



Lunch Break BOOK CLUB

Take a break in your day and join us for our Lunch Break Book Club. Whether you are caregiving or looking for a way to connect with others, together we will explore timely topics while engaging with fellow community members. Sponsored by Hospice of the Piedmont and Senior Resources of Guilford, the Book Club focuses on caregivers although anyone in the community is invited to participate.

Join us on Thursday, January 8 as we begin exploring our next book selection, *Somebody I Used To Know* by Wendy Mitchell. The kickoff event will be a chance to meet other participants and take part in an introduction to the book. All participants will reconvene on Thursday, February 12 after reading the selection for a book club discussion.

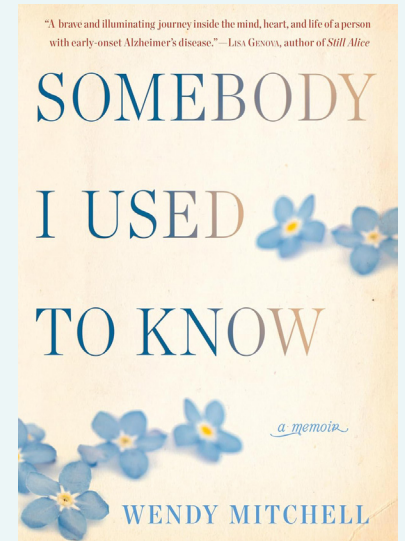
Somebody I Used to Know Thursday, January 8 | 12 noon

(Refreshments will be served)

High Point Public Library | Morgan Community Room
901 N. Main Street, High Point

*The first 12 registrants will receive a free copy of the book
at the kickoff event.*

To register, visit the Events page at
www.hospiceofthepiedmont.org or call 336-889-8446.



About the book

Wendy Mitchell had a busy job with the British National Health Service, raised her two daughters alone, and spent her weekends running and climbing mountains. Then, slowly, a mist settled deep inside the mind she once knew so well, blurring the world around her. She didn't know it then, but dementia was starting to take hold. In 2014, at age fifty-eight, she was diagnosed with young-onset Alzheimer's.

A chronicle of one woman's struggle to make sense of her shifting world and her mortality, *Somebody I Used to Know* offers a powerful rumination on memory, perception, and the simple pleasure of living in the moment. Philosophical, poetic, intensely personal, and ultimately hopeful, this moving memoir is both a tribute to the woman Wendy Mitchell used to be and a brave affirmation of the woman she has become.

Scan this
QR code to
learn more
and to
register!

