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Alumna co-authors Alzheimer's book that focuses on 'love languages'

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UNIVERSITY PARK, Pa. — A Penn State alumna known as an experienced wellness writer and speaker has co-authored a book about coping with Alzheimer's disease.

In "Keeping Love Alive as Memories Fade," Deborah Barr, who earned her journalism degree in 1975, teams with Edward G. Shaw and Gary Chapman to focus on how "love languages" can help relationships in the face of dementia, and how they can impact behavioral systems of those suffering from dementia as well as benefit caregivers.

Chapman is a marriage counselor and author of The New York Times bestseller "The 5 Love Languages." The subtitle of Barr's collaboration with Chapman and Shaw is "The 5 Love Languages and Alzheimer's Journey." According to Chapman, the five languages are: words of affirmation, quality time, gifts, acts of service and physical touch.

The 230-page paperback includes definitions, personal stories, resources and much more.

Barr, a master certified health education specialist, complemented her Penn State degree with a master's degree in health education and promotion from East Carolina University. She has interests in work site health promotion, Alzheimer's and dementia education, health literacy, and Christian growth. She is the author/co-author of five books, more than 600 disease-specific patient education articles, low-literacy employee benefits materials, medical education scripts, and newsletters for English as a Second Language (ESL) teachers. She lives in Winston-Salem, North Carolina.

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