Resources for Couples:

Title: *Growing Older Together: A Couple's Guide to Understanding and Coping with the Challenges of Later Life*
Author: Barbara Silverstone & Helen Kandel Hyman
Year of Publication: 1992
Summary: This is the first book that takes couples over fifty-five through the unique terrain of later life-the myriad practical and emotional hurdles that must be overcome so that husbands and wives can meet the challenges of old age.

Title: *Crossing the Bridge: A Journey to Self-Esteem, Relationships and Life Balance*
Author: Sandra Negley
Year of Publication: 1997
Summary: This book provides information about starting to live with Alzheimer's. Chapters include: Understanding Feelings, Exploring Yourself and Relationships and Gaining Awareness Through Self-Talk.

Title: *Caregiving: The Spiritual Journey of Love, Loss, and Renewal*
Author: Beth Witrogen McLeod
Year of Publication: 1999
Summary: This book is informed and inspiring and provides tales of other caregivers. This book shows that while at first we experience the dark night of the soul, through service to others, we can discover our true nature and develop loving, kindness and compassion.

Title: *Caregiving for Carolee: What It's Like to Care for a Spouse With Alzheimer's At Home*
Author: Howard D. Mehlinger
Year of Publication: 2014
Summary: This booklet is intended for readers who wish to learn about the impact that dementia can have on the lives of happily married couples. The author traces the changes that have occurred in their individual lives and in their relationship to one another since his wife was diagnosed with Alzheimer's disease.

Title: *Grief Expressed: When a Mate Dies*
Author: Marta Felber
Year of Publication: 1997
Summary: This book gives eight letters of love, loss and grief for a mate that has passed away. This book helps sympathize with others who are experiencing the same pain.

Title: *In Sickness & In Health: Caring for a Loved One with Alzheimer's*
Author: William M. Grubbs
Year of Publication: 1997
Summary: This book is a courageous tale of the author and how he cares for his wife who had Alzheimer's disease. After a long life together, the promised "golden years" for Bill and Bess Grubbs did not materialize.