

Speaker, comedian will sign 'Caregiving' book

SAN MARCOS

When he was a caregiver for his ailing sister, brother and mother, who died over the span of 13 years — as well as his deeply depressed elderly father — Jerry Bridge had to dig deep to get through it.

The stand-up comedian and motivational speaker from Carlsbad said it was difficult finding anything funny or particularly motivating in what was going on.

"As I was running from doctor to doctor, feeling alone, trying to work my way through the health care system, I was thinking it's something you're supposed to be able to handle," Bridge said. "I'm a strong guy, a motivational speaker, a marathon runner. What the hell is going on?"

Bridge found himself in a situation similar to that of the estimated 650,000 family caregivers in San Diego County: isolated, stressed, depressed and overwhelmed.

His experience — and how he got through it with a combination of therapy, faith, journaling and a sense of humor — is the basis of his new book, "Who Cares? The Give and Take of Family Caregiving."

Bridge will hold a book signing and presentation from 4 to 6 p.m. Thursday at Brookdale San Marcos, the independent and assisted living facility where his father, Mel Bridge, 91, is a resident.

The author said he hopes the book will help other caregivers sort through the emotions and day-to-day challenges of their role as well as prepare for the end-of-life stage.

"Some people will have it more difficult than me and some not as difficult," he said. "It's just a way to help people not feel alone and ... help people laugh and cry."

Brookdale San Marcos is at 1590 W. San Marcos Blvd., San Marcos. For reservations and information, call (760) 471-9904.



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The Book Signing -
Networking Event
Brookdale Senior Living
San Marcos California