

Walking My Momma Home

Finding Love, Grace, and
Acceptance Through the
Labyrinth of Dementia



Kathy Flora

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You aren't Alone!s filled with light, like, and laughter along with all the tears.s journey with the world.As caregivers, it's possible for us to feel isolated. If you're weary of the heartache and losses you both suffer, of the restless nights and chaotic times, then you know that our frustrations, helplessness, and fear may drive us to your knees. Dementia is normally cruel.s worked while a consultant, a business executive, organization development and work search trainer, an elected State Representative in New Hampshire, an HR representative at the Congressional Research Program of the Library of Congress, and finally as a leadership plan manager in an Intelligence Community company in the federal provider in Washington D.profound personal insight•explosive spiritual growth•discovery of our deepest selfAll of the gifts are buried, to end up being uncovered in the experience of walking alongside. Filled with stories, reflection, insightful questions, and invaluable assets, Walking My Momma House helps you reflect on and process your own journey through the raw experience of fellow travelers strolling dementia' She's been a Hospice volunteer, is definitely a leadership and HR blogger for A. It's about love, hope, uncertainty, role reversal, courage and the raw humanity in Mom's experience of losing herself to the condition. It's about the hard decisions, conflicts, the relationship balancing and personal soul-stretching my caregiving required. It's our tale of surprising joy and laughter, of tears and terrors, of starting hearts and deep, emotional healing.Caregiving is hard, yet it can open a channel to accessible grace that may change your life forever.s labyrinth.Compliment FOR WALKING MY MOMMA HOME:"There are truly simply no words for how deeply this book resonated with me. There have been so many days while reading it that the bravery and authenticity Kathy showed by sharing her journey helped me face the walk I'm currently on with my parents. I laughed. I cried. And I cried some more, but I cried tears of ease and comfort and understanding. C.Connor Associates, a volunteer profession coach and speaker for CancerandCareers. that each of us is certainly on, and it'Over 15.org, and she delights in hanging out helping out at Selah Vie, the neighborhood thrift shop of Selah Freedom, a national not-for income organization that fights Human Trafficking on the Suncoast and in the united states.7 million people today are caring for a loved one with dementia. I' --- D.s loving wife, a political junkie, public speaker, novice hiker, and a devoted cyclist.m forever grateful. D. Scott, International Bestselling AuthorABOUT THE WRITER:Kathy Flora is a Nationally Qualified Career Counselor and Master Career Coach. She and Jim live in Bradenton, FL, with an inspiring view of the sunsets over the marsh along the Manatee River in a neighborhood with plenty of walking trails and biking paths. J.However the caregiving journey that people are on offers unexpected, uplifting presents:• This book is the ultimate story of the cycle of life – and Tampa, Florida.Her existence's interest has been supporting others find theirs.Walking My Momma Home is normally a memoir of my mother and myself. Through successive job adjustments, she' O' the trip home – Thank you, Kathy, for composing such a robust, heartfelt book and for posting your journey and your mom'She is a mom, a grandma, a daughter, a sister, a friend and Jim'" She started this work at Purdue University in College Placement. Those paths are where she discovers her bliss nearly every morning before starting the others of her day.This is her first book, and it had been a surprise even to her since she sat right down to write on an entirely different topic. But simply because you may have noticed, God had other plans.



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Compassionate, insightful, useful walk through elder care I especially liked the writer's loving yet complete depictions of family existence and her honesty in sharing her own emotional battles and those of her siblings because they discover, adapt and help to make decisions pertaining to their look after their delightful mother. A lovely and touching tale of Kathy's journey mainly because caregiver of her mom with dementia. I appreciated Kathy's engaging writing design using "Mom's Path" and "My Route" to tell her tale. Kathy has shared personal experiences that will assist others cope with this debilitating disease. She recounts the frightening and the stunning, confronting fact with compassion and an excellent feeling of humor. I have already been through a number of these same situations and found it very comforting that others have already been through same things. It is engaging, funny with a very clear voice from one daughter, affirming life in all its stages. How to keep your spirit alive while successfully assisting an ill parent. The author docs the continuing story of her mom's journey and battle with mental and physical illness. I linked to the "powerless feeling" that my husband and I had of being the distant family members when decisions were produced that were out of our control with my father-in-law identified as having Alzheimers. The book was just what I had asked for and was delivered on time. Touching and important. Dementia is a very difficult thing to face but sadly, it all's one which many families make an effort to navigate every day time. While the information on the journey are unique to the individual, there are therefore many parts of this tale that are familiar to numerous. Reading it had been like being on the emotional roller coaster with the family members! The story is clearly created and flows logically. It is a beautiful example of one family's trip through a chaotic scenario while preserving their respect for "mother's" humanity. Love, love, like this book. Thank you for sharing your trip so honestly! A must read for those caring for aging parents! Who simply because the reader discovers, is sometimes not delightful. Many visitors with aging parents could find themselves walking or having walked a similar path. Great! The appendix in the back is especially useful to those just entering this brand-new stage in family living. I adored Kathy's coping strategy of "acting as if" rather than asking "Imagine if?" Finally, I significantly admire Kathy's thoughtful choice to always show like and respect on her behalf amazing mother when interacting with her and producing decisions about her treatment. Joanne H. Knowing about Dementia and then the reality of the actual journey Kathy writes in a journal design which flows smoothly. She is honest, however respectful of her mom, always. If one must read quickly by finding passages that will deal with with a current concern you are facing, the chapter titles and subheadings will be most helpful. A must read!! I would recommend this book to everyone. Honest, heartfelt, sincere sharing. Kathy opens her center to us all seeing that she shares intimate information and feelings from a very personal journey that's blended with challenges, joys, therefore much love. Kathy's writing design is engaging. Your home is the journey with her. This publication will help and encourage any caregiver, or as Kathy calls it, "care partner". Many thanks, Kathy Flora, for investing your time, talent and budget to provide others hope within their own journey. May this reserve reach the hands of many. It's exceptionally well crafted, and the writer carried me directly into the midst of her encounters.. Janice I may't express adequately how this book moved me.. With so many challenged by dementia, this reserve presents hope, grace and love through the entire journey. It's a very honest story about loving, and caring for, her elderly mother as she disappears gradually in to the nightmare of dementia; but it's a lot more than that. I fell in love with her family, specifically her mom, and found myself sharing their joys, their sorrows and tensions, their personal development, and their extremely traumatic journey with a female of extraordinary character. If you love someone who is battling with dementia in virtually any of its forms, that is for you. If not really, it's still for you, because you'll find out so very much and because, despite the topic, that is a positive and, dare I say, 'pleasurable' read. It's an excellent read. She details how she and her siblings have been working through all the different levels of her mom's physical and mental problems. An interesting read about growing older while helping a straight older parent. I've an 87 year previous mother and a 90 year

old mother-in-laws. Touching and funny, as a caregiver for my maturing parents, I take the walk with the writer, with her tales reflecting my very own struggles at occasions. By the end, I am richer for having experienced the author's trip with her Mom and family members. Two thumbs up and a must read. We could all go through this and this book gives many methods to cope. There is a collection of helpful resources by the end that will be relevant to every family members working their way through this disease. Web page Turner and Heart Warming Incredible read from start to finish, as the writer goes on a journey as she navigates the travails of her Mom's dementia. This is a true-story, about people you will remember; A must read!! The assets for others at the end are a great addition. You aren't alone! She has something special, and I do hope she'll be writing many more books. As you who experienced similar caregiving love and decisions with my mom, the book rings true especially about the keep takings that happen bit by bit. Her personal spiritual growth is an unexpected present which she shares, as well.



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