A marvelous example of a person who aged well was my beloved grandmother, Louise Blondeau Crum, the first older person I knew. This book is dedicated first to her. “Mimi,” as we called her, had her independence for a very long time, during which she was fully engaged with her family, her community, and her church. She protected me, taught me, and showed me thousands of things. She inspired me to pursue nursing, as she had, and for that I thank her to this day. She also taught me that aging can be a positive thing, filled with wisdom. She was my inspiration. I have loved working with elders over the years, no doubt due to her positive influence.

My wise and helpful husband and psychologist-business partner, Dr. Mikol Davis, is another inspiration for this book, so I also dedicate it to him. With his 40 years of experience with individuals and families of all ages, he has provided a rich and valuable perspective on the aging person, family conflicts, and communication that helped me countless times as I wrote. I am ever grateful for his input, his technological skills (which far exceed mine), and his patience. Whenever I was stuck with a frozen computer or any other tech problem, he was the guy to fix it, never complaining.

Finally, I dedicate this to those I call my many teachers. You are my 10,000 or so patients/clients I worked with as a nurse over 10 years and my hundreds of legal clients, consulting clients, and mediation clients. I derived much of the material in this book from helping you with your issues. I thank you for your trust in me. I hope you know that in some way you inspired me to write and help others learn from your experience.