

# RETURN TO JOY

A Family's Initiation Into the Mysteries Of Dementia



*Left to right: Virginia and Charlotte Parker*

**CHARLOTTE PARKER & VIRGINIA PARKER are available for radio and television interviews, speaking engagements, and as a contributing editors for feature articles.**

## CHARLOTTE PARKER

Sixth generation Texans, Charlotte and Virginia Parker were both born and raised in Houston, Texas. Charlotte, the elder of the two sisters, received her Bachelor of Fine Arts in Studio Art from the University of Texas at Austin, as well as a teaching certificate to teach Art in secondary school in 1967. After graduation, she spent a year in New York exploring and enjoying the wine bistros of Manhattan before settling in Dallas, Texas. She opened what proved to be one of the most successful restaurants in Dallas with her long-time friend and business partner, Kathy McDaniel. In 1989, she received her Bachelor of Science in Clinical Nutrition from UT Southwestern Medical School at Dallas. She splits her time between her home in Dallas, Texas which she shares with her husband, Ron Schenk, Ph.D., Jungian analyst, and her ranch in Palo Pinto County.

## VIRGINIA PARKER

Virginia Parker graduated with a Bachelor of Arts in Psychology in 1970 from the University of Tulsa. She went on to earn a Masters degree in Psychology and a Ph.D. in Accounting from the University of Colorado, and is a Certified Public Accountant. Virginia is Metropolitan State College of Denver Professor Emeritus, where she taught for twenty-two years and served as the Accounting Department Chair. She also taught for five years at the University of Colorado. Virginia lives on a ranch near Red Lodge, Montana.

## CONTACT

*Return to Joy: A Family's Initiation into the Mysteries Of Dementia* is available at all national book stores and on Amazon.com. Members of the news media wishing to request a review copy, or an interview, are asked to contact Charlotte Parker by phone – (214) 957-8712 or by email at [charlotteparker@sbcglobal.net](mailto:charlotteparker@sbcglobal.net).

*Learn more about Return to Joy at [www.returntojoythebook.com](http://www.returntojoythebook.com)*

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## ABOUT THE BOOK

Written from the heart, this family memoir shares the story of how the mysteries, challenges, grief and even humor of dementia transformed the lives of two sisters and their family as they consciously chose to step into their demented mother's reality, as opposed to forcing her to live in a world in which she no longer belonged. In this honest examination of the complexities of the mother-daughter relationship, Charlotte and Virginia Parker honor the wisdom of ancient mysteries, mythologies, and expressions of the soul at work in their lives while caring for their mother. They come to the realization that life itself is ultimately a mystery in which we all find ourselves alternately participating and witnessing while bringing out the best and worst of us with its joys and its sorrows, its ugliness and its beauty but ultimately always returning to joy. Anyone with a mother needs to read this book.

## AN EXCERPT FROM THE BOOK ...

*“Dementia brought a death to the mother of my childhood. However, through dementia my mother experienced a rebirthing in the form of her daughter self. In that experience, I gained a rebirthing myself in consciously accepting the role of mother. I simultaneously became a mother and found my mother in the mysteries of this disease.”*



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## ADVANCED PRAISE FOR RETURN TO JOY

This is a beautiful book that will stir your heart and at the same time teach you how to be with someone who has dementia. It is full of feeling and yet not sentimental. It has excellent suggestions, but it is full of touching stories. Two sisters speak to us and to each other with an intimacy that is inspiring. This modest book could help thousands of people deal daily with their parents and loved ones, seeing challenges as opportunities for deep love and spiritual development.

- Thomas Moore, Author of *Care of the Soul*

*Return to Joy* reveals the fertile potential in what may seem a devastating process. It describes the healing and discoveries that unfolded among the family members, individually and in relationship, and it celebrates the many forms of community that arose around taking care of this woman. This will be an easy, heartening, and useful read for anyone whose life is touched (past, present or future) by Dementia's spreading reach.

- *Mount Shasta Magazin*

In *Return to Joy*, the Parker daughters realistically describe the descent of their Mother into the underworld where, having lost her memory, she lives now in the eternal Now. Their description is loving, informed, thoughtful, provocative, and of great value to all of us—whether we are presently dealing with the decline of a loved one or not. Their voyage touches all the islands of hope, despair, insight, frustration, and, finally, arrives home through a redemptive enlargement of loving consciousness.

- James Hollis, Ph.D., Jungian Analyst & Author  
*What Matters Most* and *Why Good People Do Bad Things*

Practical, personal and compelling—*Return to Joy* is an invaluable guide to dealing with the challenges—physical, psychological, and spiritual—of dementia. This book is filled with practical information and creative strategies for negotiating the day-to-day challenges involved in caring for a loved one with this disorder. *Return to Joy* is an invaluable guide for those caring for a loved one with dementia.

- Nancy Dougherty, M.S.W., LCSW, Jungian Analyst,  
Co-Author of *The Matrix and the Meaning of Character*

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## ADVANCED PRAISE FOR RETURN TO JOY

This book is a must-read for any and all whose lives have been touched by the specter of dementia.

- Carolyn M. Bates, Ph.D., Jungian Analyst

Anyone who has cared for, or may one day care for, another will find this book a welcome compendium of the trials, tribulations, and blessings of this formidable mission as well as a guide into how to access its rich psycho-spiritual potential.

-Jacqueline West, Ph.D., Jungian Analyst, Co-Author of *The Matrix and the Meaning of Character*

This book moved me, challenged me to think, accurately instructed me, and offered many practical tips for dealing with the many everyday issues that arise in caring for adults with dementia. That's a lot to offer in one book, and the authors bring it off.

- Robert C. Atchley, Ph. D., Distinguished Professor of Gerontology (Emeritus), Miami University,  
Oxford, Ohio

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