

A vintage, slightly faded color photograph of a young girl with blonde, curly hair. She is wearing a light pink, short-sleeved dress with a dark belt. She is smiling and looking towards the camera, with her hands near her face. The background is a plain, light blue-grey color.

# Save *the* Bones

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SHANNON  
O'DONNELL

Shannon O'Donnell

Save the Bones



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Memory is elusive, particularly when it involves Alzheimer's and family. There is nothing ever straightforward in the living or the telling. *Save the Bones* traces the road of Memory space: remembering, forgetting, making factors up on the way, shifting identities and roles, trying to stay on the right course. Pay attention to the undercurrent in the partnership of a mom and daughter caught in the dizzying unraveling that is Alzheimer's. There's always an undercurrent, a murmuring soundtrack that accompanies everything. The girl that Shannon O'Donnell knew as her mom Marie—charming, vibrant, political, outgoing—becomes a lot more a stranger to her friends and family as the condition nibbles aside at her remembrances, her character, her singular identity. *Conserve the Bones* invites you to accompany Shannon and Marie on that crooked route, a place of darkness and light, heartbreak and also humor.



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Mother was never a Typical Woman Dealing with somebody once known can be an echo of my tale as a Hospice volunteer. Excellent for all those who have watched their parents fall apart. She doesn't keep in mind me anyway." Shannon O'Donnell's SAVE THE BONES says, "She may not keep in mind me, but I recall her. Shifting, funny and captures the pathos of the aging Just what a talented author! Marie is usually introduced. Out of everything can come grace and Shannon makes this become a reality in the web pages of this publication. She will this with a combination of short tale and poetry. Thanks, Shannon. Wow. As my mom is aging, I could relate and gain insights into our own relationship changes. just as the body is dependent upon bones to be able to stand up, the mind depends upon memory in order to "stand up" and speak, experience, and connect to the world. Excellent for kids of aging parents Compelling tale with humor and pathos. A book about a disease such as cancer can offer at least a flicker of wish that the victim will recover, but, at this time, there is no recovering from Alzheimer's.. The only survivors will be the caregivers, friends and the family encircling the victim. The focus of this book is an idiosyncratic and personal appear at how exactly we, the survivors, may find out and grow from the experience. It really is in this that we find our hope. There but also for the Grace of God.. A book that will touch your heart and challenge your senses. Hard since it is to cope and still have a feeling of humor while coping with this dreadful illness, Shannon does it and let's the reader inside the family humor and provides us an excellent picture of the delight her Mom must have been (but still is sometimes). Good job Shannon. This book is this honest journey with a much loved who provides Alzheimer's. Donna Lee Anderson required reading for those dealing with a loved one with dementia Shannon's recounting of her mother's slow descent into Alzheimers can be told with humor and compassion. She blends the pain of the loss of the mom she knew with funny reflections on the day to day treatment of someone who, quite simply, forgets. It reads like entries in a journal, without the explanations or descriptions that would make it tedious. It is a lovely book and I would recommend it to anyone, but most especially to anyone simply beginning or well into a similar journey with a loved one. Long Awaited Finally a real-life story about the trials and tribulations and joy of coping with Alzhelmer's. Shannon reminds us that although individual seems different they remain family and deserve the respect they taught us. This path of memory was taken with tears in my eye, a lump in my throat and a smile on my lips.! Very touching." The HER can be Marie, Shannon's mother caught in the dizzying unraveling of Alzheimer's. Frequently not just Saving the Bone, but hitting the funny bone. O'Donnell takes us on a trip with a combined mix of prose, reflection and poetry. I look forward to more from her! Loved the book that is written with such understanding and love. My understanding about this disease was deepened, most especially on the level of the heart. A journey in to the unknown Readers are invited into a most intimate trip of loss. Always able to start to see the humor in life, the author invites us on the way as her mother gradually succumbs to the destructive power of Alzheimer's. The task to keep this paradigm of humor turns into ever greater because they walk deeper in to the darkness of forgetfulness. So many assets on Alzheimer's outline everything you might expect someone you care about to experience. Conserve the Bones is a very real sharing of 1 family's knowledge.. Alzheimer's is an illness that gets rid of the bones of the mind, and so we lose the people we love even though your body persists. I frequently hear friends and family give reason not to visit, "I would like to remember her for who she was, not really who she's become. A way to connect ... I have gifted Save the Bones to two close friends who have looked after their moms who suffered from alzheimer's. Both liked it and examine it from cover to cover in a day! Two Stars not my cup of

tea A woman's true, touching story about loved ones with Alzheimer's As with everything in lifestyle Alzheimer's obviously has it's trials and struggles particularly when it hits close to home, but it also has it's joys, grace and lessons learned. O'Donnell's book that she nearly read it in a single sitting and the additional family members friend said she required it to the toilet, while consuming etc. It could help other families as they journey with their cherished one.. Just what a great compliment. I will continue to purchase Save the Bones to gift others who knowledge this with a close family member or friend. While it is such a hard thing to experience, at least we can have some convenience knowing there are others who we are able to share the experience with .. The irreversible slide could be slowed but not stopped. (As a dyslexic, I am not a big reader myself (more into podcast) therefore have not browse the book in full but what I have read I loved-funny, compelling and insightful! One friend was a neighbor of mine therefore i know the family members well and she said of Ms. Shannon reminds us that the cherished one adjustments from who they were to us, to somewhat of a stranger. But in this "strangeness or difference" a unique journey begins. I understand that sometimes we are able to be our less sensitive when it comes to struggles with family members and loved ones. Ms.!. Marie can be remembered. Talented Writer This story was very engaging. Insightful and useful Buddhist doctrine teaches that awareness depends upon memory; I recommend this book to all or any in the same scenario. I appreciated how the writer was frank in sharing her very own thoughts and actions.



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