



Southeastern Division of CAPA



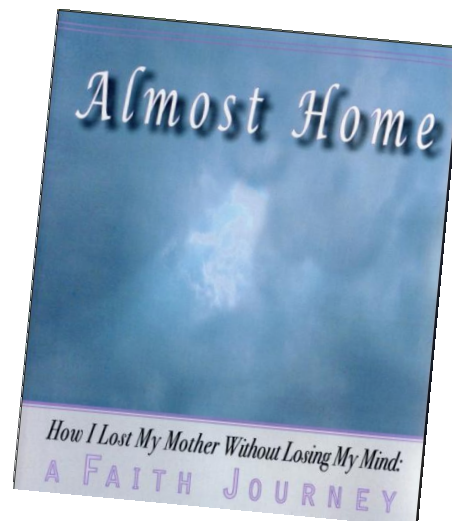
## Author's Page ~ Teresa M. Norris

### "Almost Home: How I Lost My Mother Without Losing My Mind—A Faith Journey"

#### Author Writes About "The Long Good-Bye" Dementia Creates For Families

Teresa M. Norris has always found writing to be a means of processing life experiences. When she left her teaching career and moved to the CT shore in 2005, she pursued her writing more directly and has had several articles published in local newspapers.

After her mother's death in 2003, Teresa began gathering her journal writing and personal essays together to tell her story: dealing with dementia in a loved one. It took several years to process it all—both emotionally and literally. The result is this book, published by Husky Trail Press.



In this reflection on her mother's last two years of life, Teresa laces together daily journal entries, personal essays, and reflective insights into a poignant account. Whether it's Alzheimer's, generic dementia, or senility, the long good-bye memory loss creates is a painful process. Anyone who has experienced or is experiencing such a loss will find a connection to this story. The author acknowledges how an undercurrent of faith got her through this period, as did the writing process itself.



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