

## *Lessons From a Caregiver: Caring for an Elder with Love and Compassion*

By Laurel A. Wicks

(Gibbs Smith, 2009)

Written with insight and tenderness by Jackson's own Laurel "Bru" Wicks, this handbook is a guide for anyone with an aging loved one in their life.

Wicks began her journey in elder care a decade ago when she was hired by a family member to deliver meals to an elderly woman.

The meals sat untouched in the freezer for almost two weeks before Wicks decided to set a beautiful table, plate the food with care, and make a pot of tea to share. As her client came around and began to enjoy the food, Wicks realized that little things like brushing the cat, keeping the counters tidy, and reading to her made a huge difference in the client's happiness.

Wick's personal experiences help illustrate the importance not only of safety and security but also of fun and stimulation. Equally important, the book helps caregivers manage their own stress.

Whether you are looking for insight into how to deal with your aging mother-in-law, or you are a professional caregiver, this short, sweet compilation of helpful tips, checklists, and touching stories will help make a challenging task more rewarding for everyone. - SM

