

Healthy Relationships during COVID-19

by Bonnie Brandle, Director, National Clearinghouse on Abuse in Later Life (NCALL), a project of End Domestic Abuse in Wisconsin

People are happiest, healthiest, safest, and supported when they are listened to and treated with respect by the people in their lives. In healthy relationships, people are kind to you and check in with you. They respect your choices and encourage you to be independent. But sometimes family members or caregivers hurt or harm others.



During COVID-19, a quiet, unseen tragedy is unfolding for the approximately one in 10 older adults who experience physical, emotional, sexual, financial, and spiritual abuse*. While physical distancing will slow the virus, isolation is also a risk factor and a weapon of abuse. Like the pandemic itself, abuse can be a matter of life and death.

Are you or someone you know experiencing any of the following:

- Are there times when people you trust hurt or harm you or make you feel afraid?
- Do ever feel put down or made to do things you don't want to do?
- Does someone in your life use your things or money without your permission?
- Does someone keep you from seeing your doctor or friends?
- Does someone keep you from practicing your spiritual beliefs?
- Does someone threaten you?

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Being hurt by someone is not your fault – do not blame yourself. You may want to consider these ideas to increase healing and connection.

- Talk to your doctor, spiritual leader, or someone you trust.
- Spend time with supportive friends and family members.
- Keep as physically active as possible and eat well.
- Enjoy music and movies, see people you love if you can, and participate in activities that make you feel happy and strong.
- Call the National Domestic Violence Hotline at 800-799-7233 or the elder locator at 800-677-1116 for information.

Sometimes family or friends take money or things that do not belong to them. No one should handle your money or accounts without your permission.

Has anyone:

- Put their name on your bank account, ATM card, or credit cards and withdrew money without your permission?
- Taken valuable items without your permission?
- Pressured you into changing your will or other financial documents?
- Forged your signature on documents?

If you or someone you know may have been financially exploited, you can contact the police, adult protective services, or a civil lawyer for help. Everyone deserves to be treated with dignity and respect.

Resources:

For support or information about domestic violence or elder abuse, call the National Domestic Violence National Hotline at 800-799-SAFE (7233).

For information about services for older adults, call 800-677-1116.

To report elder abuse, call 911 or your local adult protective services agency.

For more information about elder abuse, visit the National Center on Elder Abuse at <https://ncea.acl.gov/>.

*Source: Acierno, R. Hernandez-Tejada, M., Muzzy, W., Steve, K. (2009). National Elder Mistreatment Study. Washington, D.C.: National Institute of Justice.

Volunteer Spotlight -- Becky Blake

For nearly seven years, Becky Blake has brought her tremendous talent and enthusiasm to her volunteer role of moderator at the Idaho Commission for Libraries' (ICfL) Talking Book Service. She and her partner, volunteer reader Don Evans, are a team who primarily record books, rather than periodicals. Becky said, "Don is a wonderful reader, and I love moderating and producing for him."

As the reader, Don is one in the audio booth, while Becky controls the computer program that records Don's words. She maintains the audio level, for example, or she can stop Don if he makes a mistake so they can rerecord a section.

Becky said, "Don and I are a good team, and he is magnanimous enough to take some direction from me, too." Becky continued, "For example, if I disagree with his operative word in a sentence, we get to argue about it. We love to argue about pronunciation. That's our favorite thing to do. Then we finally let the Merriam-Webster program settle it. But it's always good-natured. And I rarely need to correct Don, but when I do, it's fun."

For a time, Becky was an actress in New York. And then after marrying and having children, Becky and her family moved several times over the years. Prior to moving to Boise, the family lived in Bismarck, North Dakota. While there, Becky volunteered to read to the blind. Becky said, "It was a way for me to take my theatrical training in speech and apply it to something really worthwhile." When her family relocated to Boise, Becky was looking for a similar volunteer opportunity, which she found with the ICfL and the Idaho Talking Book Service.

Becky said, "Like with all work, the recording process can become tedious at times; but when you read the thank you notes that come in from people who listen to these books and periodicals, it just makes your heart sing. You just know you're doing something for people you'll never meet but who truly appreciate it and look forward to the book."

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Talking Book Service

10² Club



Our centenarians joining the Ten-Squared Club are:

Margret Glenn

who has read 154 books since joining the TBS program in 2014.

John Ness

who has read 96 books since joining the TBS program in 2019.

Irene Tiede

who has read 354 books since joining the TBS program in 2015.

Volunteer Spotlight - Becky Blake

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Becky Blake

Becky continued, "I remember one note from a daughter who was returning the talking book equipment after her mother passed away. She wrote about her mother being bedridden in the last years of her life, but that she looked forward to the next installment of the book she was listening to or the next book that was coming in the mail."

Becky said, "Occasionally, you get a glimpse into what you are a part of, and it's just amazing. I feel like I'm the lucky one to be able to volunteer for the talking book program. It may seem like a little thing to us, but it is a huge thing for somebody who really finds the talking books to be their window to the world."

TBS Order Form

NAME _____

ADDRESS _____

To order any of the books from this newsletter, write your name and address in the space indicated above and mark on the line(s) next to the identification number of the title(s) you want. Then, mail the form (pages 5 through 8). Postage is not required.

These titles are also available for download from BARD.

To register for BARD, call the Talking Book Service at 1-800-458-3271 or visit: <http://NLSbard.loc.gov>.

Stories of Hope

"The Anatomy of Hope: How People Prevail in the Face of Illness" **Adult Nonfiction**

Authors: Jerome E. Groopman**Read By:** Bill Wallace

Physician and New Yorker staff writer draws on 30 years of medical experience and his own struggles with a debilitating back injury to explore the "biology of hope." Presenting intimate portraits of former patients, Groopman investigates, in the mind-body connection, scientific evidence of emotions' contributions to recovery.

_____ **DB057969****2004****6 hours, 39 minutes**

"Almost Everything: Notes on Hope"

Adult Nonfiction**Author:** Anne Lamott**Read By:** Anne Lamott

The author of "Bird by Bird" (DB40554) and "Hallelujah Anyway" (DB87574) presents a guide to finding moments of hope and joy, even when the world and relationships around you are depressing and exhausting. Some strong language. Commercial audiobook.

_____ **DB092757****2018****3 hours, 42 minutes**

(Continued on page 6.)

TBS Order Form

(Continued from page 5.)

"Hope Dies Last: Keeping the Faith in Difficult Times"

Adult Nonfiction

Authors: Studs Terkel

Read By: Steven Carpenter

Oral interviews with 54 people, varying in age and profession, focusing especially on their hopes to achieve a better life for themselves and mankind. Terkel presents these vignettes, which discuss such subjects as politics, economics, and civil rights, to support his thesis that hope is necessary to trigger activism leading to change.

_____ **DB057545**

2003

11 hours, 6 minutes

"The School of Essential Ingredients"

Adult Fiction

Author: Erica Bauemeister

Read By: Karen Manarolla

Eight students gather in Lillian's Restaurant for a weekly cooking class. Each one seeks a recipe for something beyond the kitchen. Claire, a young mother, struggles with a demanding family; Antonia, an Italian kitchen designer, adapts to American life; and Tom mourns the loss of his wife to breast cancer. Chef Lillian helps them create dishes whose flavor expands into the secret corners of her students' lives.

_____ **DBI00001**

2010

6 hours

"Gabby: A Story of Courage and Hope"

Adult Nonfiction

Author: Gabrielle D. Giffords

Read By: Barry Bernson

Arizona congresswoman Gabrielle Giffords and her husband, astronaut Mark Kelly, describe their lives before and after the near-fatal shooting of Giffords in January 2011. They discuss their anguish over the other victims, Kelly's support during Giffords's recovery, and Giffords's determination to return to work. Some violence and some strong language. Bestseller.

_____ **DB074049**

2011

11 hours, 44 minutes

(Continued on page 7.)

TBS Order Form

(Continued from page 6.)

"Florence Nightingale, 1820—1910"

Adult Nonfiction

Author: Cecil Woodham-Smith

Read By: Paul Baker

Using private papers and letters as references, the author presents a portrait of the founder of the modern nursing profession. Praised for her services during the Crimean War, Miss Nightingale brought about reforms in army hospitals.

_____ **DB023160**

1951

19 hours, 55 minutes

"God's Handmaiden"

Adult Fiction

Author: Gilbert Morris

Read By: Jill Ferris

England, 1851. Orphaned Gervase Howard lives with her aunt, a servant for the Wingate family. Gervase secretly loves their eldest son, Davis, and sadly leaves when he marries. Training with Florence Nightingale, Gervase serves during the Crimean War, reconnects with Davis, and later -- while nursing the comatose man at home -- finds danger.

_____ **DB072471**

2004

10 hours, 37 minutes

"The Postman"

Adult Fiction

Author: David Brin

Read By: Ray Foushee

In the aftermath of a nuclear war that has devastated the nation, a traveling storyteller borrows the jacket of a long-dead postal worker and is unwittingly transformed into a symbol of hope for America's future. Some strong language.

_____ **DB023860**

1985

10 hours, 11 minutes

(Continued on page 8.)

Idaho Talking Book Service
Idaho Commission for Libraries
325 W. State Street
Boise, ID 83702-6055

**FREE MATTER for the
BLIND or HANDICAPPED**



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Boise, ID 83702-6055**

For assistance, or to comment about the Idaho Talking Book Service, please call **1-800-458-3271**, weekdays, from 8 a.m. to 4:45 p.m., MT.

To order this newsletter on cartridge:

_____ "Connections: Idaho Talking Book Service News" on cartridge

To order this newsletter in braille:

_____ "Connections: Idaho Talking Book Service News" in braille

For a podcast, PDF, or to subscribe to this newsletter via email, visit: <https://libraries.idaho.gov/tbs>. To download this newsletter via the online catalog, search: "Connections, Idaho Talking Book Service News."

Rachel Recommends Summer Beach Reads from Page 9:

"Summer of '69"

_____ **DB095859**

"Who Do You Love"

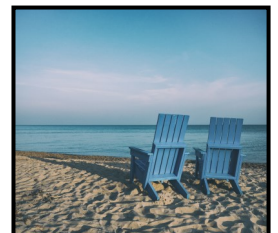
_____ **DB082702**

"Me Before You"

_____ **DB076161**

"Evvie Drake Starts Over"

_____ **DB095700**



More info on page 9.

Rachel Recommends Summer Beach Reads

Whether you are reading outside by the water or just in the much-appreciated air conditioning this summer, here are a few "beach read" recommendations from TBS Customer Service Representative Rachel Welker. Request any of these books on page 8 of this newsletter.

"Summer of '69"

Adult Fiction

Author: Elin Hilderbrand

Read By: Erin Bennett

Nantucket, 1969. Siblings Blair, Kirby, Tiger, and Jessie find their world changed from the last time they spent the summer at their grandmother's home. With the three older siblings spread across the world and facing their own crises, 13-year-old Jessie feels the strain of family secrets. Unrated. Commercial audiobook. Bestseller. **2019**

13 hours, 37 minutes

"Who Do You Love"

Adult Fiction

Author: Jennifer Weiner

Read By: Suzanne Duvall

Rachel and Andrew met in a hospital emergency room when they were children. Despite their different backgrounds, when they meet again as teens they fall in love. Throughout their lives, they spend time together and apart, always drawn back to each other. Some strong language and some descriptions of sex. Bestseller. **2019**

12 hours, 33 minutes

"Me Before You"

Adult Fiction

Author: JoJo Moyes

Read By: Jill Fox

Working-class English girl Louisa "Lou" Clark is hired as an aide to wealthy Will Traynor, a former mogul who has been paralyzed since a road accident. Lou tries to keep the embittered Will engaged with the world, while Will encourages Lou to expand her horizons. Some strong language. Bestseller.

2012 **12 hours, 58 minutes**

"Evvie Drake Starts Over"

Adult Fiction

Author: Linda Holmes

Read By: Julia Whelan

A year after her husband's death, Evvie Drake rarely leaves her house in Maine. Dean is an ex-major league pitcher who has lost his confidence and is looking for a place to escape the spotlight. They become friends when Dean rents an apartment in Evvie's house. Strong language.

Commercial audiobook.

2019 **9 hours, 5 minutes**

Betty's Countdown Concludes

After 28 years with the Idaho Commission for Libraries (ICfL), Betty Hoshaw recently retired from her role as shipping and materials handler. Betty was one of two staff members who checked in the returning Talking Book Service (TBS) audio book cartridges each business day and worked to get patrons their next great read. Before implementing the Scribe cartridge, which holds multiple titles on one cartridge, Betty and her coworker, Linda Cash, processed approximately 7,000 TBS cartridges (to and from patrons) each week.

When asked what she will miss, Betty said, "The people -- both staff and volunteers. I'm probably closer to the volunteers than I am to the coworkers because I work more closely with them." Betty added, "I've acquired some very good friends here, whom I'll probably have forever."

Betty is planning to tackle projects around her home, including her yard, which she says, "needs some TLC." Also, Betty and three friends will visit Yellowstone in the fall.

TBS Player Tip -- Cartridge Won't Play

Have you received a TBS cartridge that won't play properly and says "end of book" when you try to play it from the beginning? This will happen if you are attempting to play a cartridge that you have already had. The player thinks you have just completed that cartridge. To solve this issue, the player's memory for this cartridge must be cleared.

To do this will take a bit of dexterity or help from a friend or family member. At the same time, hold down the top "tone," top "speed," and top "volume" buttons on the player and then push the "power" button. You will hear "creating new profile," which indicates the issue has been resolved. You should be able to play the book from the beginning with no further problem. If you do have questions or need assistance, please call a TBS customer service representative at 208-334-2150 / 800-458-3271.



Recent Donations to the Idaho Talking Book Service

(May - June 2020)

General Donations:

Trudy Derosa
Janet Franklin
Theresa Gross
Christine Haggerty
Larue Humphries
Lavonne Painter
Kerstin Peterson
Gwenlee Riedel

Memorial Donations:

Janet Angeletti in memory of Aunt Ginny
Stuart and Donna Batt in memory of Marien Barton
Nancy and Lee Bondorant in memory of Marien Barton
Mary Delony in memory of Marien Barton
Kevin Learned and Janie Learned-Warren in memory of Marien Barton
Nancy Lokmor in memory of Phyllis Foxcroft
Daniel Pavelich in memory of Bernie Jurkovich
Patricia and Bruce Stratton in memory of Marien Barton
Bonnie Stringfield in memory of Marien Barton

Donations are fully tax deductible, as allowed by law.

Make checks payable to the Idaho Commission for Libraries and mail to:

Idaho Talking Book Service
325 W. State Street
Boise, ID 83702

Credit card donations may be made online from the Idaho Commission for Libraries' website: <https://libraries.idaho.gov/donations/>.

Or, from the homepage, click on the "Support Your Library" button.

Our sincere thanks to all who give so generously.



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This project was made possible, in part, by the
Institute of Museum and Library Services.

Customer service representatives (CSRs) are available to assist TBS
patrons, **Monday through Friday**, from **8 a.m. to 4:45 p.m., MT**,
except State of Idaho holidays.

208-334-2150 / 800-458-3271

TBS Talk

by TBS Program Supervisor LeAnn Gelskey

As we prepare for summer to come to a close, there's still time to enjoy the warm weather on a morning walk or maybe an evening drive. And, remember, your TBS player can hit the road with you. Just make sure the player is fully charged before you take off, and then enjoy a book at the park, in the car, or wherever your next adventure takes you.

