

Sensible The Independent Connection

A Newsletter from Sensible Senior Homecare Agency, The Independent Living People.

REFLECTING ON MOTHER'S END OF LIFE ISSUES

By Janet Meservy



Mother 1912 | 2007

What are four middle aged children to do with elderly parents? That's a question many of us will face. I thought it always best to do what mother says. Anytime we had a question or a problem we could take it to mother. Or so we thought. Mother

always said she did not want to be a burden or a nuisance to her family.

So we started doing what mother said. Don't worry about us. We are doing just fine. After she blew up the microwave, set the toaster oven on fire, and couldn't remember how to light the pilot in the oven, Mother ordered Meals on Wheels. This was great. Three times a week someone was delivering meals to their home. This someone was looking in on them. Mom and Dad were satisfied with the food and service and continued to use the service for awhile. If there were leftovers Mother could heat them up in the new microwave. We thought we were home free until one day I noticed the food Mother was serving for dinner was green and fuzzy. She was not able to determine if the food had spoiled.

Over time this became too confusing for mother. We suggested having someone come into the home to help. Nope! They did not want that. They could do it themselves and were doing just fine. OK, but this time we couldn't back down. So without making enemies we were able to talk them into visiting a large assisted living facility. The place looked nice but from the onset you could see there were going to be problems. Such as "When is dinner?" Where is the dining room? Did I take my meds today? How do you use the elevator? Do we go up or down?" The list goes on and the price went up. For both mom and dad it was going to cost close to \$8000.00 a month. This price included most everything in which they were going to need assistance.

After checking out all the places we thought might be nice, Mother told her children what she really wanted. She didn't want to go anywhere. She and Dad wanted to stay in their own home. And it was up to us to find a way to make this possible.

In over ten years of helping people continue to live in their own homes I have learned that most all of us want to "Age in Place". What does it mean to "Age in Place"? It means growing older without having to leave one's home. Whether we live in the family home, a small apartment or with relatives, we want to stay where we have made our home.

If we leave our home we could be leaving behind a comfortable setting and many memories. In addition a certain amount of control is lost when one leaves their home. This control provides the foundation to our feelings of dignity, quality of life and independence. One's home is a strong element in our sense of well being and security.

Most American seniors desire to stay in their homes for the rest of their lives. It is the mission and goal of Sensible Seniors Homecare Agency to assist our elderly with activities of daily living enabling them to stay in their home. How do we do this? We provide mature caregivers at reasonable rates without setting minimum time requirements.

Mother and Dad continued to live at home with the help of caregivers until Dad died. After some time, Mother decided she didn't want to stay in that big house and she moved in with me. This is where she stayed for 4 years. She died just a few days short of her 95th birthday. It wasn't always easy but it was the best for Mother and for me one of life's choicest experiences. Because I work, I had caregivers come to my home to assist me with Mother's care. This was a great experience for me because it gave me an up close and personal view of our caregivers. I must admit, I was very impressed with the mature, loving women who came to my home. Mother received wonderful care as she made her home with one of her daughters. When at all possible we encourage family to invite elderly family into their home.

Because of the lessons we learned in assisting our parents with their end of life issues, Sensible Senior Homecare Agency was established. We take the negative out of in-home care. We guarantee it.



A BIG THANKS to the Ladies who write the notices in Church Bulletins.

The Fasting & Prayer Conference includes meals.



The sermon this morning: "Jesus Walks on Water."

The sermon tonight: "Searching for Jesus."



Our youth basketball team is back in action Wednesday at 8 PM in the recreation hall. Come out and watch us kill Christ the King.



Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.



The peacemaking meeting scheduled for today has been canceled due to a conflict.



Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.



For those of you who have children and don't know it, we have a nursery downstairs.



Next Thursday there will be tryouts for the choir. They need all the help they can get.



Don't let worry kill you off - let the Church help.



The Rector will preach his farewell message, after which the choir will sing: "Break Forth Into Joy."



Please place your donation in the envelope along with the deceased person you want remembered.

LIFE IN THE 1500'S

Interesting! The next time you complain about how rough life is today, think about how things used to be.
Here are some facts about the 1500's:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water".

Houses had thatched roofs, thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip off the roof. Hence the saying "It's raining cats and dogs".

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor".

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust".

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of day s and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a "wake."

And that's the truth! Now, share these facts with friends.

Thanks again Ladies!

HOW TO FIND US

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