
NANCY R. POLAND



Bio

Nancy Poland, B.S.W., M.A., approaches life with a mix of compassion and practicality. She is an experienced caregiver who desires other caregivers to learn from her knowledge. As the owner of Grace's Message, with grace and hope, she provides written and spoken communication on caregiving, loss, and other valuable topics.

Nancy retired from NMDP; she was most recently a Contracts and Compliance Manager. She spent many years in management, and in negotiating contracts for clinical trials for blood and marrow transplant.

A life-long resident of the Twin Cities, Minnesota, along with her husband John, they raised two sons and continue to contribute to their communities. You can read her blogs, videos, and caregiver resources at her website, and sign up for her newsletter.

Partnerships:

[Alzheimer's Speaks](#)

[Chrisitan Women's Speaker Bureau](#)

[Dementia Map](#)

[The Price of Business Show](#)



CONNECT WITH NANCY

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Website: www.gracesmessage.com

[Facebook](#)

[LinkedIn](#)

[X \(Formerly Twitter\)](#)

PUBLIC SPEAKING



Through speaking, Nancy shares stories of caregiving using her books, media presentations, and toolkits. She is determined to help you succeed. Caregivers (present and future) discover the value of resilience, determination, and faith, as Nancy shares insights, stories, and resources. Nancy is also available to speak about loss, dementia, senior issues, and other valuable topics.

Nancy is part of two speakers' organizations.

Price of Business Speakers' Bureau

Contact them about the availability as a guest for media interviews and speaking engagements by emailing speakers@USABusinessRadio.com



Christian Women's Speakers

[Click Here for Information](#)



Visit Nancy's speakers [webpage](#) for ideas and information.

BOOKS



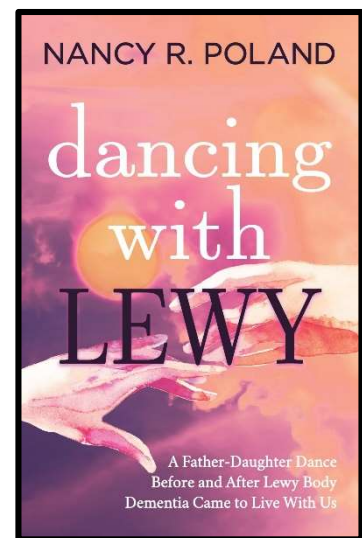
Dancing With Lewy

Within *Dancing with Lewy: A Father Daughter Dance Before and After Lewy Body Dementia Came to Live with Us*, readers meet two individuals, Lee, and Nancy. Lee was born into a large farming family just before the Great Depression. He was a World War II Veteran, self-made businessman, artist, poet, and a man who would give a stranger his last nickel. Lee's third daughter, Nancy, is practical, organized, pragmatic, writer, and equaling her father in determination.

Nancy was determined to take the helm when Lee's mind began "dancing" with Lewy body dementia even though he resolved to remain independent while his mind slipped away. Within *Dancing with Lewy*, readers also meet God as the one who carried the family through this storm and offered grace to the weariness of the family.

This memoir is written through Nancy's eyes. Woven throughout *Dancing with Lewy* is original poetry written by Lee which gives readers a glimpse into his outlook to life. The memoir contains two parts. Part I tells the story of Lee's young life, Nancy's growing up years with her dad, and the toll dementia took on their family. During these pages, readers feel the pain of grief when Nancy's mom died of cancer and her dad became even more confused.

Part II of *Dancing with Lewy* shares lessons learned and provides hope for caregivers tending to their loved one(s) who have a debilitating illness.



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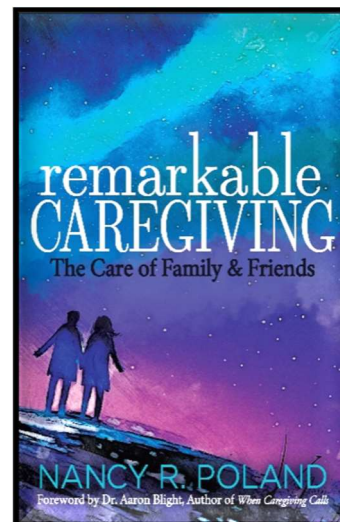
Remarkable Caregiving

Remarkable Caregiving: The Care of Family and Friends is a compilation of six true stories as told to the author, Nancy R Poland. In this book you will meet a law-abiding woman forced to kidnap a loved one, a man who served as the “relief pitcher” for his best friend, and parents of children born with disabilities who found innovative solutions. You will meet a woman born into poverty, who made a life for herself and her children, then thrust into crisis care for her mother just as her kids grew up. Learn how a daughter put her beliefs into action by caring for her dad, whatever the cost. And finally meet the woman who found her purpose in life becoming not just a paid caregiver, but a full-time, live-in family member to two adults with Down syndrome.

What made these caregivers resilient, inventive, and resourceful? What did they learn, and what can they teach us? You will be moved reading these individual’s stories, witnessing how they incorporated values of family, friendship, faith, and love while caring for another.

Included in *Remarkable Caregiving* are three appendices; (1) a financial and legal review for families, (2) discussion points for families facing the decision of taking a loved one into their home, and (3) discussion questions.

Read *Remarkable Caregiving*; it may just give you a boost of hope for humanity.



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Forward by Aaron Blight, Ed.D.,
Author of *When Caregiving
Calls: Guidance as You Care for
a Parent, Spouse, or Aging
Relative*



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Ask Me!

1. How did you decide to author your books, *Dancing with Lewy*, and *Remarkable Caregiving*?
2. How did you deal with the emotional impact of writing *Dancing with Lewy*?
3. What surprised you about writing your books?
4. What do you hope to accomplish by publishing your books?
5. How is Lewy body dementia different from Alzheimer's?
6. What do you think is going to happen in the next 20 years regarding dementia, caregiving, and the ageing baby boomer population?
7. What did you see as the ethics around writing about your family?
8. What would you have changed on your caregiving journey with your dad?
9. What advice do you have for caregivers?
10. How did faith play a part in your stories?
11. What do you hope readers take away from your book?
12. What advice do you have for writers?

Book Clubs, find book specific questions:

For "Dancing with Lewy" on this link on [Nancy's Website](#)

For "Remarkable Caregiving," in the back of the book.