

Delve Deeper into *When I Walk*

A film by **Jason DaSilva**

This list of fiction and nonfiction books, compiled by Penny Talbert and Rebecca Zinner of Ephrata Public Library, provides a range of perspectives on the issues raised by the POV documentary *When I Walk*.

*Jason DaSilva was 25 years old and a rising independent filmmaker when a diagnosis of multiple sclerosis changed everything — and inspired him to make another film. **When I Walk** is a candid and brave chronicle of one young man's struggle to adapt to the harsh realities of M.S. while holding on to his personal and creative life. With his body growing weaker, DaSilva's spirits, and his film, get a boost from his mother's tough love and the support of Alice Cook, who becomes his wife and filmmaking partner. The result is a life-affirming documentary filled with unexpected moments of joy and humor. Official Selection of the 2013 Sundance Film Festival. A co-production of ITVS. A presentation with the Center for Asian American Media (CAAM).*

ADULT NONFICTION

Kalb, Rosalind C., Ph.D. *Multiple Sclerosis: A Guide for Families*. New York: Demos Medical Publishing, 2006. Families experiencing multiple sclerosis often find themselves in uncharted territory. Prior patterns of interacting with each other may no longer work; roles often shift with dramatic emotional impact; guilt, anger, sadness, and a sense of burden may create a barrier to intimacy, joy, growth, and family unity. There are ways out of this debilitating situation, and many families have restored their balance, humor, productivity and family solidarity. *Multiple Sclerosis: A Guide for Families* can lead the way for your family to strengthen its coping skills and to receive targeted information about the disease and its ramifications. This complete yet highly readable guide for families living with multiple

sclerosis addresses these issues and more.

Kingsford-Smith, Jillian. *Taking Control: A Collection of Inspiring Stories of People Living With Multiple Sclerosis*. New Farm, Qld.: Take20 Stories, 2013.

Although relatively little is known about Multiple Sclerosis (MS), with 2.5 million sufferers worldwide medical professionals are sure of one thing — each individual's experience with the disease is different. *Taking Control* combines the inspirational stories of 15 individuals diagnosed with MS with practical tips and advice for others coping with the disease.

Nussbaumer, Linda L. *Inclusive Design: A Universal Need*. New York: Fairchild Books, 2011.

Combining design, functionality and accessibility, this text lays out the argument for universal design. Making a space that is both creative and accessible to the aging and differently abled population is no longer a challenge, but an art, and no longer a courtesy, but a need.

Pietrangelo, Ann. *No More Secs!: Living, Laughing, & Loving Despite Multiple Sclerosis: A Memoir*. Winchester, VA: WebCamp One, LLC, 2011. When in the throes of a new romance, a woman's mind can be focused on a thousand different topics. More than likely, none of those topics involve being on the verge of a life-altering health diagnosis. Ann Pietrangelo found herself in this exact position when, at 44 years old, she was diagnosed with Multiple Sclerosis. In her memoir, Pietrangelo shares her story of navigating the unexpected life changes she faced due to her diagnosis and how humor has helped her to cope with MS.

Rhoads, Marcela A. *The ADA Companion Guide: Understanding the Americans with Disabilities Act Accessibility Guidelines (ADAAG) and the Architectural Barriers Act*

(ABA). Hoboken, NJ: Wiley Publishing Inc., 2010.

This title has been called, "the ultimate reference to the latest ADA and ABA Accessibility Guidelines for buildings and facilities." This book is a good match for small business owners, architects and designers who looking for detailed information on designing for accessibility.

Steinfeld, Edward. *Universal Design: Creating Inclusive Environments*. Hoboken, NJ: Wiley Publishing Inc., 2012.

Universal design is a growing field in architecture, interior design and product design. This title acts as a handbook for the many fields of design to not only incorporate, but start and finish with accessibility in mind.

ADULT FICTION

Breen, Susan. *The Fiction Class*. New York: Plume, 2006. Arabella Hicks is distracted. Her latest book, which is over seven years in development, is clear evidence of that fact. Each new week holds only two guarantees for the 38-year-old writer: another session of the fiction writing class she teaches and another argument with her mother. When her class takes an unexpected turn, Arabella comes to realize that she holds the key to improving her career and her relationship with her mother.

Jones, Lizard. *Two Ends of Sleep: A Novel*. Vancouver: Press Gang Publishers, 1997.

At one point, Rusty was a prolific writer and political activist, but a diagnosis of Multiple Sclerosis (MS) has slowed her productivity down to a crawl. Frequently finding herself in the lethargic middle ground somewhere between being awake and sleep, Rusty is determined to cope with her MS diagnosis on her own terms. Simultaneously witty and moving, Jones' narrative seamlessly places Rusty's dreamy fantasy world alongside



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the real life challenges she now faces.

Mitchard, Jacquelyn. *The Breakdown Lane*. New York: HarperCollins Publishers, 2009. When her husband unexpectedly announces that he needs take a break from their life together, advice columnist Julieanne Gillis wonders how she could have overlooked such intense discontentment within her own home. Shattered and left to raise three children on her own, Julieanne makes a valiant effort to pull her life together until a doctor's diagnosis of Multiple Sclerosis threatens to unravel her altogether.

Godden, D.J. *The Cure*. Kibworth Beauchamp: Matador, 2013. Seemingly on the verge of a medical breakthrough with his new Multiple Sclerosis medication, Dr. Ray Shepherd finds himself in a precarious situation when clinical trials reveal potentially disastrous side effects. Pressured by his professional partner Professor Gerard Carter to suppress these findings, Dr. Shepherd tries to find evidence to expose his partner as a fraud before it is too late.

FICTION FOR YOUNGER READERS

Sovern, Megan Jean. *The Meaning of Maggie*. San Francisco: Chronicle Books, 2014. Eleven-year-old Maggie Mayfield is beginning to realize that there is more for her to think about than just afternoon snacks and the school's annual science fair. When her father loses the ability to control his legs and has to begin using a wheelchair, Maggie is determined to find out exactly what is happening to her dad and how she can help him.

Leavitt, Lindsey. *Sean Griswold's Head*. New York: Bloomsburg, 2012. After her father was diagnosed with Multiple Sclerosis, fifteen-year-old Payton Gritas began meeting with her guidance counselor in

an effort to help her cope with the diagnosis. When the guidance counselor suggests that Payton should try focusing on an object to concentrate her emotions on, Payton selects the object that she always finds herself staring at during classes: Sean Griswold's head.

McDaniel, Lurlene. *Angels in Pink: Kathleen's Story*. New York: Delacorte Press, 2005. When Kathleen's best friend, Raina, tried to convince her to spend her summer volunteering at the local hospital, Kathleen wasn't easily persuaded. Between school and caring for her sick mother, Kathleen already has more than enough responsibility in her life. Once she meets Carson, a fellow hospital volunteer, Kathleen's tune quickly changes.

Moss, Alexandra. *Ellie's Chance to Dance*. New York: Grosset & Dunlap, 2005. Since her first ballet class at the age of four, Ellie Brown has executed hundreds if not thousands of pliées, relevés, and jetés. Now, at ten years old, Ellie has the opportunity to audition for the London Royal Ballet. It seems that Ellie's dreams have come true, but she soon realizes that dancing with the Royal Ballet would mean moving to London and leaving her ill-stricken mother behind with no one to care for her.

