

NEWS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

Date: April 5, 2021
Contact: Danielle Lepping, Librarian
360.417.8500 or DLepping@nols.org
Re: Meet the Author: *Mike & Me*
Attached: *Rosalys 2.jpg, cover 2.jpg*

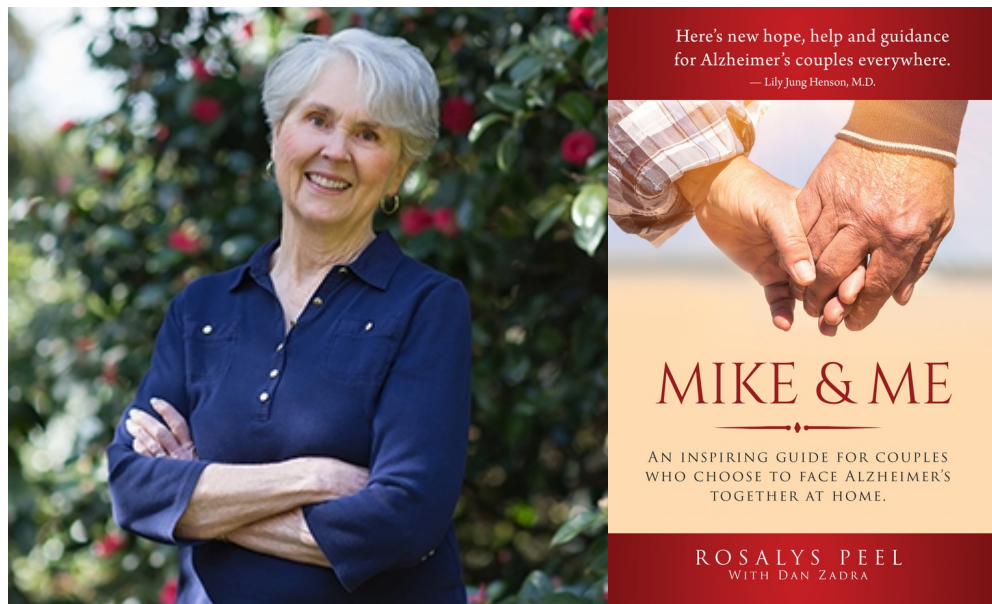
The North Olympic Library System (NOLS) will present *Meet the Author: Rosalys Peel* on Wednesday, April 21 at 6:30pm on Zoom. Registration is required.

Rosalys Peel is the author of *Mike & Me*, the Indie Award-winning guide for Alzheimer's couples, families, and caregivers. Peel will discuss her book and take audience questions in this free Zoom program. Although her story is specifically about Alzheimer's, readers dealing with other forms of dementia and caregiving related to aging, can find useful take-aways from the discussion.

When her husband Mike was diagnosed with Alzheimer's, Rosalys Peel searched the bookshelves for a "couples guide" that would show them how to deal with Mike's illness at home instead of in a care facility. Unable to find that book, she eventually decided to write it herself. The result is an immediate, practical, and inspiring guide that bridges an important gap for today's Alzheimer's couples and caregivers. For nearly ten years, Mike and Rosalys found new ways to defy many of the most discouraging Alzheimer's statistics. Together they pursued their dreams, maintained their love, enjoyed family and friends, kept Mike on his feet, and saved thousands of dollars by doing it all in their own home. Through it all, Rosalys kept a journal of

their discoveries. Today her groundbreaking guidebook on Alzheimer's homecare is bringing fresh ideas and new hope to thousands of couples, families, and caregivers. Peel has been featured on *NPR* and the *Today Show*. She is a Registered Nurse, a Certified Couples Relationship facilitator, and remains a tireless writer and speaker in the national fight against Alzheimer's. She lives on Bainbridge Island near her children and grandchildren.

For additional information on programs and services happening at your library, visit www.nols.org, email Discover@nols.org, or follow North Olympic Library System on Facebook and Instagram.



Local author Rosalys Peel to share guidance on home Alzheimer's care.

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