

Excerpt from *Dear Caregiver: Take A Moment and Walk With Me*

PURPOSE

The purpose of this book is to encourage caregivers to focus on the treasured moments tucked within each challenging day. Coupled with these golden stories, I have included Bible verses that illuminate the spiritual aspects of this journey and show ways to grow in God's love and grace.

Preview

You're Killing Me

As Katherine moved into the last stages of Lewy Body Dementia, she lost the ability to wash herself. She couldn't remember how to turn on the water or put soap on the washcloth. What she did know how to do was voice her opinion of the water being too hot or cold. Maybe the words, "hot" and "cold" had slipped her mind, but she was very good with the word, "Oh!" spoken loudly and clearly, over and over again. Whew! How tiring as a caregiver to give a shower to an unhappy person.

On this particular day, I decided to start with Katherine's feet. Both feet have crooked toes and one foot has a painful hammer toe due to years of wearing pointed shoes in a professional work environment. Kneeling down, I began to gently wash her feet. The warm, wet washcloth was full of soap suds as I lifted one foot and washed the bent and gnarled toes, continuing across the bottom of her foot and sliding to the top of the ankle bone. Then, I lifted her other foot and did the same. I looked up at Katherine seeing the deep furrow in her brow as she shouted, "Oh!" and declared, "You're killing me."

Quietly, I asked, if she remembered the woman who washed Jesus' feet with expensive perfume. Katherine became quiet and the rigid lines in her face relaxed. She had gone to church for the past 73 years and by her facial expressions, I could see she was familiar with this story. Her eyes moved from their staring fixed position and focused on me.

"I am like that woman, Katherine. It is my honor to wash your feet."

I looked up at her from my kneeling position. She relaxed and was quiet for the rest of the shower.

Treasured Moment

Kneeling before this lovely person with limited verbal skills, I have discovered that the lowliest of duties are the highest in God's kingdom.

Bible Verse

Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

John 12:3