

## FOOD FOR THOUGHT BOOK THOUGHT BOOK GROUP 2018-2019

**September 6, 2018**

Alzheimer's Awareness

**The Things We Keep**

By Sally Hepworth

F

Anna Forster is 38, but her mind is slipping away. She

knows her family is doing what they believe to be best when they take her to Rosalind House, an assisted living facility. She knows there's just one another resident who is her age, Luke. She does not expect the love that blossoms between her and Luke. Eve Bennett, a single mother, works at Rosalind house. When she meets Anna and Luke, she is moved by the bond the pair has forged. When an incident leads Anna's and Luke's families to separate them, Eve finds herself questioning if she is willing to help them.

**October 4, 2018** Celebrate our 10th Anniversary during National Reading Group Month!

**I'll Push You** By Patrick Gray and Justin Skeesuck NF Book and Dinner!

Justin and Patrick were born less than two days apart in the same hospital. They grew up together, went to school together, and were best man in each other's weddings. When Justin was diagnosed with a neuromuscular disease that robbed him of the use of his arms and legs, Patrick helped to feed and care for him. When Justin heard about the Camino de Santiago, a 500-mile trek through Spain, he wondered whether the two of them could ever do it. Patrick's immediate response was: "I'll push you."

**November 1, 2018.** Helping the Homeless..... Fresh Packs Gathering

**Welcome Homeless**

By Alan Graham and Lauren Hall

NF

Alan Graham, founder of Community First Village, is improving life for people through sharing his story of becoming more human through humanizing others. Graham believes the more we can give people dignity, the power of choice, and genuine community, the better we'll be able to offer solutions that will have impact on the world. While his work is focused on giving a home to the homeless, he also wants to transform every person learn to understand what it means to be "home".

**December 6, 2018**

Commemorating WWI...Tea Party Time

**Last Christmas in Paris**

By Hazel Gaynor and Heather Webb

F

*August 1914.* England is at war. As Evie Elliott watches her brother, Will, and his best friend, Thomas Harding, depart for the front. She believes—as everyone does—that it will be over by Christmas, when the trio plan to celebrate among the cafes of Paris. Frustrated by life as a privileged young lady, Evie longs to play a part in the conflict, and as Thomas struggles with the realities of war, he faces battles back home where War Office regulations on reporting cause trouble at his father's business. Through letters, Evie and Thomas share their hopes and fears—and grow fonder from afar.

**January 3, 2019**

Yikes! Flu Season Again!

**As Bright As Heaven**

by Susan Meissener

F

In 1918, Philadelphia was a city teeming with promise. Even as its young men went to fight in the Great War, there were opportunities for a fresh start. Into this town, came Pauline Bright and her husband, filled with hope that they could give their daughters, Evelyn, Maggie, and Willa, a chance at a better life. Just months after they arrive, the Spanish Flu reaches the shores of America. As the pandemic claims over 12,000 victims, they find their lives in a world that looks nothing like the one they knew.

**February 7, 2019**

Relationships with our Asian Neighbors....

**Girl With Seven Names: A North Korean Defector's Story**

By Hyeonseo Lee

NF

This book is an insight into life under a ruthless dictatorship – and one woman's terrifying struggle. Growing up in North Korea, Hyeonseo Lee was one of millions trapped by a communist regime. Her home, on the border with China, gave her some exposure to the world and, as the famine of the 1990s struck, she began to question and realize that she had been brainwashed. At age seventeen, she decided to escape North Korea.

**March 7, 2019** National Brain Injury Awareness Month..... Author Visit

**Moment By Moment on the B.I.G Ride**

By Leanne and Ben Barry

NF

This a story of tragedy, courage, hope, redemption, faith and love that brings an awareness to traumatic brain injury. The B.I.G. Ride is a non-profit cross- country bicycle tour to raise awareness and funds for brain injury programs. They stop in cities and towns along the way, at schools, media, businesses, and churches to educate people about brain injury and its impact. Their goal is to encourage bike helmet and seat belt safety, as well as to inspire people living with a brain injury that life can go on in a very meaningful way.

**April 4, 2019**

The Power of Redemption

**Before We Were Yours**

By Lisa Wingate

F

Memphis, 1939: Twelve-year-old Rill Foss and her 4 siblings live life aboard a Mississippi River shanty-boat. When their father rushes their mother to the hospital, Rill is left in charge—until strangers arrive. The children are thrown into a Tennessee Children's Home Society orphanage, assured that they will be returned to their parents. They soon realize the truth. Rill fights to keep the family together. Aiken, SC, present day: Born into wealth, Avery Stafford has a successful career as a prosecutor and a fiancé. When Avery returns home to help her father with a crisis, a chance meeting leaves her with questions and has her looking into her family's history, on a path that will lead to devastation or redemption.

**May 2, 2019**

Celebrating Mothers

**Little Fires Everywhere**

By Celeste Ng

F

In Shaker Heights, a suburb of Cleveland, everything is planned – the layout of the roads, the colors of the houses, and the successful lives residents will lead. No one embodies this spirit more than Elena Richardson, whose principle is to play by the rules. Enter Mia Warren, an artist and single mother, who arrives with her teenaged daughter, Pearl, and rents a house from the Richardsons. Mia and Pearl become more than tenants: all four Richardson children are drawn to the pair. Mia carries a mysterious past and a disregard for what threatens to upend this ordered community. When friends of the Richardsons attempt to adopt a Chinese-American baby, a custody battle erupts that divides the town, putting Mia and Elena on opposing sides.

**June 6, 2019**

Honoring our Brave Men and Women of the Armed Services

**The Heart Mender, a Story of Second Chances**

By Andy Andrews

F

Andy Andrews delivers an adventure set against the waters and sands of the Gulf of Mexico in WWII America. Sad and unable to abandon her resentment toward the Nazis that took her husband's life, the young Helen Mason is living a bitter, lonely existence. Betrayed and left for dead, German U-boat officer Lt. Josef Landermann washes ashore in a sleepy town along the gulf coast, looking to Helen for survival. This is a story of life, loss, and reconciliation, reminding us of the power of forgiveness and the healing experience of letting go.

\*\*\*\*\***July 2019. No Meeting**\*\*\*\*\*

**August 1, 2019**

The Joys of Senior Friendships

**The Story of Arthur Truluv**

By Elizabeth Berg

F

For six months, Arthur Moses's days have looked the same: He tends to his rose garden, to his cat, then rides the bus to the cemetery to visit his late wife for lunch. The last thing Arthur would imagine is for an encounter to transform his life. Eighteen-year-old Maddy Harris is visits the cemetery to escape the kids at school. One afternoon she joins Arthur—a gesture that begins a friendship between two lonely souls. Moved by Arthur's kindness and devotion, Maddy gives him the nickname "Truluv." As Arthur's neighbor Lucille moves into their orbit, the trio band together and help one another find their potential to start anew.

**September 5, 2019**

The Sporting World of our Youth

**Beartown**

By Fredrick Backman

F

People say Beartown is finished. A community deep in the forest, it is losing ground to the encroaching trees. But down by the lake stands an old ice rink, built generations ago by the working men who founded this town. The ice rink is the reason people in Beartown believe tomorrow will be better. Their junior ice hockey team is about to compete in the national semi-finals, and they actually have a shot at winning. The hopes and dreams of this place now rest on the shoulders of a handful of teenage boys. Being responsible for the hopes of an entire town is a heavy burden, and the semi-final match is the catalyst for a violent act that will leave a young girl traumatized and a town in turmoil.