



Leader's Guide for Seasons of Caring: Meditations for Alzheimer's and Dementia Caregivers

ClergyAgainstAlzheimer's Network, Dr. Richard L. Morgan

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The ClergyAgainstAlzheimer's Network is pleased to release this Leader's Guide for Seasons of Caring, written in the same spirit of interfaith respect and cooperation as our original book of meditations. The Leader's Guide is a companion volume to be used with Seasons of Caring by facilitators of support groups. Offering hope, encouragement, compassion and empathy to those on the difficult journey of caring for loved ones with Alzheimer's disease and other dementias, Seasons of Caring was originally intended to be read by individual caregivers, but was immediately adopted for use in larger caregiver support groups and educational programs. Nationally renowned author, retired pastor, and founding member of ClergyAgainstAlzheimer's, Dr. Richard L. Morgan has graciously given us this guide. Dr. Morgan has drawn upon over 60 years of pastoral care for those with Alzheimer's, including his service as a hospice chaplain and a longtime facilitator for Alzheimer's support groups to write the Leader's Guide to help other facilitators in their groups. And, while the Leader's Guide has been formatted for use in support groups, for those caregivers whose are not able to attend an in person group, it can be used to help frame the complex and demanding issues of caregiving. The Leader's Guide takes the original themes and metaphors of Seasons of Caring and delves deeper into caregiver concerns and stories, such as communicating with a loved one, dealing with guilt and forgiving oneself, using art and music to connect with a loved one and maintain relationship, and facing the difficult issues of death and grieving. Dr. Morgan uses the original writings by seventy-two authors representing a great diversity of spiritual traditions as the basis to frame the issues and lead the discussion. The Leader's Guide, like our original volume, is a product of the ClergyAgainstAlzheimer's Network, an interfaith national network of clergy, laity and faith organizations working to focus attention on improved treatment, better care and a cure for dementia. It's an educational tool for support groups and advocates. Inspiring and uplifting, these two books champion the dignity of all those with Alzheimer's and dementia, and provide a powerful resource in raising awareness about this disease and helping to remove its stigma. ClergyAgainstAlzheimer's is a network of UsAgainstAlzheimer's. We invite you to join us in our work: www.clergyagainstalzheimers.org

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Harry Dwyer:

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Daphne Jones:

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Kenneth Armstrong:

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