

Contact: Lois Kelly, 401-333-5464, lkelly@beeelinelabs.com

Noodle Website/Free Chapter Download: www.bethenoodle.org

Be the Noodle

50 wild and wondrous ways to stay sane and find new superpowers while helping a parent die - from a daughter who's just been there

“BE THE NOODLE” expresses the wisdom of the head and the heart in a way that will help any caregiver no matter what problem they are confronting. I have experienced all that Lois Kelly writes about on a personal and professional level and her short, easily understood lessons are a gift to us all.” – Bernie Siegel, MD, author, “Faith, Hope & Healing”

Don't run away from helping someone die, step up and be the noodle. Helping someone at the end of their life can be one of the most fulfilling adventures you never wanted, says Lois Kelly, author of *Be the Noodle: 50 Ways to Be a Compassionate, Courageous Crazy-Good Caregiver*.

Based on the author's four-month odyssey helping her headstrong mother, Bette, live at home while dying, *Be the Noodle* chronicles the crazy experiences that caregivers have during this unpredictable journey - things no medical, hospice, or traditional how-to-deal-with-dying books explain.

Kelly takes us from the gut wrenching, like being unable to call 911 during a crisis once you sign up with hospice; to the struggle to remain kind and helpful on an hour's sleep; to the mundane, like welcoming the 24th banana bread to your kitchen; to the poignant moments spent advocating for patient martinis with the oncologist.

"***Be The Noodle*** is a lifeboat for those caring for someone in the last stages of life. Its supplies are plentiful and sustaining: wit, tenderness, generosity, searing clarity and above all compassion," says Maria Sirois, Psy.D., author, "*Every Day Counts: Lessons in Love, Faith and Resilience from Children Facing Illness*"

Becoming the Noodle

“My mother Bette Kelly was a strong, independent woman who liked to swim far out into the ocean. She thought people who used Styrofoam swimming noodles for “extra help” were “ridiculous,” explains Kelly. “But in the final months of her life she knew that she would have to hold onto a metaphorical noodle. And that noodle would be her family and friends, helping her stay buoyant despite unpredictable currents, pulling her to safety when she could no longer paddle. The first lesson in the book is “Be the Noodle.”

The 50 short chapters are grouped into three sections:

- Wham! Bam! Welcome to the Caregiver Club, M’am
- Conflict and Crisis: When the Wild, the Wicked and Weird Start Hitting the Fan
- Being Laid Off: Saying Good-bye to the Hardest Job You Never Wanted

About the author

Lois Kelly, author of the award-winning book *Beyond Buzz*, is co-founder and partner in Beeline Labs, a Boston-based marketing consulting firm. Until her mother’s illness and subsequent crash course in care giving, Lois’ deepest foray into this arena was a badly-executed effort to help her then-infant son battle a stomach bug.

Lois started *Be the Noodle* as a blog to keep her family up to date on what was happening with their mother, and to help stay sane. Before she died Bette Kelly urged Lois to turn it into a book. Like all dutiful daughters, she did what her mother asked. (She said ‘no’ to Bettye just once, explained in Chapter 39, "Morphine & Moral Dilemmas.") She lives in Rhode Island with her husband and teenaged son.

For more information

- **A complete media kit** with sample chapters, author questions & answers, table of contents, author bio and photo can be [found here](#).
- **To interview the author or request a book for review**, please contact Lois Kelly at lkelly@beelinelabs.com, 401-333-5464.
- **Book Web site:** www.bethenoodle.org