

Publisher's Note

Memories of the Real Helen Carswell—gifted by Helen's family and friends—awakens in us such admiration for this wonderful woman, so much so we feel like we know her and wish we did. It also arouses the special memories from our own lives, inspiring us to reflect on the good times and make the best of every day we have with our loved ones.

It represents such a beautiful tribute to Helen and Allan, their sixty-nine years of dating and sixty-four years married, and their remarkable legacy. And it speaks to their deep love, practical positivity, and amazing tenacity to rise above the weight of living with Alzheimer's.

Allan, I am once again tremendously grateful for your trust and confidence in producing *Our Lingering Farewell* and now *Memories of the Real Helen Carswell – Beyond the Shadow of Alzheimer's*. It's been a pleasure to work with you to bring this refreshing collection of stories to fruition in book form, thus celebrating Helen's extraordinary life and ultimately yours too.

I wish you both gentle and uplifting days always.

Warmest regards and appreciation,

Sheri Andrunyk

Publisher, Senior Writer, Author, Mentor
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