



BOOK ANNOUNCEMENT

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JOURNAL PROVIDES SUPPORT, SPIRITUAL NOURISHMENT FOR CAREGIVERS

NOTRE DAME, Ind.—Every caregiver's story is unique, but one thing they all have in common is that they need to be nourished to have the resilience and compassion to tend to the needs of those they love. *The Caregiver's Companion* approaches caregiving not as a burden, but as an opportunity to grow and receive graces and blessings.

Written by the founders of Nourish for Caregivers—an organization that seeks to improve the health and spiritual wellbeing of caregivers—this beautifully designed, full-color journal is a practical resource with encouraging readings, prayers, and guided journaling to help readers draw strength from their faith in a few sacred moments each day. It is a unique resource to remind them to care for themselves as they care for others.

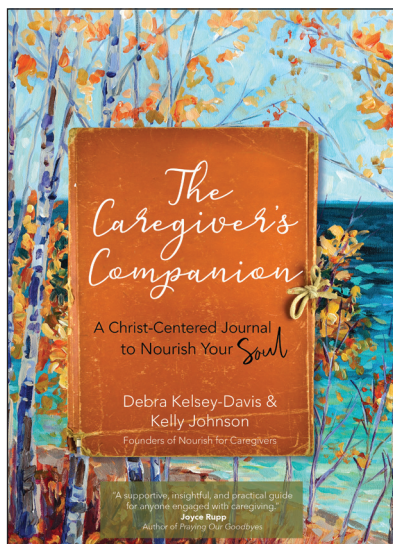
The physical, financial, and emotional demands of caregiving can take an enormous toll, and their high stress levels make caregivers a population at-risk. *The Caregiver's Companion* provides the encouragement and spiritual nourishment readers need to persevere each day—whether their role involves hands-on caregiving, helping from a distance, or lending emotional support to a loved one in an assisted living facility. Each entry in this beautiful, full-color guided journal combines prayers, meditations, reflection questions, quotations, and plenty of space for personal journaling, allowing readers to capture the highs and lows of their daily experiences.

Readers will discover spiritual nourishment and practical guidance for

- coping with stress and feelings of grief and loss,
- advocating for your loved one and yourself,
- facing tough decisions and knowing when to ask for help,
- establishing healthy boundaries with other family members, and
- making lasting memories in your challenging but special role as caregiver.

The Caregiver's Companion is also a useful resource for parishes, parish nurses, chaplains, and faith-based elder-care agencies and health systems. Free, downloadable resources are available on nourishforcaregivers.com.

A portion of the sales benefit Nourish for Caregivers.



The Caregiver's Companion

*A Christ-Centered Journal
to Nourish Your Soul*

By Debra Kelsey-Davis
and Kelly Johnson

ISBN: 978-1-59471-916-5

160 pages • \$16.95

"In The Caregiver's Companion, the authors provide a supportive, insightful, and practical guide for anyone engaged with caregiving. This valuable spiritual resource resonates with wisdom and compassion gained by those who have experienced the hills and valleys of caregivers.."

JOYCE RUPP

Author of *Praying Our Goodbyes*

"Caregiving may very well be one of the most challenging times in anyone's life. Yet caregiving is also a time filled with some of life's most precious blessings. We know; we've been there."

Excerpt from *The Caregiver's Companion*

ABOUT THE AUTHORS



Debra Kelsey-Davis is the caregiver for her aging parents, a registered nurse, and the cofounder of both Nourish for Caregivers—which seeks to improve the health and spiritual wellbeing of caregivers—and Sagacity.Care—which connects patients, family caregivers, and healthcare providers with information they need.

Her health care management leadership spans more than twenty-five years. Along with Kelly Johnson, Kelsey-Davis created and hosted a twelve-episode series for

caregivers that is available through Shalom World TV.

She earned her RN degree at Illinois Central College in Peoria, Illinois, and her bachelor of science degree and master's in health services administration from the University of St. Francis in Joliet, Illinois. Certified in lay ministry through the Archdiocese of Chicago's Called and Gifted Program, she has more than twenty years of ministry experience, including catechesis, RCIA preparation, Bible-study and small-group formation, and as a spiritual director for her church's Christ Renews His Parish program. Kelsey-Davis is a member of the National Association of Catholic Nurses.



Kelly Johnson is the adult faith formation director at St. Mary of Gostyn Catholic Parish in Downers Grove, Illinois, and the cofounder of Nourish for Caregivers—which seeks to improve the health and spiritual wellbeing of caregivers.

She was an advertising executive until her then-five-year-old son developed a brain tumor, and she cared for him during his illness. Johnson is a member of the National Association of Catholic Family Life

Ministers, the National Conference for Catechetical Leadership, and the Midwest Children's Brain Tumor Center Advisory Board. She earned a bachelor's degree in marketing and English from Loras College in Dubuque, Iowa, and graduated from the lay leadership program from the Institute for Pastoral Studies at the University of Saint Mary of the Lake in Mundelein, Illinois.

Along with Debra Kelsey-Davis, Johnson created and hosted a twelve-episode series for caregivers that was broadcast on Shalom World TV.

SAMPLE PAGES FROM *THE CAREGIVER'S COMPANION*

