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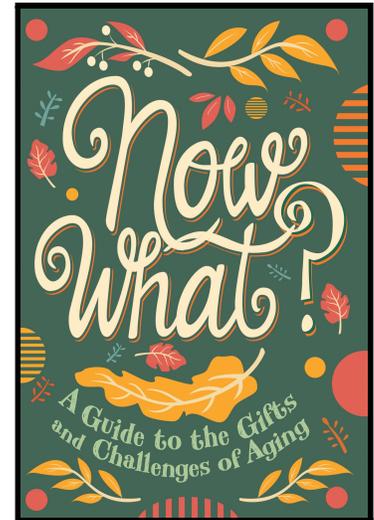
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Now What?

A Guide to the Gifts and Challenges of Aging

“Now what?” Millions of us ask this question as we, or our parents or grandparents, suddenly face an age-related challenge. We need fast answers. In “Now What? A Guide to the Gifts and Challenges of Aging” a collection of experts provide practical advice, including how to form a caregiving team, ensure home and online safety, maintain mobility and support independence. The authors also emphasize the gifts of aging, including deepened relationships and new opportunities to give back to our communities. This book is written so that aging individuals, their families and caregivers can read it and find solutions together.



Please join the national launch event for “Now What?” at Noon (Eastern Time) on Tuesday March 23, 2021. The event is free and is open to everyone. In this 45-minute event, you will meet some of the book’s expert authors and sponsors and will come away energized to help others. Tell friends about this opportunity by sharing the registration-page link: www.NowWhatBookLaunch.com.

“An amazing feature of this volume is its ability to address both caregivers and those in need of support, fellowship and aid to improve quality of life,” Robert J. Wicks, the author of many books about resilience, writes about this new book. “You will be so much better prepared to live a full life more sagely and enjoyably with less unnecessary worry, and guide others in the process as well.”

Lucille Sider, author and psychologist, urges “churches and community groups to give two books to each family, one for the senior and one for a friend or relative, so that an entire family can read this book together.”

Chapters are helpfully divided into 23 topics, encouraging readers to immediately jump into the sections that are most relevant to their current needs. This is “a comprehensive how-to manual for successful aging and living a full life,” writes **Wayne Baker of the Center for Positive Organizations at the University of Michigan Ross School of Business.**

Author and Host of the Satellite Sisters podcast, Lian Dolan writes, “What a gift this book is! “Now What?” is a thorough and thoughtful guide to aging that is a must-read for those who are 65 and beyond or those who are dealing with aging parents or relatives. I wish I’d had “Now What?” when I was caregiving for my parents. I had so many questions and this book provides so many answers! The information is accessible, well-organized and practical, but also warm and encouraging. A very handy, helpful resource filled with heart.”

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Among the 23 chapters are:

- You Are Not Alone: Connecting in healthy ways with our community
- Our Allies: Organizing a successful team
- Our Gifts: All of us have strengths that give our lives meaning
- Our Service: Using our unique talents to create meaningful change
- Saging, Not Aging: A transcultural perspective on our gifts as we age
- Going Online: Safely connecting with friends and family on social media
- Caring for Our Caregivers: More than 50 million Americans devote their lives to our care
- Connecting with a Congregation: Joining a congregation is a healthy step
- Mobility Matters! Should we stop driving? And, if we do, what now?
- Home Safe Home: Making sure “home” equals “healthy”
- Emergency Preparedness: A 10-point safety list to help you sleep soundly
- Don't Throw that Away! Downsizing and the challenges of hoarding
- Hidden Challenges and Helplines: Identifying easily overlooked issues before they become crises
- A Trip to the Doctor: Plan ahead to make the most of your healthcare team
- Directing Our Care: Advance directives, power of attorney, living wills and DNRs
- Enjoying Life: Having fun is healthy!
- What Is Hospice Care? Finding comfort and peace at the end of life

The contributing authors include:

David Crumm is founding Editor of Front Edge Publishing and ReadTheSpirit.com online magazine. He served as general editor of this book, working with all of the book's collaborators for a year to develop the final array of chapters.

Ruth Rashid Kaleniecki is a nonprofit leader and consultant, an expert in fund development and project management—and was the convener of the coalition in southeast Michigan that devoted 2020 to focusing on innovative ideas to encourage healthy aging in place. Ruth contributed this book's Introduction and Chapter 1: You Are Not Alone.

Jessica Linville is a social worker and Director of Community Based Programs at Wolverine Human Services in Michigan. She holds a Master's in Hospice and Palliative Studies with a concentration and certification in bereavement and a Master's in Social Work. She helped to coordinate this book project and contributed Chapter 15: Dress for Success, and Chapter 17: A Trip to the Doctor.

Najah Bazy is the founder of Zaman International, a nonprofit that offers a wide range of services for at-risk families, especially households headed by women with children. She has been honored as both a CNN network and People magazine hero. She is nationally known as an expert in transcultural nursing. She contributed Chapter 6: Saging, Not Aging.

Missy Buchanan is an educator, best-selling author and nationally known advocate for the needs of aging men and women. She is a sought-after speaker for workshops and conferences and appeared twice on *Good Morning America* after helping host Robin Roberts' mother Lucimarian co-author the 2021 memoir, *My Story, My Song*. She wrote the book's Foreword.

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Charles Ensminger is a United Methodist pastor serving the Allen Memorial United Methodist Church in Athens, Tennessee. He also is an educator, consultant and author of *Crafting the Sermon: A Beginner's Guide to Preaching*. He contributed Chapter 23: And in the End.

Joe Grimm is a journalism professor at Michigan State University's School of Journalism. He established a series of classes that, each year, publish guides to greater cultural competence. Grimm's students collectively have become known as the Bias Busters. Over the years, they have produced widely used books explaining racial, religious, cultural, occupational and generational groups. He was responsible for Chapter 19: Our Relationships.

Joseph Krakoff is a rabbi and the Senior Director of the Jewish Hospice and Chaplaincy Network in West Bloomfield, Michigan. He is an educator, consultant and author of the books, *Never Long Enough: Finding Comfort and Hope Amidst Grief and Loss* and the related *Never Long Enough: Coloring/Workbook*. He contributed Chapter 22: What is Hospice Care?

Patricia Montemurri is a nationally award-winning journalist who reported for many years for *The Detroit Free Press*. She also has written a series of books about Michigan's religious communities, including *Blessed Solanus Casey* and *Immaculate Heart of Mary Sisters of Michigan*. She contributed Chapter 13: Emergency Preparedness.

Benjamin Pratt is a retired United Methodist pastor and counselor whose expertise over many years led him to write the *Guide for Caregivers* among other inspirational books about overcoming the many challenges of contemporary life. He contributed Chapter 8: Caring for Our Caregivers.

Emma Banze is an attorney, researcher and writer with GXG, a company that specializes in helping organizations to overcome barriers to growth. Her background also includes study of end-of-life issues and she contributed Chapter 21: Our Story, Our Legacy.

Dmitri Barvinok is Production Director of Front Edge Publishing and supervised the editing and design of this book. He is also an expert on emerging forms of media in publishing. He contributed to Chapter 12: Home Safe Home, Chapter 7: Going Online and Chapter 20: Enjoying Life.

Lisa Brown is a writer, former Congressional and Government Relations professional, life-long advocate and community lay leader dedicated to protecting and empowering women, children and the elderly. She helped enact and implement national legislation for women, children and the elderly; developed innovative child welfare, young leadership and community service initiatives; and has served on numerous philanthropic boards. She contributed Chapter 5: Our Service.

Elisa Di Benedetto and **Larbi Megari** are journalists based in Italy and Algeria, respectively. They are co-managing directors of the International Association of Religion Journalists. They conducted the global research for Chapter 10: Connecting with a Congregation, work that was sponsored by the Academy of Religion Data Archives.

Mary Rumman is a social worker who works within the University of Michigan Healthcare System and specializes in helping older men and women and their families cope with the many challenges of aging. She contributed Chapter 18: Directing Our Care.

The agencies that collaborated together to produce this book include: Bridging Communities Inc., Brilliant Detroit, Camp Fire Southeast Michigan, Cody Rouge Community Action Alliance, GenesisHOPE CDC, Interfaith Health and Hope Coalition, Mission Lift, Sinai-Grace Guild Community Development Corporation, and Urban Aging News. *The work was supported by the Michigan Health Endowment Fund.*

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Foreword by Missy Buchanan

Published by Front Edge Publishing
www.HealthyAgingBook.com

Publication Date: March 23, 2021

192 pages

Paperback ISBN: 978-164180-095-2 \$19.99
iBook ISBN: 978-1-64180-096-9 Epub ISBN: 978-1-64180-097-6 Ebook: \$9.99

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