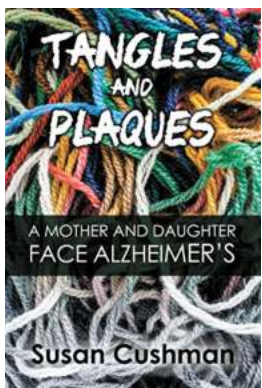


Mother And Daughter Face Alzheimer: A Heartbreaking Journey That Strengthens Their Bond

Alzheimer's disease is a devastating condition that affects millions of people worldwide. It is a progressive neurodegenerative disorder that primarily affects memory and cognition. Throughout the years, Alzheimer's has been the focus of extensive research and various treatment options have been developed to slow down its progression. However, the emotional toll it takes on individuals and their families cannot be underestimated.

One such story is that of Sarah and Emily, a mother and daughter duo who have been living with Alzheimer's for several years. Their journey through this debilitating illness has been filled with heartbreak, but it has also brought them closer together, highlighting the strength of their bond.

Sarah, a loving and caring mother, was diagnosed with Alzheimer's during her early 60s. It was a shock to the whole family, especially Emily, who had always looked up to her mother as a pillar of strength. The initial symptoms of forgetfulness and confusion were dismissed as signs of aging, but as they worsened, it became evident that something more serious was at play.



Tangles and Plaques: A Mother and Daughter Face Alzheimer's by Susan Cushman (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 3808 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 234 pages
Lending : Enabled



Emily, an accomplished professional and devoted daughter, took on the role of the primary caregiver for her mother. She researched extensively about Alzheimer's, attended support groups, and sought professional advice to provide the best possible care to her mother. The emotional toll was immense, but she was determined to be there for her mother every step of the way.

As the disease progressed, Sarah's memory started fading, and her cognitive abilities declined rapidly. Simple tasks such as getting dressed or preparing a meal became a monumental challenge. Emily had to adapt her own life to cater to her mother's needs, which often meant sacrifices in her personal and professional spheres.

Despite the difficulties, the bond between Sarah and Emily grew stronger. They created routines and rituals that provided comfort and stability amidst the chaos. They would go for daily walks in the park, holding hands and sharing memories from the past. Emily learned to cherish every moment and find joy in the little things, celebrating even the smallest victories with her mom.

Alongside the challenges, there were also moments of unexpected beauty. Sarah, even in the midst of her cognitive decline, would sometimes utter profound and insightful words that touched Emily's heart. These instances served as a reminder that the essence of their relationship remained intact, even if Alzheimer's was slowly taking away Sarah's memories.

As the years went by, Emily realized that her mother's condition was not reversible. Accepting this reality was difficult, but it allowed her to focus on making each day meaningful and creating lasting memories. They embarked on various adventures together, taking trips to places that held significance in their lives, and capturing those moments through photographs and videos that would become cherished treasures in the years to come.

Emily's dedication and love for her mother did not go unnoticed by their community. Their story quickly gained attention, inspiring others who were going through similar struggles. Emily started a blog and shared their experiences, providing support and reassurance to individuals and families impacted by Alzheimer's. The online community that formed around their blog became a source of solace and strength for both Sarah and Emily, reinforcing their belief that they were not alone in this journey.

As Sarah's condition deteriorated, Emily faced the agonizing decision of transitioning her mother to a memory care facility. It was an incredibly emotional and challenging process, as it meant relinquishing some of the care responsibilities to trained professionals. However, Emily knew that it was in her mother's best interest, trusting that the facility would provide the specialized care required in such advanced stages of Alzheimer's.

Visits to Sarah in the memory care facility became a regular occurrence for Emily. Despite the altered environment, Emily remained fiercely committed to ensuring her mother's comfort and happiness. They would spend hours together, engaging in activities that brought joy and allowing the bond they shared to transcend the confines of Alzheimer's.

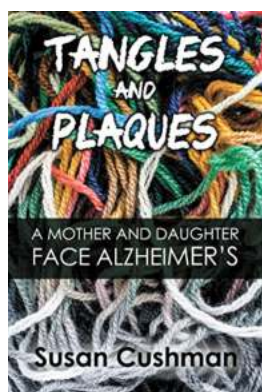
Throughout this journey, Emily saw firsthand the devastating effects of Alzheimer's on both individuals and their families. She became an advocate for

greater awareness and support for Alzheimer's research, working tirelessly to raise funds and contribute to finding a cure for this merciless disease.

Today, Sarah's memory has significantly declined, and communication has become challenging. However, the love, compassion, and unwavering bond between mother and daughter have remained unbreakable. Emily finds solace in knowing that every moment spent with her mother is an opportunity to express her love and provide comfort.

While Alzheimer's continues to pose significant challenges in their lives, Sarah and Emily's story is a testament to the strength of the human spirit. It showcases the power of love, resilience, and the unbreakable bonds that exist between family members. Their journey serves as an inspiration for others facing similar struggles, reminding them that they are not alone.

As researchers continue their efforts to find a cure for Alzheimer's, stories like Sarah and Emily's provide hope and highlight the importance of supporting individuals living with this debilitating disease and their families.



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Culled from sixty blog posts spanning eight years, *Tangles and Plaques* is a candid account of a mother and daughter's changing relationship as they face the progressive landscape of Alzheimer's Disease together. As the twisted fibers (tangles) build up inside the nerve cells in her brain and the protein fragments (plaques) fill the spaces between those cells, Effie Johnson—like millions of others who suffer from Alzheimer's—loses her memory, the stories that make up the fabric of her life.

Blending humor (“I Can’t Find My Panties”) with pathos (“Disappearing Stories”) and hope with despair, Susan Johnson Cushman captures the personal within the universal in a story that reveals a complicated relationship between an often verbally abusive mother and a daughter hungry for her mother's unconditional love. Part Polaroid, part cautionary tale, the reality woven throughout these records of long-distance caregiving is that the tangles and plaques aren't only in our brains, but often in our relationships.

PRAISE FOR TANGLES AND PLAQUES

“Susan Cushman is not only an accomplished writer, but she tackles a brutal topic with candor and honesty. Madness awaits us all. I pray I can confront it with equal faith and vulnerability.”

Neil White, author of *In the Sanctuary of Outcasts*

“Cushman has written a new kind of love story, one that speaks to the very real concerns of a generation. In this true story of a daughter's love for her aging mother within the daily trials of caregiving, we read ourselves, our families, and the ways that our losses shape who we become and how we choose to remember.”

Jessica Handler, author of
Invisible Sisters: A Memoir and
Braving the Fire: A Guide to Writing About Grief and Loss



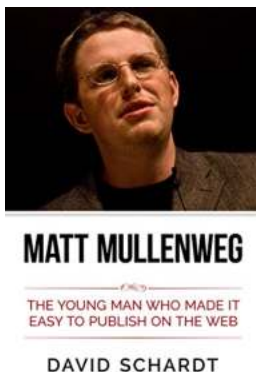
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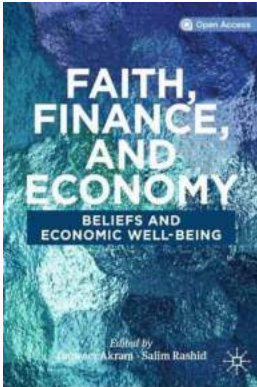
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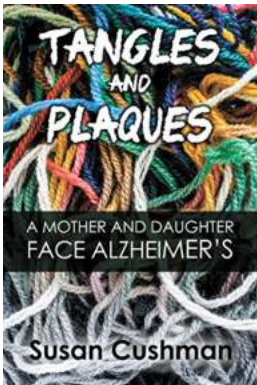
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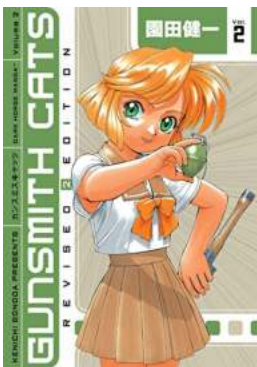
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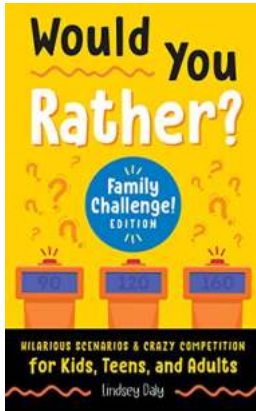
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