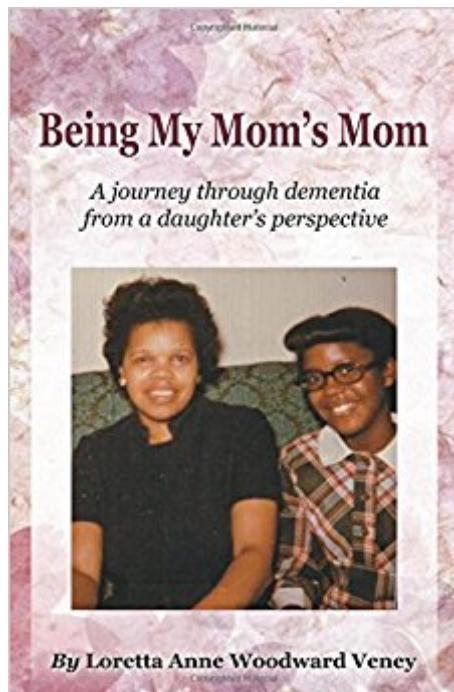


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# Being My Mom's Mom



## **Synopsis**

Being My Mom's Mom invites readers on my personal journey before and after the onset of my Mom's dementia. Personal vignettes highlight the heartache and humor in this life-changing disease. I offer strategies from real experience for building the best care team for loved ones, increasing one's capacity for patience, and making the most of every day. I confirm the difficulty of acknowledging when its time to become the parent of a parent. I also offer hope that loving relationships with dementia sufferers can continue, even in the realization that the past is forgotten, and the future is the present.

## **Book Information**

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## **Customer Reviews**

Throughout her life, Loretta Anne Woodward Veney, author of Being My Mom's Mom, has chronicled family events through journals, photos, and videos, seeking to capture every moment. After learning that her beloved mother Doris was the first female in the family to suffer from dementia, Loretta began documenting the details of doctor visits, and recording people, places, and things as a substitute for lost memory. Loretta, a motivational teacher and trainer, who has delivered speeches and presentations and conducted workshops throughout the U.S. and Europe, through her book, her first published work, offers a wealth of encouragement.

Being My Mom's Mom is written in a straightforward, easy to read style that had me consuming much of the book in just one sitting. Ms. Veney does an admirable job creating a picture of her mother pre-dementia and taking the reader along for the journey of her mother's decline. I was captivated right from the Introduction where she wrote

about how every single day with a person suffering from dementia can be different and how it requires you to love each of the different people your loved one may become. This book will be an invaluable tool for those who are becoming caregivers for aging parents as it outlines practical steps that need to be handled. Ms. Veney also reveals many significant things she learned along the way so that the reader doesn't have to fall prey to the "mistakes" that she made. She also addresses important issues such as how to have patience and how to keep hope and humor alive. I also really enjoyed the doses of humor sprinkled throughout the book as well as her accounts of the "little blessings" of the disease - such as her Mom forgetting that she didn't like riding in the car so that car rides became more pleasant. One of my close friends has a mother with advancing dementia. I look forward to passing on my copy to her.

I believe this is a book that should be in every household. I wish I had it when I was helping care for my Mom in her last few months. When Ms. Veney speaks of different situations with her Mom, I can see myself and my Mom and how much differently I handled things. I applaud Ms. Veney for how she has handled this difficult time with her Mom. While the book makes you laugh, makes you cry, it also has so much practical information, ideas, thoughts and help that can be used for helping with the care of a loved one, whether they have dementia or other health issues. I have purchased more copies of this book so my other family members can read it and gain insight and knowledge that they will be able to use if needed one day. Well done Ms. Veney!

If you have aging parents or siblings, *Being My Mom's Mom* is a must read! You'll love the warm, insightful stories from the author's personal journey of dealing with dementia - the most common form of Alzheimer's and how she copes so elegantly with this rollercoaster ride none of us asks to be on. With aging parents of my own, I wanted to ignore reading about this challenging topic, but Loretta's book taught me just what I needed to know without the fear factor. Read it now before you have to cope with this debilitating illness in your family. It may save you from losing your own mind.

Gayla Wick, Author of *The Character of True Intimacy: Finding the Love of Your Life.*

This book was easy to read and very informative. Although the topic is difficult for those who are dealing with a loved one suffering from the same illness, Loretta manages to help you find the humor in situations that otherwise might feel tragic. Reading her story made me feel that I wasn't alone.

Just when I thought I had some idea of how I would handle an aging parent with dementia, or how I would hope to be cared for, here comes Loretta Veney's path-breaking story of her day-by-day experience caring for her Mom. Well, clearly, I hadn't thought this through. If I could have just a portion of her patience, her wisdom and kindness, that would be enough. I read her story this week and I can't stop thinking about it and the questions it poses for me and my family. Thanks, Loretta, more than I can say.

Well written and insightful. Ms. Veney captures the essence of caregiving for her mother with honesty and humor. Excellent reading for someone in similar situation.

This Item is great.

Interesting book. Liked reading it.

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