

# AM I OLD YET?

THE STORY OF TWO WOMEN,  
GENERATIONS APART, GROWING UP AND GROWING YOUNG  
IN A TIMELESS FRIENDSHIP



LEAH KOMATKO

Leah Komaiko

**Am I Old Yet?: The Story of Two Women, Generations Apart, Growing Up and Growing Young  
in a Timeless Friendship**



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Am I Aged Yet? This original and poignant book obliterates the generation gap. Not that she ever provides. After all, her era expects to remain forever youthful. reveals that no matter how old folks are, if indeed they have love within their lives there is certainly only one age: Alive. Nothing she thinks of attempting (plastic surgery, a vacation, a pup, or a new husband) can make her feel youthful again. After that she meets Adele---a girl who never expected to be ninety-four---only, forgotten, and living in a nursing house. The Tale of Two Women, Generations Aside, Growing Up and Developing Small in a frank, funny, and illuminating take into account anyone who fears aging but longs to grow up. is an inspiring memoir that calls for us deep right into a globe where most hope to never enter and few, willingly, dare to go: the nursing house. What for Leah begins as a reluctant contract to spend one hour a week with Adele at the California Chateau evolves into thousands of hours. Through their visits and conversations (about aging, death, miracles, and also sex), Adele, who's completely blind, surprisingly is the person who helps Leah see the truth about ageing. It shares the "coming-of-age" tales of two fantastic and flawed females, fifty years aside, who find themselves in places in their lives they never thought they'd end up being and in a friendship they hardly ever dreamed they'd know. Gradually, her very own fears of aging commence to lift as she views that Adele--- resilient, independent, and nearly embarrassingly enthusiastic---is, in lots of ways, younger than she is. At forty-four, Leah Komaiko had not been aging graciously. With Adele as her host, Leah becomes a regular at the Chateau occasions: sing-a-longs, meals fights in the dining area, a Halloween party (where pirates swashbuckle in wheelchairs). Am I Old Yet? However now she feels previous and empty inside.



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This book is crucial read for anyone questioning the meaning of life. I love this book! It is inspiring and truly entertaining. It is the first publication I've browse cover to cover without stopping since my Golden Books days. I'm sending copies to my best friends. Am I old Yet? I am so impressed by the honesty of the author, Leah Komaiko--her fear of being aged and her sense of insecurity. I am also pleased that she discovered a way to go through her fear. It is a wonderful book!. I just finished this reserve yesterday and I have to say that it's most definitely a keeper. Leah learns much about love and existence from Adele's infectious enthusiasm and positive spirit.. And when you get old you would prefer to be with your family. I could imagine how Adele sensed when she was still left at a nursery house by herself with no visitations from her family... I am so sorry to learn that Adele (the 94 yrs . old lady in the publication) was abandoned by her family with no particular reasons. Masterfully told story!. At age 35, I AM Leah. I couldn't get over so many to the parallels in our lives. That, in itself, was worth reading the publication! I began befriending older people in assisted living facilities at age group 20 and it offers certainly jolted me into putting my life into perspective sometimes. Delightful story of friendship This memoir is a delightful story of the friendship that forms between a 44-year old woman (Komaiko), who's feeling old and empty inside, and a 94-year old woman, Adele, who's surviving in a nursing home. Leah Komaiko did a supurb job of capturing the essence of her romantic relationship with Adele in a manner that produced me nod in contract in every chapter... This socked me between the eyes because of this. I couldn't place it down and go through it in one night.All Leah's fears are my fears when I go to my mom. Leah's willingness to handle her fears of aging and study from them gives mild space for ordinary people to explore this taboo subject. This publication made me pay significant attention. Aside from all this identification on my component, that is a masterful tale of two unlikely wildwomen in old-girltown. It's a stupendous book and can certainly go on my Christmas present list for my friends. Poignant and Wise I saw Leah Kamaiko interviewed on last Sunday's Today Display. It illuminates while it confronts and comforts. Accurate soulmates. Viewing them reminded me of how shifted I was when I go through "Am I Old Yet?" the book Leah wrote in order that all of us could talk about what these two wonderful women have discovered from each other. There is only one age, alive, and that existence is best lived in link with ourselves and each other. I see obviously what my mother's fears are now. For years in my psychotherapy practice I've worked with many people facing maturing and mortality issues for themselves and themselves.." is poignant and wise. We were also treated to footage of Leah and Adele walking and talking together.. This is a valuable resource for our continuing collective trip. The absolute purity of these forms of associations endure the check of period and the warmth and wisdom obtained last long after the person offers departed from this earth... a must read for any baby boomer every generation has its tone of voice...the beats had ginsberg.the 60's had kerouc.... I recommend this book.now the boomers possess komaiko.i literally cannot put it down and read it in an afternoon. I remember my 89 years old father told me that the worst thing to be aged is.intelligent, great, acerbic, ironic and incredibly funny...komaiko taps into our souls and psyches. A compelling TRUE story of an unlikely romantic relationship... My mother is normally in a nursing house 1200 miles away. Everyone should have an Adele within their lives!i sent the reserve to 40 friends and each is calling with rave reviews. "Am I Old However? you were young not too long ago. Awesome book Leah Kamako wrote a lovely eloquent story about 93 yr older awe inspiring Adele. Both women had something valuable to share with each other.Extremely funny and touching.



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