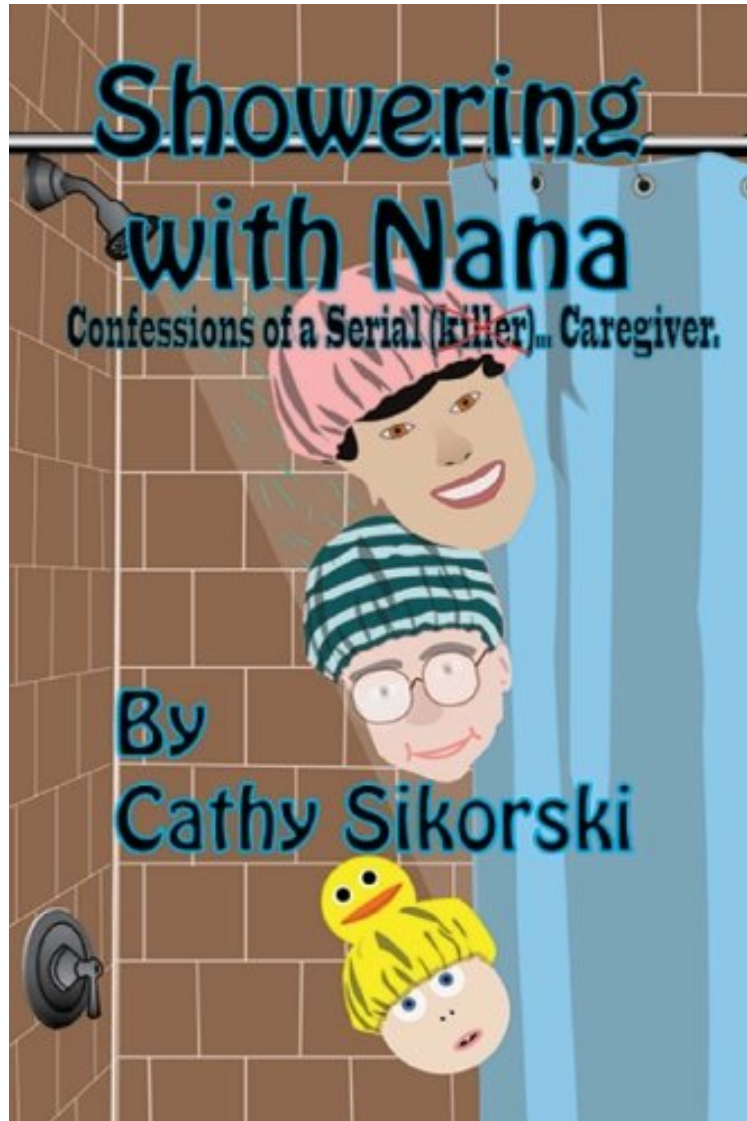


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## Showering With Nana: Confessions Of A Serial Caregiver

*Cathy Sikorski*

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**Cathy Sikorski : Showering With Nana: Confessions Of A Serial Caregiver** before purchasing it in order to gage whether or not it would be worth my time, and all praised Showering With Nana: Confessions Of A Serial Caregiver:

1 of 1 people found the following review helpful. Personal, Funny, and Touching – Getting perspective on a difficult but common situation in today’s world: CaregivingBy Kelsey BaileyCathy Sikorski takes on the challenge of detailing the struggles, pains, and challenges of being a caretaker for a loved one, and she handles it with humor and

perspective. Sikorski provides a personal account of her many years taking care of her grandmom while also maintaining a successful career, marriage, and growing family. She doesn't shy away from the mistakes or hard times, but maintains a positive attitude, which ultimately helps her share advice on how to deal with a trying situation. She's not ashamed that she was at times imperfect. She recounts many memories of when she felt overwhelmed or out of energy, making for compelling and relatable story that can help others feel like they're not alone in their daily hardships. She also makes sure to share the joys and happy moments that she alone got to experience with her nana – moments that would have never happened if she hadn't risen to the challenge of caregiving. Showering with Nana maintains a hopeful spirit and is a perfect read for anyone looking for inspiration on how to bring love, humor, and happiness to an everyday difficulty. Hopefully, this is only the first of many stories to come from Cathy Sikorski.

0 of 0 people found the following review helpful. Talk about LOL!!! By Terri Newmyer We are a country with lots of baby boomers who are moving into new positions of being a caregiver to our parents or being cared for by our children. Caregiving can be a sticky situation that leaves you frustrated and a little crazy, unless you stop to see the humor. That is exactly what Cathy Sikorski has done in her very funny tale of Showering with Nana. . . . When her grandmother moves in for several months, the daily adventures (or misadventures) of Nana, Rachael and Troonie will leave you crying with laughter. I can see myself wanting to read this book over and over again whenever I feel that life is getting a little too nuts. This is a great read for everyone - grandparent, parent, child, or friend.

0 of 0 people found the following review helpful. Cathy has a dry and wicked sense of humor totally infused with love and care that we all need to get through . . . By S. Pecarich If you've ever cared for a parent or grandparent or are a parent or grandparent, you'll find moments in the book that you recognize all too well and with Cathy's wit, the humor that we all must find to navigate these situations. Cathy has a dry and wicked sense of humor totally infused with love and care that we all need to get through some of life's more challenging situations. We are not alone in our human-ness. . . . and life is too long and way too short to not laugh. Thoroughly recommend!

What happens when a two-year-old and a 92-year-old join forces and conspire against their primary caregiver? The picture is at times not pretty, but it's always heartwarming and witty. Elder care attorney Cathy Sikorski penned this memoir about her days as a stay-at-home mom whose life is turned upside down when her Nana moves in. In between the adventures and misadventures that ensue when the toddler and grandmother become allies, Sikorski learns about patience, the importance of humor and the joy that results from a well-deserved nap.

About the Author Cathy Sikorski has been a significant caregiver for the last 25 years for seven different family members and friends. A published humorist, Sikorski is also a practicing attorney who limits her practice to Elder Law issues. Her combined legal and humor expertise has made her a sought after speaker where she tackles the Comedy of Caregiving and the legal issues that affect those who will one day be or need a caregiver (which is everyone). Along with her speaking engagements, Sikorski is a frequent guest on radio programs and podcasts where she talks about the importance of using humor in caregiving. With more than 30 years of law behind her, she provides critical legal information for our aging population. Her latest endeavor is her humorous memoir *Showering with Nana: Confessions of a Serial (killer) Caregiver* (HumorOutcasts Press 2015). Sikorski has participated in memoir writing classes for two years at the prestigious Fine Arts Work Center in Provincetown, Massachusetts. She has also participated in the Philadelphia Writer's Conference where she won a Humor Prize in 2014. Sikorski blogs for The Huffington Post and is a contributing author for HumorOutcasts.com and she can be seen on the West Chester Story Slam YouTube channel. Known as a "Thought Leader," her work can be found in the *HappinessRecipe Anthology: The Best of Year One*, published 2014. Sikorski maintains an active blog "You just have to Laugh. . . where Caregiving is Comedy. . ." at [www.cathysikorski.com](http://www.cathysikorski.com) where she continues to post absurd yet true stories that continue today. Contact Cathy Sikorski at [cathy.sikorski@gmail.com](mailto:cathy.sikorski@gmail.com) and follow her on Twitter at [@cathy\\_sikorski](https://twitter.com/cathy_sikorski).