

I am constantly saying my wife, Linda Abbit, deserves an award for her years of unselfish devotion and compassion as a caregiver. I'm delighted to have this opportunity to nominate her for the caregiver award.

Linda is the caregiver for her mother, Aida Brodsky, who is 99 years old and suffers from Alzheimer's disease (AD) -- now in its late stage. After her mother was diagnosed with this horrific disease, Linda absorbed everything she could about AD so she could fully comprehend how to deal with an Alzheimer's patient.

I feel confident in saying the reason her mom is nearly 100 years old and still around is because of the love Linda shows her by her words, smile, touch and endless visits (at least five days/week). But Linda doesn't just give her time and affection to her mom. She also visits with all the other residents living in the board-and-care. And she'll bring videos, music, books and our dog, Shyanne, to share. She will make a special trip to celebrate their birthdays or offer healing words when they are ill.

Unlike myself, Linda is an excellent listener. Visiting often to keep an eye and ear on her mom's condition and be her advocate. She is in constant communication with board-and-care caregivers, hospice nurses, administrative staff and her mother's doctor. If a stressful or upsetting issue arises, Linda stays calm with them, then comes home, falls apart and vents to me. Which is a reminder that while I feel Linda is an exceptional caregiver who gives 150 percent of herself, she is still human.

Linda realizes the importance of a good caregiver is to take care of yourself, too. So she tries to "treat" herself every day -- be it yoga, reading a book or newspaper, watching sports on TV, or spending time with her wonderful husband (me) and our son. She takes good care of herself physically, mentally & spiritually so she has what it takes to be the best caregiver she can be.

Her thirst for knowledge about eldercare never stops. She is constantly learning new information about eldercare through reading books, online resources and hands-on experience.

As if that weren't enough, Linda attends workshops and seminars offered through the Alzheimer's Association and Caregiver Resource Center. Recently, she took a tour of an Adult Day Care facility -- Alzheimer's

like this for her own edification, but also to learn more to share with others.

Since January 2008, Linda has served as co-facilitator of the OC chapter of the Alzheimer's Association - a support group for family members of Alzheimer's patients.

Over the years, she has helped many people who have been referred to her. Whether it's giving them information, guidance and support over the phone, writing lengthy emails or meeting at the local Starbucks to discuss issues about a family member they need to care for.

Her passion for eldercare never stops. Linda started a comprehensive blog, **TenderLovingEldercare.com** to share her up-to-date experiences and offer valuable information she has learned over the years with others.

Since the world has become aware of her Tender Loving Eldercare blog, Linda has been interviewed on Podcasts, her blog has been linked by major publications and she regularly receives glowing positive comments. Recently, she received recognition as a 'Successful Outstanding Blogger.'

So why does Linda Abbit deserve an award as an outstanding caregiver? As you can see, she goes above and beyond just simply being a caregiver for one person. And she is truly a devoted caregiver that cares.

On a personal note, I can't wait to get old because I'll have the world's best caregiver!

Submitted with love by:
Jeff Abbit