not yet living the life she imagined. Her artistic ambitions as a student in Minnesota have given way to an unintended career in caregiving. One spring, Bryn--a retired carpenter--hires her to help him care for Jill, his wife of many years. A car accident caused a brain injury that has left Jill verbally diminished; she moves about the house like a ghost of her former self, often able to utter, like an incantation, only the words that comprise this novel's title.

As Ella is drawn ever deeper into the couple's household, her presence unwanted but wholly necessary, she is profoundly moved by the tenderness Bryn shows toward the wife he still fiercely loves. Ella is startled by the yearning this awakens in her, one that complicates her feelings for her girlfriend, Alix, and causes her to look at relationships of all kinds--between partners, between employer and employee, and above all between men and women--in new ways.

Tightly woven, humane and insightful, tracing unflinchingly the most intimate reaches of a young woman's heart and mind, *Say Say Say* is a riveting story about what it means to love, in a world where time is always running out.



Lila Savage is originally from Minneapolis. Prior to writing fiction, she spent nearly a decade working as a caregiver. Her work has appeared in *The Threepenny Review*. She is the recipient of a Wallace Stegner fellowship and graduated from the Iowa Writers' Workshop in 2018. She lives in San Francisco.



Praise:

One of the *The Wall Street Journal's* 10 Best Fiction Books of 2019

"A gem of a book . . . lyrical, tender, and profoundly insightful."

—Abraham Verghese, author of *Cutting for Stone*

FREDRIK BACKMAN



Fredrik Backman is the #1 *New York Times* bestselling author of *A Man Called Ove* (soon to be a major motion picture starring Tom Hanks), *My Grandmother Asked Me to Tell You She's Sorry*, *Britt-Marie Was Here*, *Beartown*, *Us Against You*, as well as two novellas, *And*

Every Morning the Way Home Gets Longer and Longer and *The Deal of a Lifetime*, and the nonfiction collection *Things My Son Needs to Know About the World*. His books are published in more than forty countries. He lives in Stockholm, Sweden, with his wife and two children.

Check out Frederik Backman's other works:
<https://fredrikbackmanbooks.com/index.html>

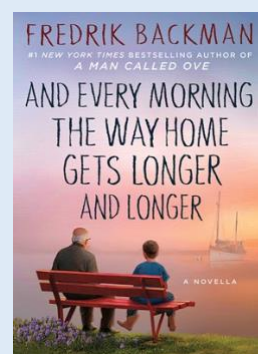
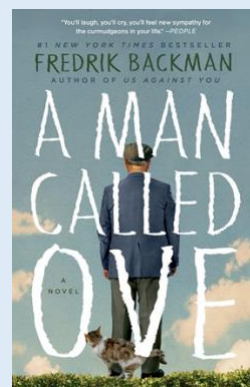
Fredrick Backman's works include:

Novels:

- *A Man Called Ove*
- *my grandmother asked me to tell you she's sorry*
- *Britt-Marie Was Here*
- *Bear Town (Beartown #1)*
- *Us Against You (Beartown #2)*
- *And Every Morning the Way Home Gets Longer and Longer*
- *The Deal of a Lifetime*
- *Things My Son Needs to Know about the World*

Other works:

- *Things My Son Needs to Know about the World*



THE LITTLE OLD LADY WHO BROKE ALL THE RULES

Catharina Ingelman-Sundberg

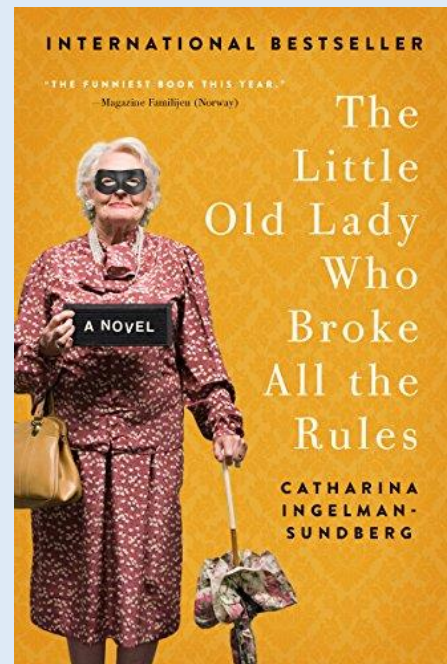
Martha Andersson may be seventy-nine-years-old and live in a retirement home, but that doesn't mean she's ready to stop enjoying life. So when the new management of Diamond House starts cutting corners to save money, Martha and her four closest friends—Brains, The Rake, Christina and Anna-Gretta (a.k.a. The League of Pensioners)—won't stand for it. Fed up with early bedtimes and overcooked veggies, this group of feisty seniors sets about to regain their independence, improve their lot, and stand up for seniors everywhere.

Their solution? White collar crime. What begins as a relatively straightforward robbery of a nearby luxury hotel quickly escalates into an unsolvable heist at the National Museum. With police baffled and the Mafia hot on their trail, the League of Pensioners has to stay one walker's length ahead if it's going to succeed....

Told with all the insight and humor of *A Man Called Ove* or *Where'd You Go Bernadette?*, *The Little Old Lady Who Broke All the Rules* is a delightful and heartwarming novel that goes to prove the adage that it's not the years in your life that count, it's the life in your years.



Catharina Ingelman-Sundberg is the Swedish author of over nineteen books. *The Little Old Lady Who Broke All the Rules* sold more than 1.2 million copies internationally and was a #1 bestseller in Canada. *The Little Old Lady Strikes Again* and *The Little Old Lady Behaving Badly* are also national bestsellers.



Other works by Catharina Ingelman-Sundberg

Books:

- *The Little Old Lady Who Struck Lucky Again!*
- *The Little Old Lady Behaving Badly*



A SPOOL OF BLUE THREAD

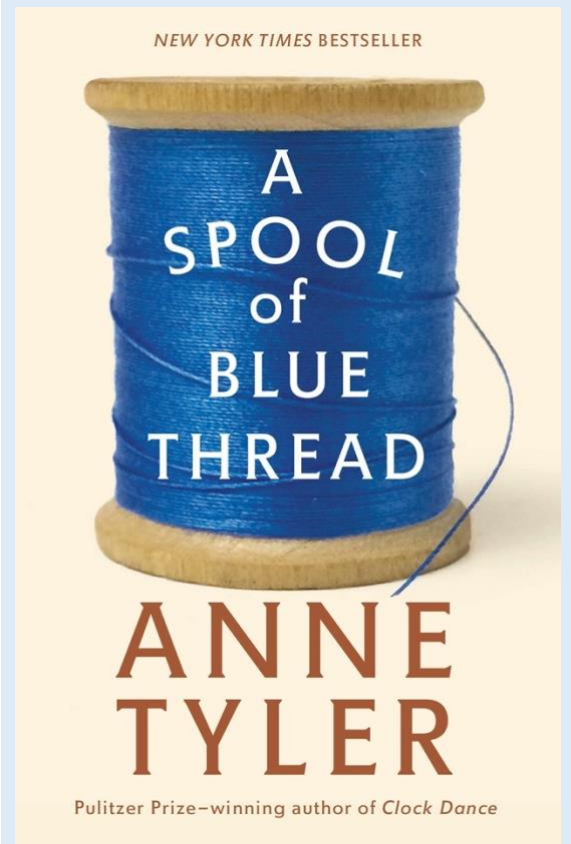
Anne Tyler

“It was a beautiful, breezy, yellow-and-green afternoon....” This is how Abby Whitshank always describes the day she fell in love with Red in July 1959. The Whitshanks are one of those families that radiate an indefinable kind of specialness, but like all families, their stories reveal only part of the picture: Abby and Red and their four grown children have accumulated not only tender moments, laughter, and celebrations, but also jealousies, disappointments, and carefully guarded secrets. From Red’s parents, newly arrived in Baltimore in the 1920s, to the grandchildren carrying the Whitshank legacy boisterously into the twenty-first century, here are four generations of lives unfolding in and around the sprawling, lovingly worn house that has always been their anchor.



Anne Tyler was born in Minneapolis, Minnesota, in 1941 and grew up in Raleigh, North Carolina. She is the author of more than twenty novels. Her twentieth novel, *A Spool of Blue Thread*, was shortlisted for the Man Booker Prize in 2015. Her eleventh novel, *Breathing Lessons*, was awarded the Pulitzer Prize in 1989. She is a member of the

American Academy of Arts and Letters. She lives in Baltimore, Maryland.



Other works by Anne Tyler:

- *Redhead by the Side of the Road*
- *Clock Dance*
- *Half-Truths and Semi-Miracles*
- *Vinegar Girl*
- *The Beginner's Goodbye*

Check out Anne Tyler's website:

<http://www.annetyler.com/>



NONFICTION

SUCCESSFUL AGING

A NEUROSCIENTIST EXPLORES THE POWER
AND POTENTIAL OF OUR LIVES

Daniel J. Levitin

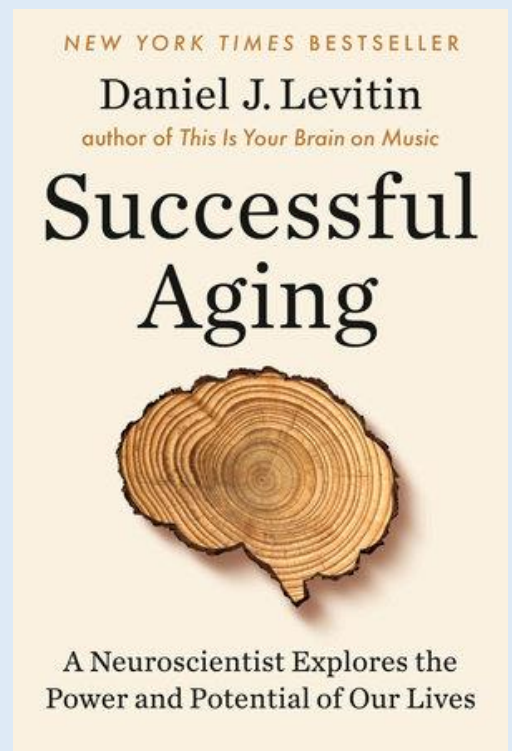
Levitin looks at the science behind what we all can learn from those who age joyously, as well as how to adapt our culture to take full advantage of older people's wisdom and experience. Throughout his exploration of what aging really means, using research from developmental neuroscience and the psychology of individual differences, Levitin reveals resilience strategies and practical, cognitive enhancing tricks everyone should do as they age.

Successful Aging inspires a powerful new approach to how readers think about our final decades, and it will revolutionize the way we plan for old age as individuals, family members, and citizens within a society where the average life expectancy continues to rise.



Daniel J. Levitin is an award-winning neuroscientist, musician, and best-selling author. His research encompasses music, the brain, health, productivity and creativity. Levitin has published more than 300 articles, in journals including *Science*, *Nature*, *PNAS*, *The New Yorker*, *The Atlantic*, and *The Wall Street Journal*. His research has been featured over 1800 times in the popular press, including 17 articles in *The New York Times*, and in *The London Times*,

Scientific American, and *Rolling Stone*. He is a frequent guest on NPR and CBC Radio and has appeared on *Good Morning America*, *The Today Show*, *CBS This Morning*, and CNN. His TED talk is among the most popular of all time.



Other works by Daniel J. Levitin:

Books:

- *This is Your Brain on Music: The Science of a Human Obsession* (2006)
- *The World in Six Songs* (2008)
- *The Organized Mind: Thinking Straight in the Age of Information Overload* (2015)
- *Weaponized Lies: How to Think Critically in the Post-Truth Era* (2017)
- *A Field Guide to Lies: Critical Thinking with Statistics and the Scientific Method* (2019)
- *The Changing Mind: A Neuroscientist's Guide to Ageing Well* (2020)

HAPPINESS IS A CHOICE YOU MAKE

LESSONS FROM A YEAR AMONG THE OLDEST OLD

John Leland

In 2015, when the award-winning journalist John Leland set out on behalf of *The New York Times* to meet members of America's fastest-growing age group, he anticipated learning of challenges, of loneliness, and of the deterioration of body, mind, and quality of life. But the elders he met took him in an entirely different direction. Despite disparate backgrounds and circumstances, they each lived with a surprising lightness and contentment. The reality Leland encountered upended contemporary notions of aging, revealing the late stages of life as unexpectedly rich and the elderly as incomparably wise. *Happiness Is a Choice You Make* is an enduring collection of lessons that emphasizes, above all, the extraordinary influence we wield over the quality of our lives. With humility, heart, and wit, Leland has crafted a sophisticated and necessary reflection on how to "live better"—informed by those who have mastered the art.



John Leland is a reporter at *The New York Times*, where he wrote a yearlong series that became the basis for *Happiness Is a Choice You Make*, and the author of two previous books, *Hip: The History* and *Why Kerouac Matters: The Lessons of "On the Road" (They're Not What You Think)*. Before joining the *Times*,

he was a senior editor at *Newsweek*, editor in chief of *Details*, a reporter at *Newsday*, and a writer and editor at *Spin* magazine.

HAPPINESS IS A CHOICE YOU MAKE

Lessons from a year among the oldest old

JOHN LELAND

Author of
Hip: the History

Other works by John Leland:

Books:

- *Why Kerouac Matters: The Lessons of On the Road (They're Not What You Think)* (2007)
- *Hip: The History* (2009)

Find his articles at *The New York Times* here:

<https://www.nytimes.com/by/john-leland>

THE END OF OLD AGE

LIVING A LONGER, MORE PURPOSEFUL LIFE

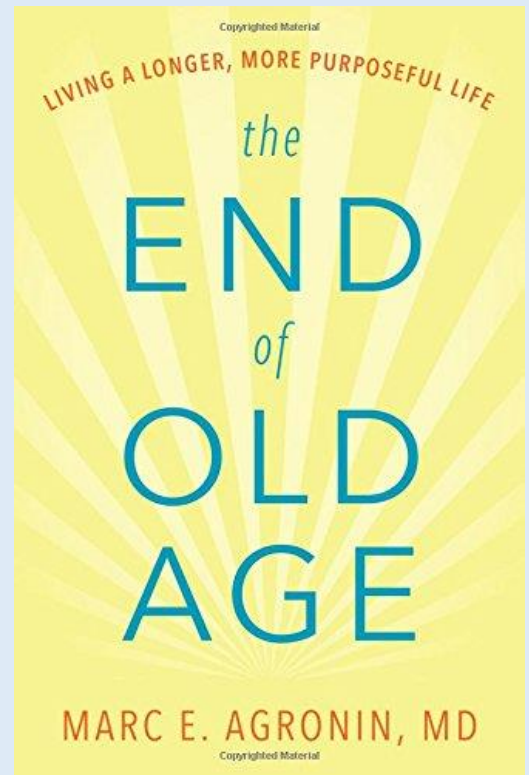
Marc E. Agronin, MD

As one of America's leading geriatric psychiatrists, Dr. Marc Agronin sees both the sickest and the healthiest of seniors. He observes what works to make their lives better and more purposeful and what doesn't. Many authors can talk about aging from their particular vantage points, but Dr. Agronin is on the front lines as he counsels and treats elderly individuals and their loved ones on a daily basis. The latest scientific research and Dr. Agronin's first-hand experience are brilliantly distilled in *The End of Old Age*--a call to no longer see aging as an implacable enemy and to start seeing it as a developmental force for enhancing well-being, meaning, and longevity.

Throughout *The End of Old Age*, the focus is squarely on "So what does this mean for me and my family?" In the final part of the book, Dr. Agronin provides simple but revealing charts that you can fill out to identify, develop, and optimize *your* unique age-given strengths. It's nothing short of an action plan to help you age better by improving how you value the aging process, guide yourself through stress, and find ways to creatively address change for the best possible experience and outcome.



Marc E. Agronin, MD is a board-certified adult and geriatric psychiatrist and the author of the acclaimed book *How We Age: A Doctor's Journey into the Heart of Growing Old* (2011) and its sequel *The End of Old Age: Living a Longer, More Purposeful Life* (2018).



Other works by John Leland:

Books:

- *Therapy with Older Clients* (2010)
- *Geriatric Psychiatry* (2011)
- *How We Age* (2011)
- *Alzheimer's Disease* (2014)
- *The Dementia Caregiver* (2015)

Check out his website here:

<https://www.marcagronin.com/>

DR. JOHN J. MEDINA



DR. JOHN J. MEDINA is a developmental molecular biologist focused on the genes involved in human brain development and the genetics of psychiatric disorders. He has spent most of his professional life as a private research consultant, working primarily in the biotechnology and pharmaceutical industries on research related to mental health. Medina is an affiliate Professor of Bioengineering at the University of Washington School of Medicine.

Medina was the founding director of the Talaris Research Institute, a Seattle-based research center originally focused on how infants encode and process information at the cognitive, cellular, and molecular levels.

In 2004, Medina was appointed to the rank of affiliate scholar at the **National Academy of Engineering**. He has been named **Outstanding Faculty of the Year** at the College of Engineering at the University of Washington; the Merrill Dow/Continuing Medical Education **National Teacher of the Year**; and, twice, the Bioengineering **Student Association Teacher of the Year**. Medina has been a consultant to the Education Commission of the States and a regular speaker on the relationship between neurology and education. He also writes the "Molecules of the Mind" column for the *Psychiatric Times*.

Check out his works here: <http://www.brainrules.net/>

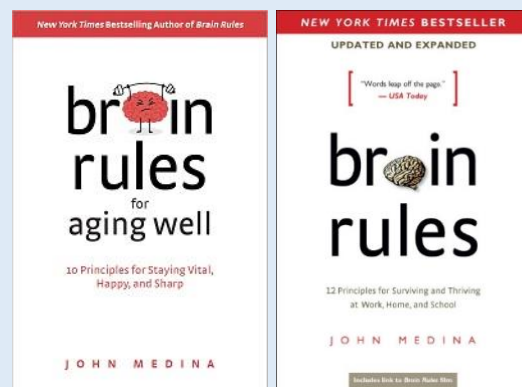
Dr. John J. Medina's works include:

Books:

- *Brain Rules*
- *Brain Rules for Aging Well*
- *Brain Rules for Baby*
- *Depression: How it Happens, How it's Healed*
- *The Clock of Ages: Why We Age, How We Age, Winding Back the Clock*
- *The Genetic Inferno: Inside the Seven Deadly Sins*

Lectures:

- *Your Best Brain, The Great Courses*



WHEN MY TIMES COMES

CONVERSATIONS ABOUT WHETHER THOSE WHO ARE DYING SHOULD HAVE THE RIGHT TO DETERMINE WHEN LIFE SHOULD END

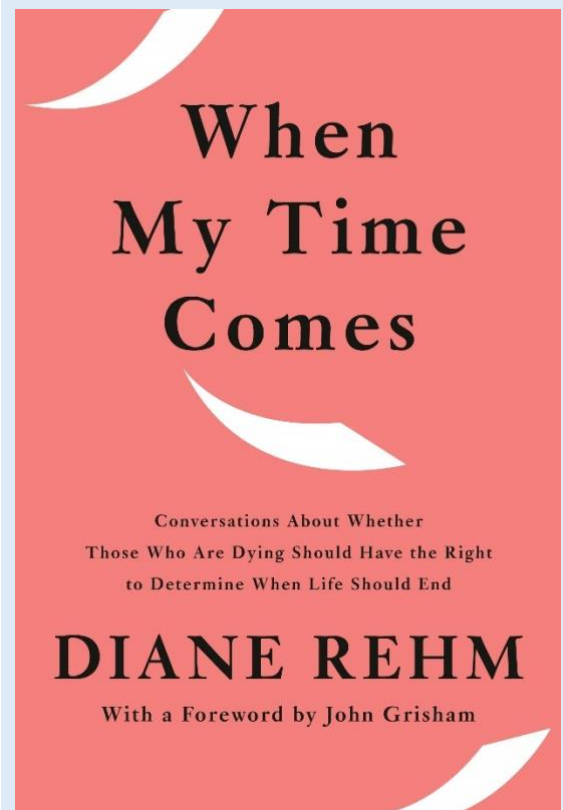
Diane Rehm

Through interviews with terminally ill patients, and with physicians, ethicists, spouses, relatives, and representatives of those who vigorously oppose the movement, Rehm gives voice to a broad range of people who are personally linked to the realities of medical aid in dying. The book presents the fervent arguments--both for and against--that are propelling the current debates across the nation about whether to adopt laws allowing those who are dying to put an end to their suffering. With characteristic even-handedness, Rehm skillfully shows both sides of the argument, providing the full context for this highly divisive issue.

With a highly personal foreword by John Grisham, *When My Time Comes* is a response to many misconceptions and misrepresentations of end-of-life care; it is a call to action--and to conscience--and it is an attempt to heal and soothe our hearts, reminding us that death, too, is an integral part of life.



Diane Rehm is a renowned radio host—one of the most trusted voices in the nation—and best-selling author: a book of candor and compassion, addressing the urgent, hotly contested cause of the Right-to-Die movement, of which she is one of our most inspiring champion



Other works by Diane Rehm:

Books:

- *Finding My Voice* (1999)
- *Toward Commitment: A Dialogue About Marriage* (2009)
- *Life with Maxie* (2010)
- *On My Own* (2016)

Check out her past shows here:

<https://dianerehm.org/shows>

Visit Diane Rehm's website for her radio and written works:

<https://dianerehm.org/>

BEING MORTAL

MEDICINE AND WHAT MATTERS IN THE END

Atul Gawande

Medicine has triumphed in modern times, transforming the dangers of childbirth, injury, and disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can do often runs counter to what it should.

Through eye-opening research and gripping stories of his own patients and family, Gawande reveals the suffering this dynamic has produced. Nursing homes, devoted above all to safety, battle with residents over the food they are allowed to eat and the choices they are allowed to make. Doctors, uncomfortable discussing patients' anxieties about death, fall back on false hopes and treatments that are actually shortening lives instead of improving them.

In his bestselling books, Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures—in his own practices as well as others'—as life draws to a close. Riveting, honest, and humane, *Being Mortal* shows how the ultimate goal is not a good death but a good life—all the way to the very end.



Atul Gawande, MD, MPH, is CEO of Haven, the Amazon, Berkshire Hathaway, JPMorgan Chase health care venture, and a globally recognized surgeon, writer, and public health leader.

#1 NEW YORK TIMES BESTSELLER

Atul Gawande

Being Mortal

Medicine and What Matters in the End

"Wise and deeply moving." —OLIVER SACKS

PICADOR

Other works by Atul Gawande:

Books:

- *The Checklist Manifesto*
- *Better*
- *Complications*

Visit Atul Gawande's website:

<http://atulgawande.com/>

LADYSITTING:

MY YEAR WITH NANA AT THE END OF HER CENTURY

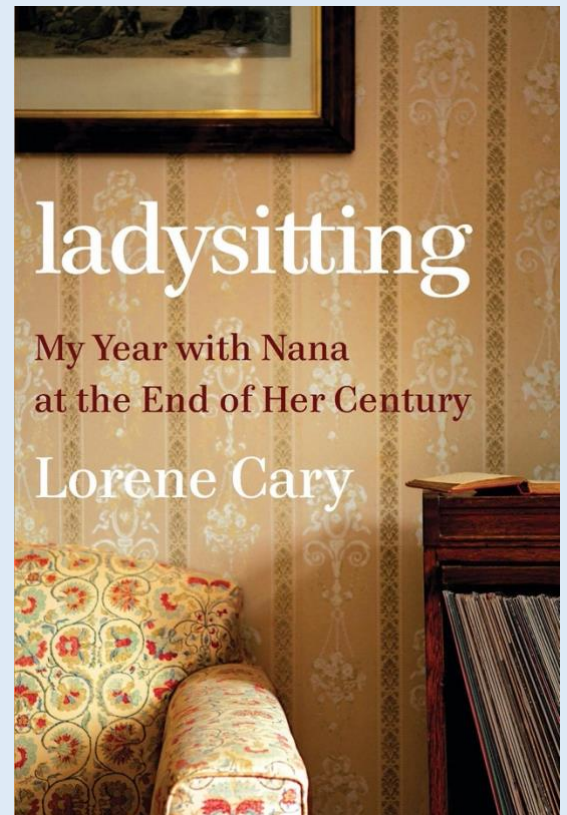
Lorene Cary

From cherished memories of weekends she spent as a child with her indulgent Nana to the reality of the year she spent “ladysitting” her now frail grandmother, Lorene Cary journeys through stories of their time together and five generations of their African American family. Brilliantly weaving a narrative of her complicated yet transformative relationship with Nana—a fierce, stubborn, and independent woman, who managed a business until she was 100—Cary looks at Nana’s impulse to control people and fate, from the early death of her mother and oppression in the Jim Crow South to living on her own in her New Jersey home.

Cary knew there might be some reckonings to come. Nana was a force: Her obstinacy could come out in unanticipated ways—secretly getting a driver’s license to show up her husband, carrying on a longtime feud with Cary’s father. But Nana could also be devoted: to Nana’s father, to black causes, and—Cary had thought—to her grandchildren and great-grandchildren. Facing the inevitable end raises tensions, with Cary drawing on her spirituality and Nana consoling herself with late-night sweets and the loyalty of caregivers. When Nana doubts Cary’s dedication, Cary must go deeper into understanding this complicated woman.



Lorene Cary is author of the memoir *Black Ice*, three novels, and a book for young readers. She teaches at University of Pennsylvania and has written a one-act opera of *Ladysitting* and a play, *My General Tubman*. She lives in Philadelphia.



Other works by Lorene Cary:

Books:

- *Black Ice*
- *The Price of a Child*
- *Pride*
- *If Sons, Then Heirs,*

And more!

Visit Lorene Cary’s website:

<https://www.lorenecary.com/>

WHILE THEY'RE STILL HERE:

Patricia Williams

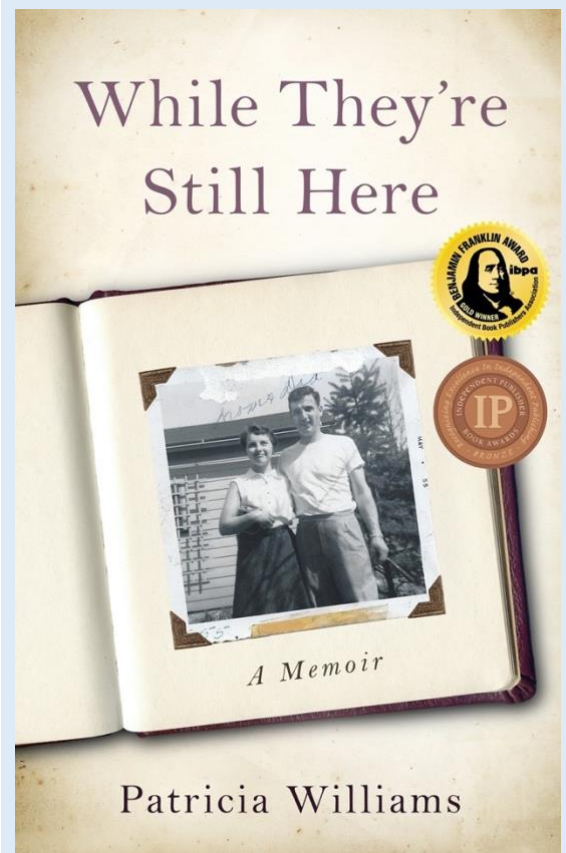
After a lifetime of strained bonds with her aging parents, Patricia Williams finds herself in the unexpected position of being their caregiver and neighbor. As they all begin to navigate this murky battleground, the long-buried issues that have divided their family for decades—alcoholism, infidelity, opposing politics—rear up and demand to be addressed head-on.

Williams answers the call of duty with trepidation at first, confronting the lines between service and servant, guardian and warden, while her parents alternately resist her help and wear her out. But by facing each new struggle with determination, grace, and courage, they ultimately emerge into a dynamic of greater transparency, mutual support, and teachable moments for all. Honest and humorous, graceful and grumbling, *While They're Still Here* is a poignant story about a family that waves the white flag and begins to heal old wounds as they guide each other through the most vulnerable chapter of their lives.



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Patricia Williams grew up in Elyria, Ohio surrounded by relatives and friends, then spent a few unforgettable years in Cumberland, Maryland. She is now retired from a long and satisfying career as a dental hygienist and lives in Olympia, Washington, where she has enjoyed gardening,



Praise for *While They're Still Here*:

“With compassion and honesty, Williams shares how she navigated the complex journey with her parents during the last chapter of their lives”

—*Booklist*

Visit Patricia Williams' website:

<https://patriciawilliamsbook.com/>

HOLDING THE NET: CARING FOR MY MOTHER ON THE TIGHTROPE OF AGING

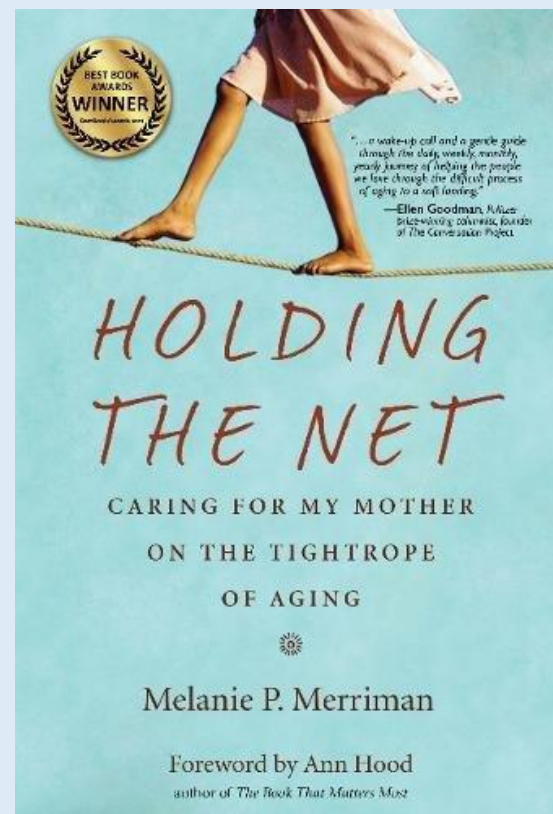
Melanie P. Merriman

Written for people who have cared for a parent, are currently facing that challenge, or are aging parents themselves, *Holding the Net* offers practical details about the effects of aging on the body and mind, living arrangements for older people, health care decisions, and surviving rehab. It also challenges the notion that anyone can be an expert when it comes to caring for an aging parent, and encourages us to simply do our best. Melanie hits all the right notes, and her story will have readers nodding their heads and shedding healing tears.



Melanie P. Merriman, PhD has spent much of her life as a research scientist, hospice consultant, and foundation grant evaluator—driven by a passion to illuminate, understand, and find meaning. Now she writes with the same purpose. *Holding the Net* is her debut as a solo author. She is also the co-author of *Merriman's Hawai'i: The Chef, the Farmers, the Food, the Islands*, a cookbook with

stories about chef Peter Merriman. Melanie and her husband Klein split their time between South Florida and Cape Cod, Massachusetts.



Other works by Melanie P. Merriman:

Books:

- *Merriman's Hawaii: The Chef, The Farmers, The Food, The Islands*

Visit Melanie P. Merriman's website:

<https://melaniemerriman.com/>

MY TWO ELAINES:

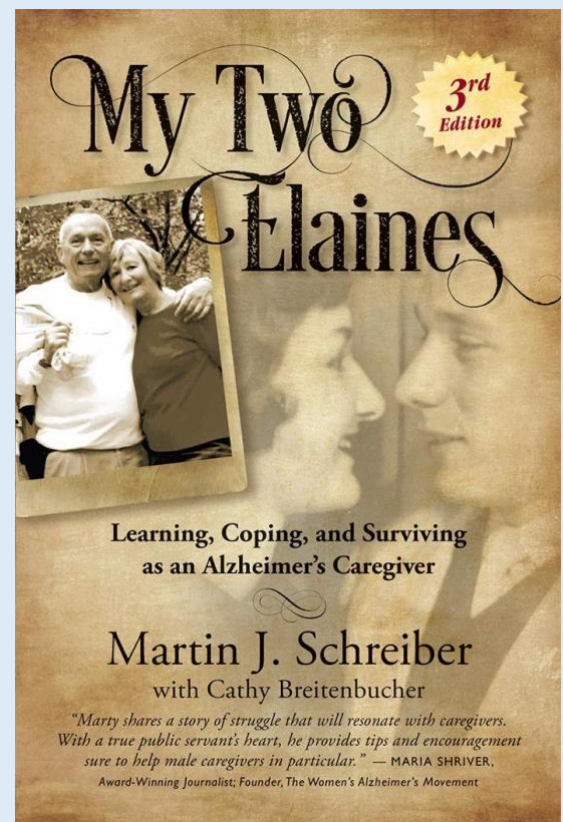
LEARNING, COPING, AND SURVIVING AS AN
ALZHEIMER'S CAREGIVER

Martin J. Schreiber with Cathy Breitenbucher

Former governor of Wisconsin Marty Schreiber has seen his beloved wife, Elaine, gradually transform from the woman who had gracefully entertained in the Executive Residence to one who sometimes no longer recognizes him as her husband. In *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*, Marty candidly counsels those taking on this caregiving role. More than an account of Marty's struggles in caring for his wife, *My Two Elaines* also offers sage advice that respects the one with Alzheimer's while maintaining the caregiver's health. As two-thirds of those with Alzheimer's are women, he offers special guidance for men thrust into an unexpected job. With patience, adaptability, and even a sense of humor, Marty shows how love continues for his Second Elaine.



Gov. Martin J. Schreiber is an award-winning crusader for Alzheimer's caregivers and persons with dementia. Reaching audiences nationwide at live events and via media, he uses humor and compassion to share lessons from his ongoing, decade-plus journey as caregiver.



"If there's one thing worse than Alzheimer's, it's ignorance of the disease." — Marty Schreiber



Cathy Breitenbucher is a trace her interest in medicine to her parents, a nurse and a laboratory



Milwaukee-based writer who can dinner-table conversations with technician.

A BITTERSWEET SEASON: CARING FOR OUR AGING PARENTS—AND OURSELVES Jane Gross

When Jane Gross found herself suddenly thrust into a caretaker role for her eighty-five year-old mother, she was forced to face challenges that she had never imagined. As she and her younger brother struggled to move her mother into an assisted living facility, deal with seemingly never-ending costs, and adapt to the demands on her time and psyche, she learned valuable and important lessons. Here, the longtime *New York Times* expert on the subject of elderly care and the founder of the *New Old Age* blog shares her frustrating, heartbreaking, enlightening, and ultimately redemptive journey, providing us along the way with valuable information that she wishes she had known earlier. We learn why finding a general practitioner with a specialty in geriatrics should be your first move when relocating a parent; how to deal with Medicaid and Medicare; how to understand and provide for your own needs as a caretaker; and much more. Wise, smart, and ever-helpful, *A Bittersweet Season* is an essential guide to caring for aging parents.



Jane Gross was a reporter for Sports Illustrated and Newsday before joining The New York Times in 1978. Her twenty-nine-year tenure there included national assignments as well as coverage of aging. In 2008, she launched a blog for the Times called The New Old Age, to which she still contributes. She has taught

journalism at the University of California, Berkeley, and at Columbia University, and was the recipient of a John S. Knight Fellowship. She lives in Westchester County, New York.

"Unique and lovely. . . . How wonderful to have [Gross's] mix of sage advice, pithy insights and practical discoveries at hand."
—Abraham Verghese, author of *Cutting for Stone*

A BITTERSWEET SEASON CARING FOR OUR AGING PARENTS— AND OURSELVES



JANE GROSS

Other works by Jane Gross:

Books:

- *Wiggle Your Tail: Inspiration for Children and Their Grown-ups*
Jane Gross
- *Painting from the Heart: A Gentle Step-by-Step Guide for Freeing Your Creative Spirit*
- *One Sweet Tweet*

THE CONSCIOUS CAREGIVER: A MINDFUL APPROACH TO CARING FOR YOUR LOVED ONE WITHOUT LOSING YOURSELF

Linda Abbit

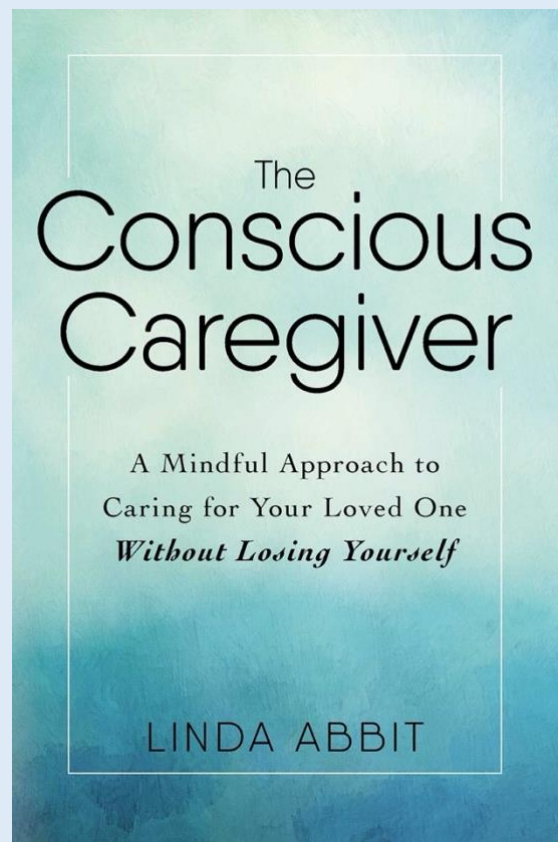
Being a caregiver can be a difficult role. It requires patience, tenderness, selflessness, and hard work. Providing care for someone, whether it's a parent, a loved one, or as a professional requires a high level of self-love and self-care. But while it may be a rewarding experience to care for a loved one, the emotional and physical stress of caregiving can lead to burnout and exhaustion—causing caregivers to put themselves and their own well-being in the background.

How can you fulfill your role as a caregiver without losing yourself? *Conscious Caregiver* teaches you how to navigate caring for your loved one, whether it's full-time in-house caregiving or hiring support from outside services. With information on how to talk to your loved ones about the situation, handle the emotional stress, stay financially secure, and take the time to care for yourself, this guide can help you care for your loved one and yourself at the same time.



Linda Abbit is the Community Outreach Manager for the innovative Mind and Memory outpatient program at Mission Hospital in Mission Viejo, CA. A former caregiver with twenty-five-plus years' experience, her blog, *Tender Loving Eldercare*, has grown into a Facebook community for caregivers. She is a prominent contributor to SeniorPlanet.org, where many of

her stories remain in the top thirty articles read on the site. She holds a master's in education, and has been vocal in the caregiving community for fifteen-plus years. In 2009, she received the Caregiver of the Year Award by Caregiving.com, and her website was nominated for excellence by Best Senior Living Awards in 2012, 2013, and 2014.



Linda Abbit, founder of *Tender Loving Eldercare* and a veteran of the caregiving industry, shares her advice on taking care of an older parent or loved one and how to handle everything that goes along with this dramatic life change.

Check out Linda Abbit's website:
<https://tenderlovingeldercare.com/>

THEY'RE YOUR PARENTS, TOO!

HOW SIBLINGS CAN SURVIVE THEIR PARENTS'
AGING WITHOUT DRIVING EACH OTHER CRAZY

Francine Russo

Your parents are growing older and are getting forgetful, starting to slow down, or worse. Suddenly you find yourself at the cusp of one of the most important transitions in your life—and the life of your family. Your parents need you and your siblings to step up and take care of them, a little or a lot. To make the right things happen, you will all need to work together. And yet your siblings may have very different ideas from yours of what's best for Mom and Dad. They may be completely uninterested in helping, leaving you with all the responsibility. Or they may take charge and not allow you to help, or criticize whatever help you do give. Will you and your siblings be able to reach an understanding and work together, or will the challenges you face tear you apart?



Francine Russo is a widely recognized journalist who covered the boomer beat for *Time* magazine for nearly a decade and authored the “Ask Francine” column. She has also written for *The Atlantic*, *The New York Times Magazine*, *Redbook*, *Family Circle*, *Ladies Home Journal*, *Self*, *Glamour*, and *The Village Voice*. A mother of two and stepmother of three, she has a Ph.D. in English and lives in Manhattan.

THEY'RE
YOUR
PARENTS,
TOO!

How Siblings
Can Survive Their
Parents' Aging
Without Driving
Each Other Crazy

FRANCINE RUSSO

Check out the They're Your Parents, Too! website:

<http://www.yourparentstoo.com/>

CRUISING THROUGH CAREGIVING: REDUCING THE STRESS OF CARING FOR YOUR LOVED ONE

Jennifer L. FitzPatrick

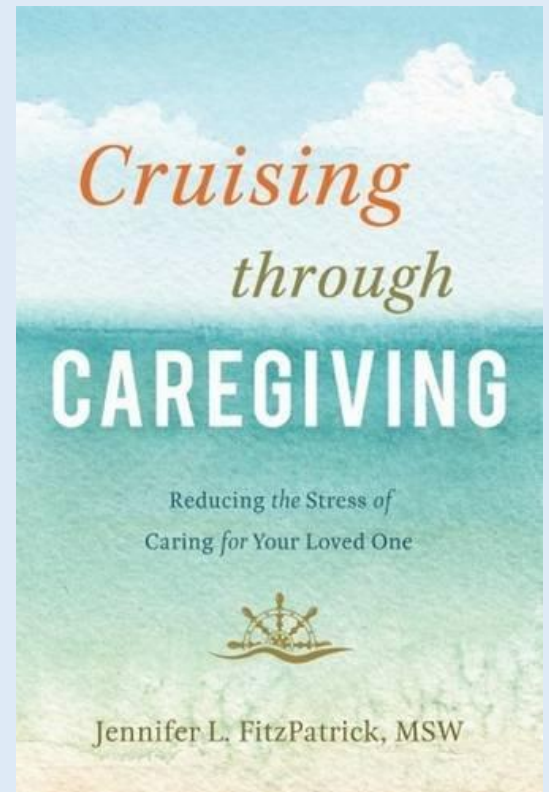
Caregiving is no vacation, but you can cruise more smoothly through it!

If you're facing the daunting reality that you're about to become a caregiver whether you planned for it or not *Cruising through Caregiving* is the down-to-earth and authoritative answer you need. Jennifer FitzPatrick has been through nearly every possible scenario on the caregiving spectrum, both professionally and personally, and she expertly shows you how to be a responsible, loving caregiver without being overcome by guilt, exhaustion, or worry.

It doesn't matter whether you have advantages such as money or an extended family. You don't have to passively just let things happen. No matter your particular situation, FitzPatrick has a practical and thoughtful solution to deal with it. She'll help you discover and harness powers you don't even know you have from getting other family members to participate in caregiving to navigating a loved one's finances, living setting, or declining physical and mental health conditions.



With over 20+ years' experience in healthcare, **Jennifer L. FitzPatrick** is a keynote speaker and writer. She is also a gerontology instructor at Johns Hopkins University's Certificate on Aging program.



Check out the Cruising through Caregiving website:

<https://cruisingthroughcaregiving.com/>

FILMS & SHOWS

THE FAREWELL (2019)

In this funny, uplifting tale based on an actual lie, Chinese-born, U.S.-raised Billi (Awkwafina) reluctantly returns to Changchun to find that, although the whole family knows their beloved matriarch, Nai-Nai, has been given mere weeks to live, everyone has decided not to tell Nai Nai herself. To assure her happiness, they gather under the joyful guise of an expedited wedding, uniting family members scattered among new homes abroad. As Billi navigates a minefield of family expectations and proprieties, she finds there's a lot to celebrate: a chance to rediscover the country she left as a child, her grandmother's wondrous spirit, and the ties that keep on binding even when so much goes unspoken. With *The Farewell*, writer/director Lulu Wang has created a heartfelt celebration of both the way we perform family and the way we live it, masterfully interweaving a gently humorous depiction of the good lie in action with a richly moving story of how family can unite and strengthen us, often in spite of ourselves.



Written and Directed:

- Lulu Wang

Starring:

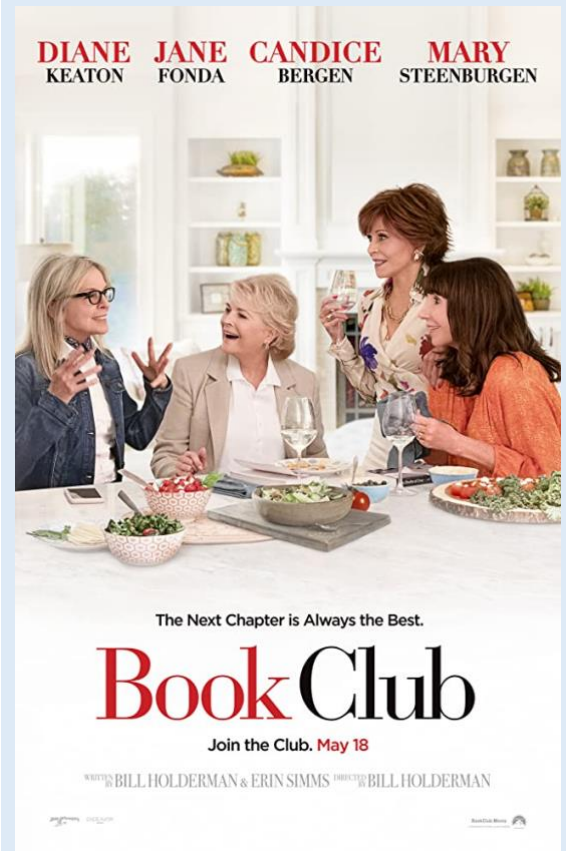
- Awkwafina
- Tzi Ma
- Diana Lin
- Zhao Shuzhen
- Lu Hong
- Jiang Yongbo

Category:

- Movie

BOOK CLUB (2018)

Four friends' lives are turned upside down when their book club tackles the infamous "50 Shades of Grey." From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.



Directed by:

- Bill Holderman

Written By:

- Bill Holderman
- Erin Simms

Starring:

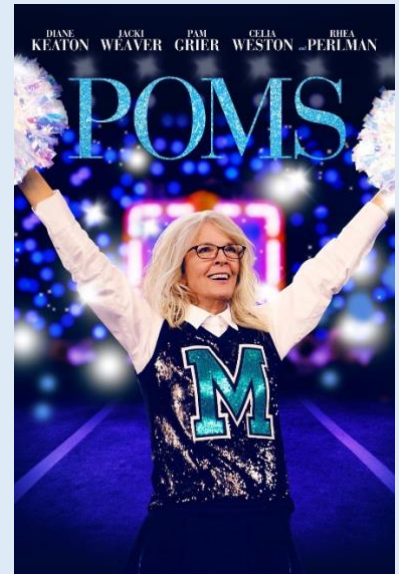
- Diane Keaton
- Jane Fonda
- Candice Bergen
- Mary Steenburgen
- Craig T. Nelson
- Andy García
- Don Johnson

Category:

- Movie

POMS (2019)

POMS is an uplifting comedy about a woman (played by Keaton) who moves into a retirement community and starts a cheerleading squad with her fellow residents, including Pam Grier and Jacki Weaver.



Directed by:

- Zara Hayes

Screenplay by:

- Shane Atkinson

Story by:

- Zara Hayes
- Shane Atkinson

Starring:

- Diane Keaton
- Jacki Weaver
- Pam Grier
- Celia Weston
- Alisha Boe
- Phyllis Somerville
- Charlie Tahan
- Bruce McGill
- Rhea Perlman

Category:

- Movie

GRACE AND FRANKIE (2015-PRESENT)

The series follows Grace, a retired cosmetics mogul, and Frankie, a hippie art teacher, whose husbands, Robert and Sol, are successful divorce lawyers in San Diego. Grace and Frankie's lives are turned upside down when Robert and Sol announce that they are in love with each other and are leaving their wives. Now, the women, who have never particularly liked each other, are forced to live together and learn to unite and cope with difficulties.



Created by:

- Marta Kauffman
- Howard J. Morris

Starring:

- Jane Fonda
- Lily Tomlin
- Sam Waterston
- Martin Sheen
- Brooklyn Decker
- Ethan Embry
- June Diane Raphael
- Baron Vaughn

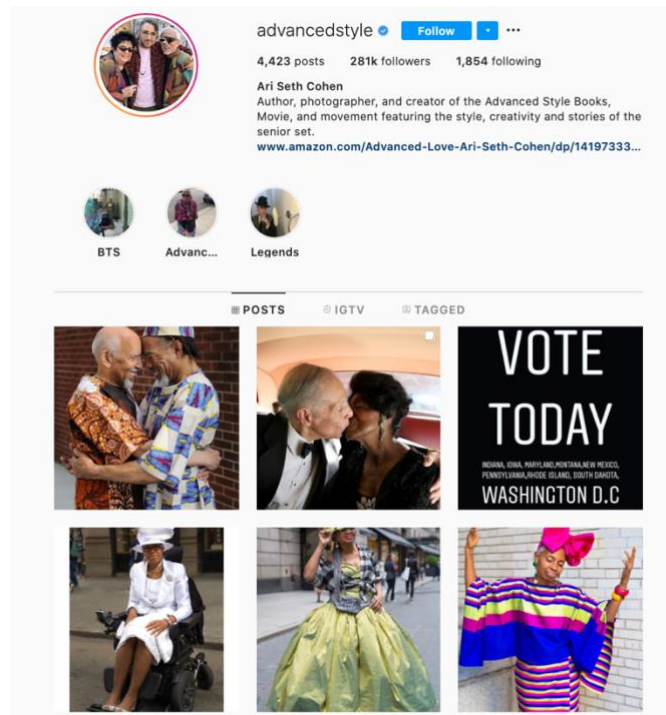
Category:

- Show



ADDITIONAL MEDIA

INSTAGRAMS TO FOLLOW



Advanced Style is Ari Seth Cohen's blog-based ode to the confidence, beauty, and fashion that can only be achieved through the experience of a life lived.

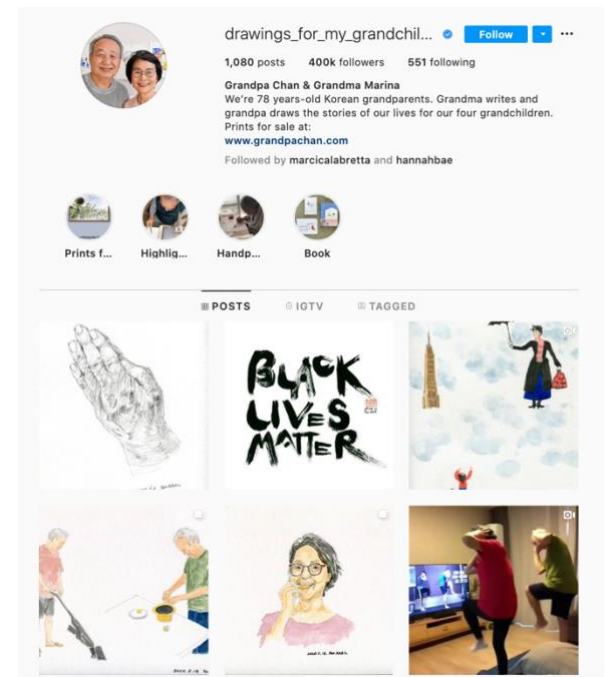
Follow Advance Style:

<https://www.instagram.com/advancedstyle/>

Drawing_for_my_children are 78 years-old Korean grandparents. Grandma writes and grandpa draws the stories of our lives for our four grandchildren. Prints for sale at: www.grandpachan.com

Follow them at:

https://www.instagram.com/drawings_for_my_grandchildren



MORE INSTAGRAMS TO FOLLOW

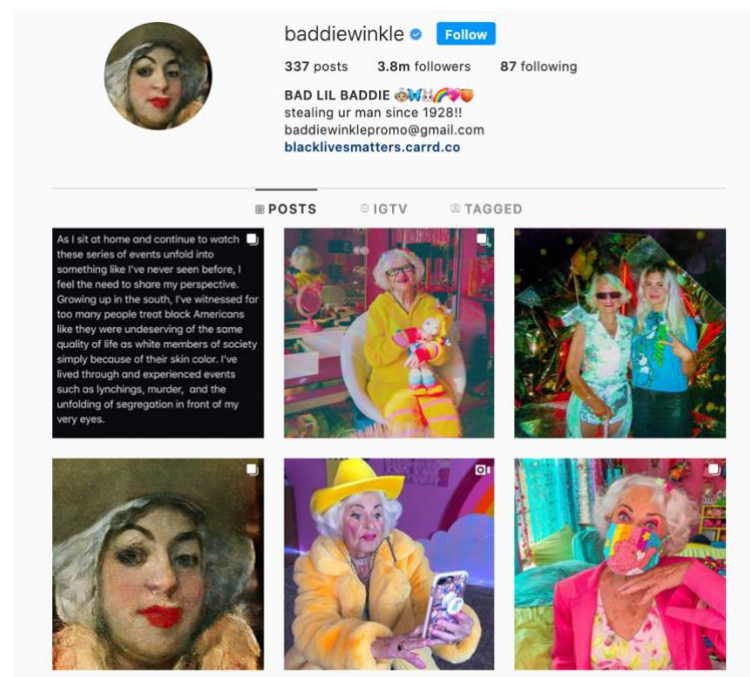


Jean & Valerie, NYC style bloggers for "women of a certain age" setting a bad, bad example for older women everywhere! idiosyncraticfashionistas.blogspot.com

Follow **idiosyncraticfashionistas** at:
<https://www.instagram.com/idiosyncraticfashionistas>

Follow **baddiewinkle** here:

<https://www.instagram.com/baddiewinkle/?hl=en>



ADDITIONAL RESOURCES

PARKOUR WITH SENIORS:

[Parkour with Seniors Video](#)

VIVA GIRLS:

The "Viva Girls" have been chanting cheers and dances like the "Macarena" and the "Hokey Pokey" in Aventura for years. The women live at the senior living community Vi at Aventura and range in both age and experience. The group is made up of nine women, ages 80 to 98, and they cheer monthly at birthday celebrations and visit members of the assisted living center.

Read about them here:

<https://www.wln.org/post/viva-girls-aventuras-own-cheerleading-squad-seniors#stream/0>

THIS SENIOR-CITIZEN SYNCHORNIZED SWIN TEAM WILL MAKE YOUR DAY:

The Harlem Honeys and Bears are a synchronized swim team for seniors 55 years and older. In this short film, [Veena Rao](#) captures the “freedom” that comes from being in the water, a freedom that allows these performers to “do all kinds of things that [they] cannot do on land” and stay, as one member says, “92 years young.”

The Short Film Showcase spotlights exceptional short videos created by filmmakers from around the web and selected by National Geographic editors. We look for work that affirms National Geographic's mission of inspiring people to care about the planet. The filmmakers created the content presented, and the opinions expressed are their own, not those of the National Geographic Society.

Watch the short film here:

<https://video.nationalgeographic.com/video/short-film-showcase/0000014f-290a-d37e-a7df-af8bd7b90000>

GETTING PUBLISHED AS AN ELDER:

Ageless Authors is an effort to recognize your vitality, your strength and your craft. It is designed to highlight the work of writers and artists *65 years of age and older*. Ageless Authors is the brainchild of two highly experienced writer/editors — Ginnie Bivona and Larry Upshaw — who launched a crusade on behalf of senior creativity in 2015.

Check out how you can get published here: <https://www.agelessauthors.com/>