

## **Alzheimer Society of York Region releases a book of stories written by people impacted by dementia**

*Hearts Linked by Courage Honouring Loved Ones and Caregivers on the Dementia Journey shows people new to the journey they are not alone*

FOR IMMEDIATE RELEASE AURORA, ON (Dec. 3. 2020) – The Alzheimer Society of York Region has released a book of short stories by people impacted by dementia.

Hearts Linked by Courage Honouring Loved Ones and Caregivers on the Dementia Journey is a 118-page soft cover book featuring 23 stories by caregivers in various stages of the dementia journey with the goal of showing others they are not alone.

“So, the best way to treat a dementia patient is the totality of their lives, rather than just focusing on the often problematic and challenging final segment of their journey,” writes Dr. Nick Voudouris in the book. “..It is very important to celebrate the triumphs and greatness of the first two halves of anyone’s existence — the thrills, chills, and spills over the course of their entire lives — rather than to just experience the tension and heartache associated with the last stretch of this extremely difficult time.”

Each story is written by a person who understands the heartache of this fatal disease, but who is willing to share his or her story in hopes the readers will come to the realization that someone truly understands what they are going through.

Hearts Linked by Courage Honouring Loved Ones and Caregivers on the Dementia Journey, which retails for \$18.95, was funded by the [Carswell Family Foundation](#). It is now available for purchase on [AS York’s website](#) and the [I C Publishing online bookstore](#). A virtual book launch is scheduled for Jan. 20. AS York will share details as soon as they have them.

Hearts Linked by Courage is a book series created by Holland Landing’s I C Publishing founder Sheri Andrunyk, which showcases the works York Region non-profits do to help people in their community. AS York’s book is the fourth in the series.

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**About the Alzheimer Society York Region (AS York):** The Alzheimer Society of York Region is a leader in actively supporting individuals and families living with Alzheimer’s disease and other dementias. Our quality, dementia-specific DAY program services, enriched social work program and education opportunities are well respected.

**About I C Publishing:** I C Publishing proudly celebrates a full decade in the publishing industry, and with it 35 years of entrepreneurial, marketing, and business experience. Bridging the gap between traditional and self-publishing, they serve primarily the non-fiction writer whose intent it is to share meaningful messages and teachings from their own personal experience. I C Publishing is committed to quality content, design and

delivering high-quality professional editing and proofing on manuscripts and blogs, creative/writing coaching, and full publishing services.

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**Interview opportunities:**

Many of the authors live across York Region and are available to be interviewed. Please contact Lisa Day, communications and fund development coordinator at [lday@alzheimer-york.com](mailto:lday@alzheimer-york.com), to set up interviews.

**Photo:**

Book cover attached

**Links:**

AS York's website: <https://alzheimer.ca/york/en/take-action/hearts-linked-courage-book-dementia-stories>

Unboxing video: <https://youtu.be/hXedoTcv9X0>

I C Publishing book store: <https://www.icbookstore.ca/heartslinkedbycourage-asyork>

I C Publishing blog about AS York's book: <https://www.icpublishing.ca/2020/11/love-and-courage-continue-with-new-hearts-linked-by-courage-book/>