

Chapter 1

I have been very quiet this year. Life is moving so fast that I've grown numb to what happens around me. My mom's Alzheimer's gets worse every single day. I'm her caretaker and only son at the same time. This leaves me stuck in a position that is not only painful but extremely important.

My mom is dependent on me for her survival. If I'm not around, she will walk outside of the house and get lost. If I'm not around, she won't eat. She will wear the exact same clothes every single day. When I'm not around, my mom calls my phone 50+ times. I'm her only child and at this point in my mom's life, she thinks I'm the only person she has left.

This year has taken the wind out of me countless times. It's happened so many times I began to breathe differently. I have focused on my breathing so much this year that in the midst of the chaos I remain calm. I remain still. I stay silent.

Most people will never know what it feels like to have the roles in their lives flip drastically and out of nowhere. I'm a single 28 year old who was dealt cards that leave you no choice but to submit. The feeling of being trapped or stuck comes across my mind all the time. I didn't see this life coming the way it is.

I'm supposed to be married and have kids right now. I'm supposed to have my own house and life right now. There were so many things that I wanted to experience at this stage in my life and it all got twisted because of Alzheimer's.

I'm very aware that life happens at its own pace and it's own timing. However never in a million years did I think I would be 28 years old taking complete care of my 61 year old mom.

It's crazy because my mom is 61 but barely looks 50. Her skin is vibrant and smooth. Her teeth are straight and pearly white. She can exercise and move around better than a lot of people half her age. Her Afro is thick and healthy. Everything about her initial appearance is great. If you didn't know her and saw her from a distance you wouldn't think anything was wrong. That is until you have a conversation with her.

My mom is stuck in a loop that only gets broken for split second increments. This means everything she does is repeated over and over. She repeats the same phrases. She repeats the same actions. Her thought patterns are stuck. I'm not in jail but my life lately has me feeling locked up against my own will.

I love my mom with everything in me and wouldn't hesitate to help her again if I had to but the feeling I have is trapped with my back against the wall. I haven't been able to focus 100% on myself or my work in years. My attention gets broken all day everyday to cater to her needs.

I have family but the outside help doesn't match up to the desperate level of need so I often find myself taking on the whole load while most watch from the bleachers.

I am writing this book because there are so many things that the world just has no clue about. We live in a very fast paced society that isn't showing any signs of slowing down. Our mental health is declining just as rapidly as the increase of technology and social media. This leaves generations of people completely lost. Our minds haven't evolved at the same rate as the technological advances.

This book is a way for me to break down everything that is happening in my life. I am doing this not only to truly process my life and come to more understanding, but it's also a way for me to show others that they are not alone in their deepest thoughts.

Nobody is really putting out how they truly feel. It's all fake these days. This is why I remain quiet. I don't care for aimless small talk. I don't care to be around people who are just opportunists. I have been distant from everyone because the way we are living is counterproductive. We are not going in the right direction as a whole.

My goal is to help you slow your mind down. My life and experiences could help you analyze your own life. We will never find our true identity on social media. We will never feel whole or complete if the internet is our temple.

Throughout this book I will go back in my life and see how not only I got to this point but how my family got to this point. The way I'm releasing this book is different from my previous books. I am adopting the Netflix or streaming model and will be releasing this book in chapters. I'll release chapters of the book on the Wimbley Render Creations website periodically as I continue to grow and understand life better.

My mom was diagnosed with Alzheimer's at a young age. Only 5-10% of people with Alzheimer's get it before the age of 65. Her mom passed away with it in the summer of 2019. A month after she passed away, my mom was officially diagnosed with early onset Alzheimer's. My mom was a spitting image of my grandma. Before Alzheimer's, she looked like her physically, mentally, emotionally etc. Her mannerisms mirrored my grandma. Her laugh and attitude were just like my grandma. It's ironic how my mom was next in line for this terrible disease.

There is not a ton of definitive research or conclusions on Alzheimer's. There currently isn't a cure either. There is only treatment to slow down the decline of the mind.

This once again leaves me with a feeling of being stuck. I lost both of my grandmas to Alzheimer's and now I'm quickly losing my mom with no concrete answers. Every moment I have with her now is not only a blessing but it's a heavy burden.

With there being very limited research as to a cure I find myself scared. The declines in memory and daily functioning is drastic. It happens in a blink of an eye. One day my mom is good, then the next day she isn't remembering my dad's name. One day she is able to be at home alone, the next day I'm getting calls from strangers saying that there's a lady that says she's your mom and she's lost.

My mind sprints to find the answers. I want to find a cure. I'm scared because I don't want to lose my mom. Everyday all day I am studying her. I try to piece together her broken stories and words to try to figure out how we got here. Am I going to be next? Will my memory decline at an even younger age?