
THE HALI'A ALOHA SERIES

Darien Hsu Gee, Series Editor

Navigating Change: A Journey of Self-Discovery

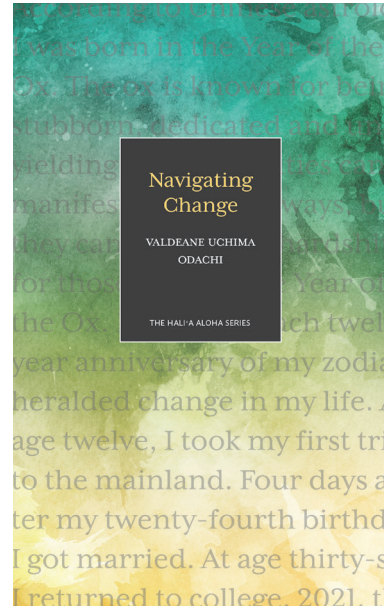
A fragmented childhood filled with heartbreak and disappointment left Valdeane Uchima Odachi feeling lost at sea, at the mercy of unseen currents. In this moving collection of personal reflections and whimsical poetry, *Navigating Change* follows Odachi as she discovers moments of grace and synchronicity while struggling to reconcile her multiple roles as daughter, sister, wife, mother, teacher and caregiver. Her journey's unanticipated reward is a renewed self-identity and the realization that she has always had everything she needs to live the life she wants.

Odachi unexpectedly took on the role of caregiver when her husband was suddenly diagnosed with complicated and frustrating medical problems. "Initially, I thought I would write a book for my children and to document the challenges of having an older spouse with health issues and dementia," she says. But, upon reading her early drafts, "I found my writing was so focused on the unhappiness I experienced—I didn't enjoy reading that version of my memoir." Instead, Odachi chose to shift her mindset and her book's focus to recognize the moments that changed her. The story of her life transformed as she wrote and wrestled with complex and layered emotions concerning events in her past and her life's current path. "Writing both versions allowed me to process the ongoing grief and recognize the grace that occurs in my life," she reflects.

In Odachi's heartfelt vignettes, readers will recognize the pain of adolescence, the joy of motherhood and the conflict inherent in reconciling the role of caregiver with maintaining a sense of self.

ABOUT THE AUTHOR

Valdeane Uchima Odachi is a postsecondary academic counselor and educator who hated school as a child but now holds various credentials ranging from a Hawai'i state license in massage therapy to a master of arts in teaching from the University of Hawai'i at Hilo. Raised in Wahiawā, O'ahu, she currently lives in Volcano, Hawai'i Island, with her family and their two dogs, Bowie and Mika Shrimpface. She enjoys teaching the art of Zentangle®, organizing and removing clutter from her home and spending time with family. *Navigating Change* is her first book.



Navigating Change

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About Hali'a Aloha and Legacy Isle Publishing

Hali'a Aloha ("cherished memories") by Legacy Isle Publishing is a guided memoir program developed in collaboration with series editor Darien Hsu Gee. The Hali'a Aloha Series celebrates moments big and small, harnessing the power of short forms to preserve the lived experiences of the storytellers. Legacy Isle Publishing is an imprint of Watermark Publishing, based in Honolulu, Hawai'i, and dedicated to "Telling Hawai'i's Stories" through memoirs, corporate biographies, family histories and other books. Visit www.haliaaloha.net for more.



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