

The background of the cover is a landscape photograph. It shows a wide, green field in the foreground, possibly a pasture. In the middle ground, there are rolling hills or mountains. A low sun is positioned on the horizon to the left, casting a warm, golden glow across the sky and the landscape. The sky is a mix of dark blue and orange. The overall mood is serene and contemplative.

# Lights and Shadows in a Nursing Home

Poems by

Pat Durmon

Pat Durmon

## Lights and Shadows in a Nursing Home



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When a daughter will take her mom to a nursing home to live, it really is disturbing for both of these. Neither one has a road map to navigate in this " new world ". She finds all of this by flying in and out of the light and shadows in a nursing house. As the poet tours her mother's area, the hallways, the library, the art area, and the dining region, she is enthralled with this tilted world, its amazing people, the varied activities. There are singings, Bingo, crafts, and a bird sanctuary, as well as encounters with citizens, a mattress concern, dementia, and group therapy in a library without books. One poem at a time, Pat Durmon (child, poet, and passionate observer) reveals honest and tender occasions of those living in a world filled with questions, fears, and unpredicted joys. What starts as grief becomes a winning way of life on her behalf mother, a female of wit and resilience. Because the daughter appointments her mother on / off over the next 13 years, she connects with rooms, nurses, CNAs, occupants, a beautician, and more.



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Loved the book, treasured the story This book is wonderful. A lot more than that, the publication gave rise to concealed memories of my very own appointments to the nursing home my mother resided in during her last years as alzheimers inflicted her body and mind. The author, through her poetry, vividly shares her encounters visiting her mother in a nursing home and it seems so human. I thought she painted a picture of her mother and her struggles and also a few of the other individuals. At times there is humor, sometimes sadness, sometimes joy. I decided to learn the first couple of poems and the last two, but once I began, I couldn't put the publication down until I completed it. No. It's easy to pick up to read just a poem or two at the same time, although reading them in sequence from entrance to back again tells the whole tale. Mrs. Durmon is certainly a beautiful writer, and her poems are very easy for one to read. A Gem of Inspiration A five-superstar read. You will not be disappointed. Enjoy the ease and comfort. Pat Durmon has managed to change a tortuous 13 season period of her existence into pearls of wisdom and reflection that may only be therapeutic to others who are experiencing the same or a similar life-altering situation.. We never be prepared to become the "parent" to our parents! It's difficult when it happens and so many emotions run through us. This publication is full of insights to those emotions; deep love, anger, hope and faith. Ms. Durmon has a beautiful method of painting word images that send all those feelings and recollections flooding back. If you have an elderly parent, in the home or in a nursing home, you will love this reserve. I was immediately captivated by the 1st poem, Lost. . I love that it had been in story-type capturing different moments and happenings. That is recommended reading.. That is a book to own--for most of us with aging relatives Not only will be the poems lucid and heartfelt, the reserve itself is flawless. Durmon read her personal poems, you will know they come straight from a loving, gentle heart. should anyone ever get a chance to listen to Ms. That is a must-examine for nursing home staffs and children of these who require nursing home care. I love the book and also have already recommended it to others. Words and thoughts This book is filled up with wonderful imagery and sensitive observations about individuals in a nursing home. The author has an honest outlook and paints her own mother in basic word-strokes. The poetry is certainly moving and includes a rhythm of lifestyle and love that is very touching. A delightful and insightful collection! great book!!! I am Hope Estess....I thought this reserve was a great book of poetry in the event that you enjoy poetry. EASILY knew the author, I would like for her to know that it had been heart felt and genuine so far as nursing home living goes. Incredibly therefore. They band truth and love as they are based on her lived experiences with her mom in the nursing home. ..I speak of experience due to my own grandmother. many are on the same journey in fact it is a blessing to get insight from someone that has gone through this process. I am hoping it opens their eyes to the realism of just how life is for the elderly that cant appear to fend for themselves as far as what it takes to make sure they are taken care of and not just put there and become forgotten. Thank-you for your insight and I'm sorry for the troubles you'll want endured, yourself assuming all the poetry is founded on real like encounters. I will extremely recommend it to all, whether they enjoy poetry or not. Pat Durmon's publication is a sensitive and honest look at relationships and lifestyle circumstances. We've all been there - - confronted with mothers and fathers, sisters and brothers, who are growing older. Those with the majority of the responsibility could be overwhelmed an going through the grief procedure. Pat includes a wonderful method with words, a true poet atlanta divorce attorneys sense. Review for Pat Durmon's book Lights and Shadows in a Nursing Home Here is a publication of poetry for the non-poet. The title by itself tells you what to expect within these pages. Without needing assonance, consonance and alliteration for the music of words but using a lot of understandable metaphors and similes, Pat Durmon has published 72 great poems in the conversational and narrative free verse design. The poems do not condescend to the reader nor

compromise honesty or sentiment..That is a definite must-read for just about any resident, staff or family/friends of a resident in a nursing home.. Lights and Shadows in a Nursing House, captivating! One of the most moving books I've ever go through! You will return to it again and again to read these emotionally charged however peaceful poems. Through the pages of the reserve I experienced I drawn into the area with Pat, her mother, other occupants and the staff of the nursing home. Yes it is mainly for a target audience - especially those who have or will have a loved one in a nursing home, nonetheless it is also an excellent reserve for ministers, therapists, lifestyle coaches, nurses and others who offer with those people who are suffering from any illness or loss. For people who have gone through similar experiences, & most of us possess or will, the book is healing. I just wish the book have been created before my mother's stay static in the nursing house. Thanks, Pat.. For those who work in nursing homes . I anticipate reading even more of her books. Powerful read... You might see yourself, your phrases, feelings and actions within these pages. Anyone who has had the experience of visiting a loved one in care can resonate with the stunning and heartfelt sentiments expressed in these poems. Page after page, series after series, Pat Durmon captures the essence of life in the nursing house world, and paints evocative pictures with her words. A powerful read. for individuals who visit relatives in assisted living facilities . . This is excellently written in a way that anyone who has ever experienced a similar life style can instantly identify with. I would recommend this reserve to all that has not really read it. Becoming from the Ozarks too, allows you for me to understand her hardships of getting to the Nursing House at times, and the way the elderly act within. Pat is right on top with all the current poets who have gained fame over time. . Check out this book.. Pat has a wonderful way with words A poignant memoir from a daughter about her mother who is still spunky actually after 80 years of age. . . Lovely Poems by way of a Lovely Lady Once again Pat has done a wonderful job in communicating what it really is like to have someone suffering from a disease and how exactly it affects everyone around them.. . for those who continually face difficult, heartbreaking conversation with a mother or father confined to a nursing home . . Settle in with a cup of tea and allow this publication warm your soul. for those special folks who are involved with nursing home ministries . I loved this book, as I do all of Pat's books. I hope to see a lot more of her poems later on. this book is usually a gen of motivation and comfort and ease, a keeper, to be read over and over. Perfect I bought this little book of poems because a classmate wrote it. However, since my Mother is currently in a nursing house, I frequently get it out for help when points get too intense. Enjoyable Book Seeing the nursing home through the eye of the poet opened my eyes to such places. Sidenote. More light than shadows I hesitated; shying a little from what I imagined will be an emotionally-wrenching examine. Not so. Oh, emotional, yes. Wrenching? It really is beautifully created and I recommend it to anyone, not only to those struggling with grief and loss or illness. Insightful?. Empathetically yet truthfully, Pat peels back the crinkled epidermis of this home for all those old in age group and allows us, the readers, to appearance inside. Through her sad, delightful, yearning, and practical words we are privileged to meet her mom, and the others living there, seeing them with our hearts, instead of with one-dimensional eyes. Perhaps I would have been more attentive. Certainly something special of love and a way to share one adult child's experiences with those who are looking toward the near future. Geraldine Woodell All those that look after seniors require this book within their library! During a period an elderly cherished one is needing a lot of care, the concentrate is on them not the caregivers. Pat Durmon will take the most simple occasions and makes them touching, moving, and incredible. This reserve reminds us that people are not alone; Thanks for sharing and placing your perspective out there for others to read. For the love of a parent. Nancy Lee



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