

April, 2025

FOR IMMEDIATE RELEASE

A New Graphic Novel Offers Insight, Humor, and Support for Parkinson's Caregivers

JOHNSON, VT – *Parkinson's Disease: Comix for Caregivers – A Graphic Memoir with Education Pages* has recently been published, offering an honest, insightful, and often humorous perspective on caregiving for a loved one with Parkinson's disease. This 144-page book blends graphic novel-style storytelling with educational content to support caregivers navigating this challenging journey. Written and illustrated by Vermont resident Marcie Vallette—a nurse, artist, and educator—the book is based on her experience caring for her late husband, Allen Moulton.

“Allen had Parkinson's Disease for 16 years, and even though we were both nurses, we didn't really know what to expect,” says Vallette, noting that Parkinson's affects everyone differently. Within a few years, Parkinson's brought serious disability, dementia, and financial hardship to their household.

Ten years into Allen's diagnosis, Vallette began drawing comics about her experiences. “Writing and illustrating this book became my outlet.” To refine her skills and bring humor into this serious subject, Vallette took a cartooning class with Vermont cartoonist Robert Brunelle, who became her “humor consultant.”

Vallette chose not to sugarcoat their story. Her husband was supportive of the book from the beginning. “Allen encouraged me to write about my experience as a caregiver honestly, so as to validate others' experiences with this disease.” Ultimately Allen was diagnosed with Lewy Body Dementia. He died in 2023.

This book is not recommended for people with Parkinson's; it is written specifically for caregivers and those wanting to understand what caregiving for dementia and chronic illness is truly like.

Parkinson's Disease: Comix for Caregivers is available on Amazon, or visit www.vallette.net. Marcie Vallette, BFA, LPN, M.Ed, is also the author and illustrator of *Exit Interview: A Workbook for Mortals, End-of-Life Caregivers, and Future Caregivers*.

###

Media Contact:

Marcie Vallette mvallette@hotmail.com