

## HEARING GOD'S VOICE IN TIMES OF DIFFICULTY, *and sharing His hope through our life journey*

Several years ago, Monica Vierling Hall found herself on a heart-wrenching journey with her father as he suffered through Alzheimer's. During that time, writing became a source of comfort for her. She would spend hours with him at the memory care unit, caring for him and creating moments so that their relationship could continue to grow despite the disease that slowly robbed his memories. Her dad would share nuggets of wisdom, humor and stories that she couldn't resist writing down in a journal. She would often go home and call her two sons to say, "You should hear what grandpa said today!"

By the time her father passed away, Monica had filled three journals that for her became stories of his journey. Stories that are warm, personable, comforting, and often humorous to read.

In her time of grieving the loss of her father, Monica held strong to her faith. That faith gave her strength and guided her through the challenges of caring for and losing a loved one to Alzheimer's. Her faith is what her memories of her father are made of, and her faith led her on a new path after her father's passing. A path that not only honors his life, but that also creates hope for others who are journeying with their own loved ones through Alzheimer's.

In July of 2020, just three years after her father's death, Monica published a book entitled *Pouf* that chronicles his journey and her endearing and arduous walk with him. Throughout the book, she reveals the reality, twists and turns of dementia and the care process, all the while leaving readers with a hope that doesn't fade away with the disease.

"My faith is why I wrote this book," explains Monica. "I want others going through this process with their own loved ones to know that there is hope beyond this disease. During my most down times in this journey with my father, I heard God telling me, 'Your assignment is to write.' I really feel that God authored this book to show us what hope in Him can look like through my dad's life and his end of life experience."



Lori La Bey, CEO of Alzheimer's Speaks, praised *Pouf*, saying "Through storytelling and precious quotes from her father, readers get a peek into confusing and sometimes humorous comments that flow from him as his words don't match our reality. I know you will appreciate this book for what it is – An honest and loving look at dementia, with all its twists and turns. Monica leads by example, stepping into the world of dementia creating joyful moments and hope for those caring and serving those with dementia."

Monica has been attending St. Victoria for fifteen years, becoming a parishioner in 2015. She often serves as a lector for Masses, and enjoys being part of our many ministries. Most recently, she was a participant in the first Welcome Retreat at the parish.

Visit her website at [www.monicavierlinghall.com](http://www.monicavierlinghall.com). You can purchase the book directly from her by stopping her after Mass or calling her at 952-334-2117. She would love to talk to you! *Pouf* is also available on Amazon.