



**BOOK REVIEW: “While I Still Can...” Rick Phelps & Gary Joseph LeBlanc**

Published author Gary Joseph LeBlanc joined Rick Phelps to chronicle Phelps’ experience through the beginning stages of Early Onset Alzheimer’s Disease (EOAD). LeBlanc has authored several books on caring for those with Alzheimer’s disease as a result of his experience as caregiver for his father who suffered and eventually died from the disease. The first part of the book is Phelps’ account of his experience with EOAD told by LeBlanc in the second person. The second part of the book is comprised of anecdotal accounts of LeBlanc’s interaction with and caregiving for his father.

There are better books for understanding EOAD and Alzheimer’s disease from The Alzheimer’s Association. However, I valued this book as I would value having coffee with a caregiver who has significant experience and passion for service to those with dementia. Part of the included narrative is a caregiver’s expressed frustration and emotion. Part of the account is useful and provides insight to the reader regardless of its direct application to another’s journey.

The book is a quick and easy read. I recommend it as one man’s partial account while battling EOAD and another man’s thoughts coming from his father’s caregiving. Mark Slack, 11/18/2014

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**FRUIT CUPS**

This recipe is one KSC uses often for our *Breaking Bread* meal ministry. If you have some fantastic recipes you would like to share or are interested in making meals (or a portion of a meal) for special needs, please give us a call! The free county Food Handler’s Class is preferred.

- |                              |                               |
|------------------------------|-------------------------------|
| 1 30 oz can fruit cocktail   | 1 20 oz can crushed pineapple |
| 1 lg can frozen orange juice | 1 lg can frozen lemonade      |
| 1 can 7-up                   | 1 C sugar (optional)          |
| 1 C water                    | 5 bananas sliced              |



Stir, scoop into cups of your choice and freeze. We used 9 oz cups and filled them about 3/4 full to make about 18 cups. At home we usually take them straight from the freezer and microwave them for 30 seconds.



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