

The Goodness of Alzheimer's



Second Edition

David Claire Jennings

The Goodness of Alzheimer's

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for all those who do and must care

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Preface

I first published this work as a pamphlet in 2014 with the belief it might be passed around and provide some comfort and solace to a caregiver or any person concerned or worried about Alzheimer's. Nothing has changed me in that wish or belief or any feeling I felt and shared in that earlier work.

But now I am publishing it as an e-book to distribute it to all the online sites where interested readers can easily acquire it. To do that it is necessary for the reader to pay 99 cents. I had wished to offer it free but that would have disqualified it from one or more of the important outlets.

My darling wife's illness has progressed much further in the two years since that pamphlet was printed. We used to notice changes in her over a span of 3 to 6 months, now it is 1 to 2. The regression is accelerating. It is simply a matter of recognizing and accepting a paradigm shift, adjusting to the new reality, while continuing to live with her in the present.

We know exactly how it will end if she does not pass away for some other thing. Just as a child living in reverse, she will unlearn how to walk, unlearn how to eat and swallow, and finally unlearn how to breathe. Her natural moment of death from Alzheimer's will be just as it is the moment we are born.

It is not a burden. It is not difficult to bear – not in the least. The love remains now as it was before and will be until she leaves for her next life. My hope and belief is that I will join her again someday. As we have learned in Ecclesiastes, to everything there is a season. As some leaves fall and others grow in their place, so too with the generations of flesh and blood, one dies and another is born.



At the kind suggestion of our family doctor, I am expanding this work again in this second addition. He told me it was important that I write more about this. There are numerous publications about the research, the scientific investigation and the understanding of Alzheimer's from the medical perspective.

Obviously these publications are very important, and beneficial to the public, to report the findings of new knowledge and hope for a preventative cure in the future. There are suggestions about diet "to reduce your chances" that might be helpful as a preventative.

But there is the fear of genetic predisposition that looms frightfully above the young public's head. While medical researchers are more invested in developing a cure because there is a growing number of patients developing it, there is still a larger number of patients developing it, some very young – as young as their late thirties – with a life less than half lived.

And what about all the patients that have it now in the various stages? What about their caregivers? What about those whose lives it will touch before there is a cure? That is what my doctor is thinking about. And so I will write more about it in this second edition.

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In the Beginning

Life is difficult. My good son read me that from his insights of M. Scott Peck's "The Road Less Traveled". That sounds so simple, so basic, so obvious. But to truly embrace and accept that life is difficult is hard. And life has constant but differing challenges.

(end of sample)