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From The Inside Looking In: A Psychologist's View of Life in Two Long-Term Care Homes Paperback – May 28, 2024

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This is a “Stornvel.” I have created the term for this written work because it is, in my mind, a hybrid product, between a long story with chapters and a short novel. It is a blended work in that sense. A Stornvel, I define, as a narrative that tells a story, and that is somewhere between 50 pages and 150 pages long. This Stornvel tells a story of a psychologist’s professional work, interwoven with the lives of endearing residents, and devoted staff, at two Long Term Care homes, as he views these two communities, from the inside looking in. As we grow older, life often takes us on unexpected journeys. Our surroundings change, our roles evolve, and our relationships transform. Brightly and Shadow Creek Long Term Care Homes are places where these journeys converge, where residents from all walks of life find themselves navigating a new chapter—one filled with challenges, growth, and, ultimately, community.

In this Stornvel, I explore the lives of the residents and staff at Brightly and Shadow Creek Long Term Care Homes, where residents have their own stories and unique experiences. Through moments of joy and sorrow, laughter and tears, they create connections that form the heart of this story.

These characters are inspired by the countless individuals who, in their later years, must face the realities of aging, illness, and loss. But more importantly, they are a tribute to the strength, resilience, and humanity that persist even in the most challenging circumstances. Brightly and Shadow Creek Long Term Care Homes are places where people find a sense of belonging, where they can share their experiences and discover new sources of hope.

Through these pages, you will meet a diverse cast of characters—residents who bring their quirks and talents, and dedicated staff who work tirelessly to create a nurturing environment. As you journey through the halls of Brightly and Shadow Creek, you’ll witness how communities can be built on empathy, understanding, and genuine care.

This Stornvel aims to shed light on the often-overlooked stories of older adults, celebrating their wisdom and experiences while addressing the emotional and mental health challenges that come with aging. It is my hope that readers find inspiration in the resilience and compassion of the people at Brightly and Shadow Creek Long Term Care Homes and that the themes explored here resonate with those who have loved ones in similar settings.

Welcome to Brightly and Shadow Creek Long Term Care Homes, places where every person has a story, and where each story is worth telling.

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