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## AUTHOR TO SPEAK AT THREE SOUTHERN TIER EVENTS ON CAREGIVING

*“Becoming the best caregiver we can be.”*

BINGHAMTON, NY, April 4TH— This spring local author and caregiver Rundy Purdy is coming to the Southern Tier of NY to share his caregiving story in three events. First he will be appearing as the keynote speaker for the Alzheimer’s Association Spring conference in Oneonta on April 28th, and then he will be providing two additional presentations at libraries in Endicott on May 14th and Norwich on May 19th. The National Caregiver Alliance estimates that there are 34 million informal caregivers helping someone age 50+ in their life. Rundy was one of those people. He spent eight years providing full time personal care to his ailing grandparents in Vestal NY. His years of caregiving made a deep impact on him, and gave him a passion to help others through the difficult, but rewarding, experience of caregiving. His goal is to inspire and encourage others to overcome obstacles and become the most effective caregiver they can be.

While on his own caregiving journey, Rundy wrote a blog chronicling his experience which formed the basis for his book. During that time his writing was profiled on *The New York Times* blog “The New Old Age,” where his account of caregiving and Alzheimer's was described as “touching as 'Tuesdays With Morrie,' as tender as John Bayley’s memoir of his wife, Iris Murdoch, and in many ways truer and more tough-minded than either.” With compassion, hope, and a strong doze of gritty realism, *The Sea is Wide: A Memoir of Caregiving* brings the light of hope to the voyage of caregiving

After reading the book Louise O’Keefe, PhD, CRNP said, “It is a must-read for those taking care of loved ones suffering from Alzheimer’s and for those in the medical and nursing profession. I will definitely recommend this book to my patients and nursing students.”

Drawing on his extensive caregiving experience, Rundy provides key insights on becoming a compassionate caregiver and understanding those in our care. In a combination of presentation and question and answer session, Rundy takes his audience through the caregiving struggle.

If you would like to hear Rundy share his experience of caregiving and discover the things he learned about perseverance and love, then come join us! All are welcome at these events of education and encouragement. Books will be available for purchase and author signing. For more information contact:

Rundy Purdy – Author and Speaker

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