

PUBLIC LIBRARY OF NEW LONDON
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For Immediate Release

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New Book Group forming at Public Library of New London

New London, CT - The Public Library of New London is forming a new book group to discuss the difficult issues of aging and end-of-life. Many people find those topics depressing and think that book clubs should be entertaining and lighthearted. That is true of many books groups, but this club will discuss some of life's most meaningful and tough issues. All titles selected, fiction or non-fiction, will explore those themes.

The new group will meet from 6:00 – 7:30 PM on a weekday of the last week of the month. There will be different facilitators (not library staff) each month and readers can attend one meeting, or participate every month. The meetings may be Monday, Tuesday, Wednesday or Thursday, depending on the availability of the facilitators. Books will be available to borrow at the Circulation Desk of the library.

Book for October is ***Can't We Talk About Something More Pleasant?*** by **Roz Chast** and the book discussion will be on **Tuesday, October 25**. Chast is a cartoonist for The New Yorker, and the book was a New York Times bestseller and a finalist for the 2014 National Book Award. This book is very poignant, yet laugh-out-loud funny, as it deals with the difficult issues of aging parents. From Amazon: "Chast's memoir is both comfort and comic relief for anyone experiencing the life-altering loss of elderly parents." The volume is full of wonderful illustrations by Chast and would probably be classified as a "graphic novel" except this remarkable work is a memoir, not a novel. Chast's art work is

currently on exhibit at the Museum of the City of New York through October 16, 2016.

Facilitators for the evening are Martha Marx, RN and Carol Sanders, MSW. Marx graduated from the UCONN School of Nursing and was a pediatric nurse at the beginning of her career. For the past 15 years she has worked in homecare, including hospice care. Marx is currently employed at the Visiting Nurse Association of Southeastern Connecticut (VNASC), is a first-term New London City Councilor and Chair of the Public Works Committee.

Sanders has a Master's Degree in Social Work and a Master's in Gerontology from the University of Southern California and currently works for the VNASC. Previously she was employed as a social worker in a local nursing home and worked briefly for the Area Agency on Aging. Sanders is currently chairperson for the Senior Commission for the town of Waterford and has lived in SECT for 30 years.

On **Tuesday, November 29**, the title to be discussed is ***On Being Mortal: Medicine and What Matters in the End*** by Atul Gawande, a book that was recently on The New York Times best seller list for 81 weeks. The author, a surgeon and contributor to The New Yorker, writes about the end of life from a professional and personal perspective, including the death of his own father, also a physician.

The facilitators for this meeting are Kristin Cooksley Magnussen MSN, RN-BC and Catherine Dragoo. Magnussen, a nurse for more than 43 years, was certified in gerontology for 20 years and currently works in public health at the Ledge Light Health District. Catherine Dragoo also works at Ledge Light as Grants Manager and Medical Reserve Corps Coordinator. In her personal time she enjoys reading and has been a member of a book club that began in 2001.

For more information call Suzanne Maryeski at 860-447-1411 or register online at www.plnl.org.