

MARCH 2018  
ISSUE 2

# OUTREACH NEWSLETTER

Welcome to the Outreach to the Homebound Newsletter from the North Olympic Library System!

A common question the Outreach to the Homebound Program receives is “Can you give me a list of what you have?” Currently, NOLS offers a collection of over 260,000 books, eBooks, DVDs, digital audiobooks, and other materials. Although we can’t list everything through the Outreach Newsletter, we will share and connect you with some of what NOLS has to offer. We also want to hear from you - the patron! What do you enjoy reading? The Outreach Newsletter will give you the opportunity to share and review titles that you have read. Please be sure to view the last page and fill out the Patron Picks form.

## IN THIS ISSUE:

- PATRON PICKS
- MYSTERIES
- TRUE CRIME
- WELLNESS



# WELLNESS

## ***The Book of Joy: Lasting Happiness in a Changing World by His Holiness the Dalai Lama and Archbishop Desmond Tutu***

Two leading spiritual masters share their hard-won wisdom about living with joy even in the face of adversity, sharing personal stories and teachings about the science of profound happiness and the daily practices that anchor their emotional and spiritual lives.

## ***The Bright Hour: A Memoir of Living and Dying by Nina Riggs***

An exquisite memoir about how to live--and love--every day with 'death in the room'. Brilliantly written, it's a book about looking death squarely in the face and saying 'this is what will be.' *The Bright Hour* urges us to live well and not lose sight of what makes us human: love, art, music, words.

## ***Up: How Positive Outlook Can Transform Our Health and Aging by Hilary Tindle***

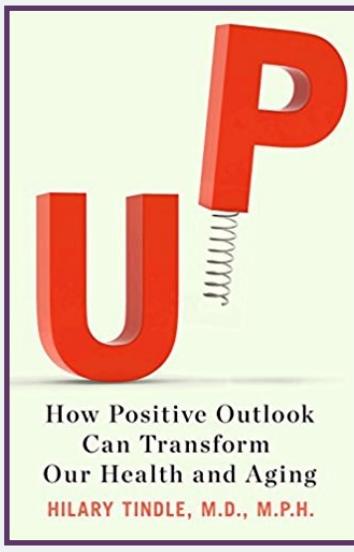
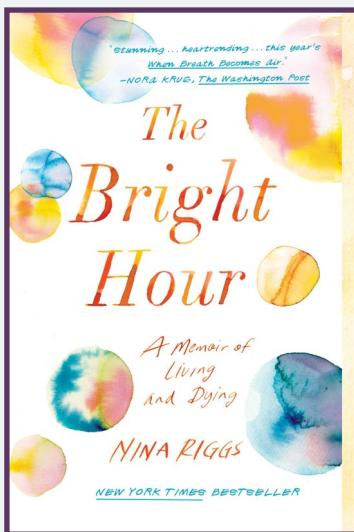
From wrinkles to cognitive decline, our outlook affects our health at every level. Tindle brings a fresh eye to attitudinal traits such as optimism, noting that it has many faces, including the face of her own struggling optimism. Using the 7 Steps of Attitudinal Change that she applies to her own patients, Tindle offers us a path toward healthy aging.

## ***The Sleep Revolution: Transforming Your Life, One Night at a Time by Arianna Huffington***

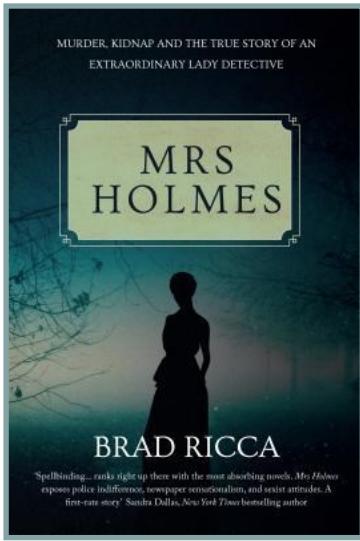
In today's fast-paced, always-connected, perpetually-harried and sleep-deprived world, our need for a good night's sleep is more important--and elusive--than ever. *The Sleep Revolution* both sounds the alarm on our worldwide sleep crisis and provides a detailed road map to the great sleep awakening that can help transform our lives, our communities, and our world.

## ***Eating Well for Optimum Health: A Comprehensive Guide to Food, Diet, and Nutrition by Andrew Weil***

Weil provides a program for improving well-being by making informed choices about what and how we eat. He presents basic facts about nutrition, offers an Optimum Diet complete with weekly menus, provides 85 recipes accompanied by a nutritional breakdown, and also gives custom dietary advice for common ailments.



# TRUE CRIME

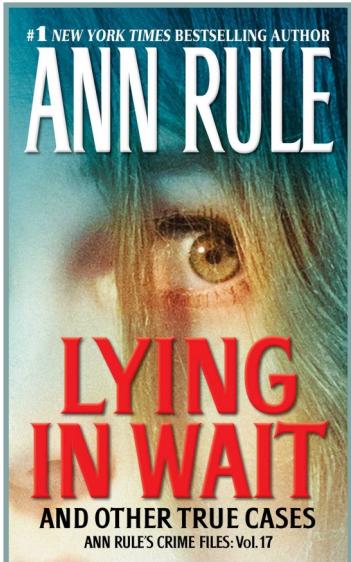
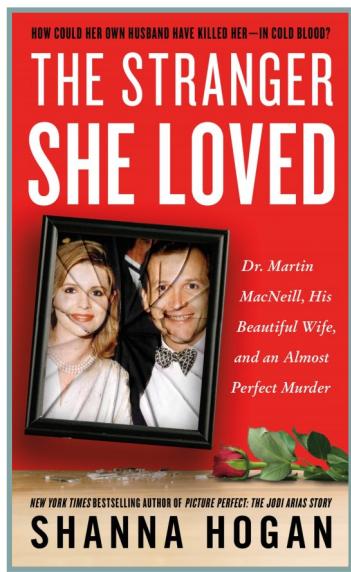


**Mrs. Sherlock Holmes: The True Story of New York City's Greatest Female Detective and the 1917 Missing Girl Case that Captivated a Nation by Brad Ricca** The first-ever narrative biography of this singular woman the press nicknamed after fiction's greatest detective. Her poignant story reveals important clues about missing girls, the media, and the real truth of crime stories. The great mystery of *Mrs. Sherlock Holmes*—and the haunting twist ending of the book—is how one woman could become so famous only to disappear completely.

**Crime Beat: A Decade of Covering Cops and Killers by Michael Connelly** The best-selling author of crime novels demonstrates

how his years as a crime reporter in Florida and Los Angeles contributed to the creation of vivid details in his novels, of not only the villains and heroes, but of the investigations and stranger-than-fiction crime scenes.

**The Stranger She Loved: A Mormon Doctor, His Beautiful Wife, and an Almost Perfect Murder by Shanna Hogan** At first, the death of fifty-year-old Michele MacNeill, a former beauty queen and mother of eight, appeared natural. But days after the funeral, when Dr. MacNeill moved his much younger mistress into the family home, his children grew suspicious. Conducting their own investigation into their mother's death, the MacNeill daughters uncovered their father's multiple marital affairs, past criminal record, and falsified college transcripts he used to con his way into medical school.

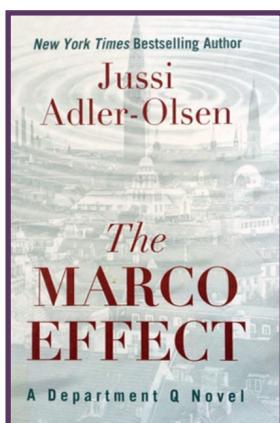


**The Great Pearl Heist: London's Greatest Thief and Scotland Yard's Hunt for the World's Most Valuable Necklace by Molly Caldwell Crosby** Describes the true story of a 1913 collaboration between a notorious jewel thief and the Chief Inspector of Scotland Yard as they hunted for a precious pearl necklace, worth more than the Hope diamond.

**Lying in Wait and Other True Cases by Ann Rule** In this collection of investigative accounts from her private archives, "America's best true-crime writer" exposes the most frightening aspect of the murderous mind: the waiting game.

# MYSTERY AND SUSPENSE

**Last to Know by Elizabeth Adler** Detective Harry Jordan sees his lake home as a respite from solving crimes on the streets of Boston. The Osborne family view their cottage as a way for the family to avoid the distractions of life. One night, Harry Jordan is walking the lake when the night is rocked by an explosion: the home of newcomers, Lacey Havnel and her daughter, Bea, is completely engulfed by flames.



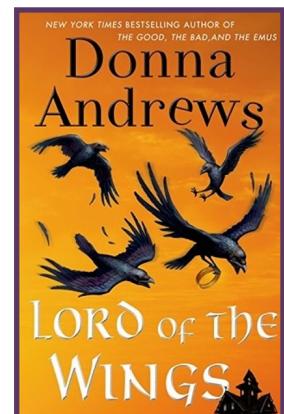
**The Marco Effect: A Department Q Novel by Jussi Adler-Olsen** All fifteen-year-old Marco Jameson wants is to become a Danish citizen and go to school like a normal teenager. But his uncle Zola rules his former gypsy clan with an iron fist. Zola forces the children of the clan to beg and steal for his personal gain. When Marco discovers a dead body—proving the true extent of Zola's criminal activities—he goes on the run.

**The Darling Dahlias and the Confederate Rose by Susan Wittig Albert** As members of the garden club in Darling, Alabama prepare to plant roses for their annual Confederate Day celebration, they are distracted by mysteries involving stolen funds, a secret code, and a local resident's odd behavior.

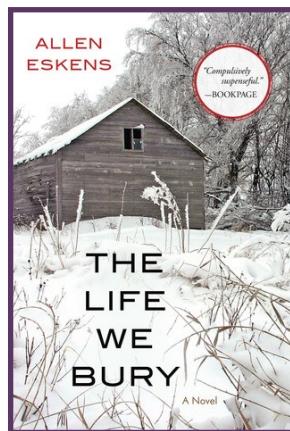
**Lord of the Wings by Donna Andrews** Reluctantly volunteering her home after a haunted house exhibit burns down, Meg Langslow is challenged to save the day upon discovering a real murder victim among the creepy displays.

**Jar City by Arnaldur Indrioason** Inspector Erlendur Sveinsson investigates the killing of a solitary man, found murdered in his Reykjavik apartment, and discovers that the dead man had been accused but not convicted of a rape forty years earlier.

**Dead Heat by Dick Francis** After guests at a party he catered get food poisoning, and a private box at the Two Thousand Guineas, for which he provided meals, is bombed, chef Max Moreton is faced with the task of trying to protect his life and career.



**Bruno, Chief of Police by Martin Walker** Former French soldier Benoit "Bruno" Courreges has a long since grown accustomed to the pace of the county. He doesn't carry a gun as a policeman, and is not known to make arrests. This idyll is disturbed when an elderly North African is found murdered with a swastika gouged in his torso.



**Blindman's Bluff by Faye Kellerman** Someone has broken into the exclusive Coyote Ranch compound of a billionaire developer and viciously gunned him down, along with his wife and four employees.

**The Life We Bury by Allen Eskens** Joe Talbert heads to a nursing home to complete a writing assignment and meets Carl Iverson, a dying Vietnam veteran and a convicted murderer. As Joe writes about Carl's life, he cannot reconcile the heroism of the soldier with the despicable acts of the convict.

# WHAT ARE YOU READING?

Dawn suggests that mystery readers may like the “Bruno” series by Martin Walker “Small town in France … a French Port Angeles.” Dawn also suggests trying mysteries by Arnaldur Indriðason. “Don’t be put off because it’s about Iceland”. Dawn also says “I think everyone should read *The Librarian of Auschwitz*…it touches everyone!”

Mary suggests reading *Riders of High Rock* and *Trail to Seven Pines* by Louis L’Amour. For mystery readers Mary suggests *Easy Money* and *Dead Heat* by Dick Francis.

Wanda suggests reading *Sycamore Row* by John Grisham and *Granny Dan* by Danielle Steel. For readers of western stories, Wanda says “All Louis L’Amour books are good reading”.

Jan suggests reading *Ginny Moon* by Benjamin Ludwig - “A heartbreaker of a story told in the voice of a 14 yr. old autistic adopted girl.” Jan also refers to *Lincoln in the Bardo* by George Saunders - “Anyone else as confused by this messily organized novel as I?”

*Ciao, America* by Beppe Severgnini - “Hilarious and rare observations of American culture by an Italian writer here just one year.”

*The Sunflower* by Simon Wiesenthal - “A dying Nazi soldier asks a concentration camp visitor for his forgiveness. 25 years later the survivor asks leading intellectuals what they’d have done in his place. Their collected responses are presented as a second half of the book.”

Hazel says the *Singing River* series by Gilbert Morris is “Excellent”.

Patron review of *Two Old Women* by Velma Wallis - “A beautiful Alaskan legend of betrayal, courage, and survival inspiring new respect and hope.”

Joan says “*The Prince of Tides* by Pat Conroy-favorite of mine for many years…fiction that reads almost like poetry and covers a wide historical background”. She also suggests “*Mama Makes Up Her Mind* by Bailey White and anything by Fannie Flagg or Ken Kesey.

Dorothy suggests *Clan of the Cave Bear* by Jean Auel - “Her books are great, very descriptive to listen to on audio books.” Dorothy also suggests *The Last Runaway* by Tracy Chevalier.

## FREQUENT FAVORITES

*The Light Between Oceans* by M. L. Stedman

*The Kitchen House* by Kathleen Grissom

*All the Light We Cannot See* by Anthony Doerr

ANYTHING BY:  
Fern Michaels

Faye Kellerman

Jonathan Kellerman  
Iris Johansen



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## **WHAT IS OUTREACH TO THE HOMEBOUND?**

Library staff and volunteers are available to deliver library materials to individuals who are unable to come to the library due to age, illness, or disability. This free service is available on a long or short-term basis. Deliveries are made once or twice per month to people living at long-term care facilities, retirement apartments, or personal homes. Specific titles may be requested, or items can be selected for you based on your interests.

### **PATRON PICKS & REVIEWS**

Please share with us some of your favorite reads  
to be published in the next newsletter

**AUTHOR** \_\_\_\_\_

**TITLE** \_\_\_\_\_

**REVIEW (OPTIONAL)** \_\_\_\_\_  
\_\_\_\_\_  
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**AUTHOR** \_\_\_\_\_

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**REVIEW (OPTIONAL)** \_\_\_\_\_  
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**YOUR FIRST NAME (OPTIONAL)** \_\_\_\_\_

*Tear off this page and give it to your volunteer, or mail/email it in!*