



## Letters from Madelyn: Chronicles of a Caregiver

Elaine Sanchez

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### **Letters from Madelyn: Chronicles of a Caregiver**

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Madelyn Kubin is a 70-year-old Kansas farm wife. She appears to be fragile because of her thinning white hair, macular degeneration, osteoporosis, congestive heart failure, and severe hearing loss. But when her husband Quentin suffers a debilitating stroke, she is forced to summon all of her physical, emotional, and spiritual strengths in order to care for him at home. Madelyn manages her isolation, loneliness, and stress by going to her computer, disengaging her emotional monitor, and writing letters to her daughter Elaine.Madelyn's story of faith, courage, and love is told through her unflinching honest and surprisingly funny letters written in real time over the course of six-and-a-half years. Although she prays ever day that she will be a willing channel for God's love and compassion, there are plenty of days she feels like telling God to go find himself another servant. Madelyn writes unabashedly about her anger, guilt, depression, and grief. When Quentin displays dementia-related inappropriate sexual behavior, Madelyn eventually learns how to handle it with grace and humor. She shows how it is possible, even in the very worst end-of-life situations, to experience mental and spiritual growth.



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