



Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

"We are your link between needs and services"

Mayor Joseph C. Sullivan

Mary Cirignano, Chairperson
Jean York, Vice Chairperson
Robert Caruso, Treasurer

Sharmila Biswas, Director
Ann Marie Quinlan, Outreach Coordinator
Sandra Young, Coordinator/Volunteers
Therese Jarrett, Reception Coordinator
William Murphy, Custodian
Stephen Donovan, Van Driver

PHONE: 781 848-1963 FAX: 781 848-2835

From the Director..... Greetings Everyone,

Fall is in the air and the leaves have started to change color. Hope you enjoyed your summer and now it is time to sit, relax and watch the stunning foliage that is such an integral part of our New England scenery.

As Thanksgiving approaches, the staff here at Braintree Elder Affairs is getting ready for the holidays. Along with the festivities we will also be offering some educational seminars and counseling. Please note the dates in our newsletters. Along with the joy the holidays bring, sometimes they will prompt some anxious moments. During these moments please remember that we are here for you and you do not have to be alone. Give us a call or come join us here at the Braintree Senior Center, 71 Cleveland Avenue.

*Happy Thanksgiving
Sharmila*



"Holiday Entertainment & Pie Social"
Tommy Rull's
"A Musical Journey Through the Years"
November 7, 2013 at 1 p.m. (free)



Please join us for a wonderful hour of classic music by Tommy Rull. His show takes you on a musical journey through the years with songs originally made famous by many different artists such as Sinatra, Barry Manilow, McCartney, Lou Rawls, Ray Charles, Englebert, Steve Wonder and many more. He is sure to entertain you with his love of music. We will serve holiday pies and ice cream after the show!

Please call for a reservation: 781-848-1963 (Space is limited - Braintree residents only please).

"This program is supported in part by a grant from the Braintree Arts Lottery Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency."

BLOOD PRESSURE CLINICS (free)



November 5, (Tues.) at Senior Center 10-11 a.m.
November 6, (Wed.) at Independence Apts. 10-11a.m
November 29, (Friday) at Senior Center 10:30 a.m.

SHOPPING SHUTTLE SCHEDULE



Reservations must be made at least **48** hours in advance by calling: **781-848-1963**:

Pick-up time is from: **9:30 to 10:00 a.m.**
Return time is from: **11:30 to 12:00 p.m.**
Nov. 5 & 7, Stop & Shop/Grove Street
Nov. 12 & 14, Shaws/Pearl Street
Nov. 19 & 21, Stop & Shop/Grove Street
Nov. 26 & 29, Shaws/Pearl Street

**** Need a ride to vote on Nov. 5th—Call early to reserve!**

****Van Trip Nov. 8 to Roche Bros./Walmart /Quincy at 10:00 am**

****Every Friday Library van ride. Pick up 11 am return 12:30 pm**

BRAINTREE MEETINGS



- Nov. 5, LOW Vision Group Meeting at 10 a.m.**
Meeting open to all with low vision problems.
- Nov. 19 AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Guest Speaker: Mr. Michael Festa , AARP Mass State Director will come to speak with us.
- *** Lunch prepared and served at Father Bill's on Friday, November 15th at noon by AARP
- Nov. 15, Braintree Elder Affairs Board Meeting 2 p.m.**
Board meeting at Senior Center - open to the public!
- Nov. 21, Wisdom Works Support Meeting 3:30 p.m.**
Meeting held at Senior Center.
- Nov. 26, Braintree Alzheimer's Support Meeting 4 p.m.**
Meeting, light supper & support meeting.
See newsletter article for more information.
- Nov./Dec. COA Associates Meeting**
No meetings Nov/Dec due to holidays.

Braintree ROTARY SENIOR THANKSGIVING LUNCHEON

Thursday, November 21, 2013

GOBBLE! GOBBLE!! GOBBLE!!!

It's November, and the Braintree Rotary Club is once again sponsoring an early Thanksgiving luncheon for Braintree seniors at "Great Pond Hall" (formerly Emerald Hall), 150 Bay State Drive/ Braintree, on Thursday, Nov. 21, 2013 at 12:15 p.m.

The first 100 to sign up will be treated to a delicious turkey dinner with all the fix'ns.

Space is limited, so call the Senior Center to register on or after November 1st:

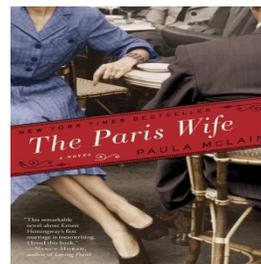
781-848-1963



Braintree Dept. of Elder Affairs Book Club Group

**Thursday, November 21, 2013
10:30 a.m.**

If you enjoy reading, this is the group for you. They read one book a month which is supplied by the Library, so there is no monthly cost. Come enjoy some very interesting books.



Book: "The Paris Wife"

A deeply evocative story of ambition and betrayal, *The Paris Wife* captures a remarkable period of time and a love affair between two unforgettable people; Ernest Hemingway and his wife Hadley.

Braintree
Department of Elder Affairs

“Special” Activities”

(Please call 781-848-1963 for more information)

- Nov. 5, “Low” Vision Group Support Meeting**
Meeting at 10 a.m. at Senior Center.
- Nov. 5, SHINE Insurance Help, at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues.
- Nov. 5, Supper Club at: Olive Garden/Stoughton & 19**
Supper Club at: Christo’s/Brockton
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Nov. 6, Veterans Day Celebration/Breakfast**
8:30 a.m.- See newsletter article & call to sign up.
- Nov. 7, Special Holiday Musical Entertainment**
1 p.m. - see newsletter article & call to sign up.
- Nov. 8, Senator Keenan Office Hours 11:30 a.m.**
Here at Braintree Senior Center—stop by!
- Nov. 11, Veterans Day - Holiday**
Senior Center closed today!
- Nov. 18, Belles & Beaux Musical Show at 1 p.m.**
Cake & ice cream social following show.
- Nov. 19, Beacon Hospice of Plymouth - Coping with Grief during Holidays at 10 a.m.**
See newsletter article & please call to attend!
- Nov. 20, Senior Trip to Whites of Westport**
9:30 a.m.- Luncheon & Show for ticket holders!
- Nov. 21, Rotary Senior Thanksgiving Luncheon**
12:15 p.m.-See newsletter article & sign up!
- Nov. 25, Senior Luncheon at noon—\$6.00/ticket**
Must purchase \$6.00 ticket at Senior Center.
- Nov. 28, Thanksgiving Day Holiday**
Senior Center closed today!
- Nov. 29, Movie Day 11:30 a.m. on big TV**
Note change of date due to holiday.

Braintree

Department of Elder Affairs

Senior Luncheon

Monday, November 25, 2013

@12 noon - \$6.00/ticket

Come to our monthly luncheon & enjoy a delicious meal and some socialization. Please note day change due to Holiday!



**Lunch Menu: Salad & Rolls
Roast Beef, Mashed, Potato and
Green Beans with Dessert.**

**BRAINTREE SENIOR CENTER
MOVIE DAY**

Friday, November 29, 2013

(note date change due to Holiday)

11:30 a.m. - \$.50/donation

Movie starts promptly at NOON!

Come at 11:30 bring a bag lunch, enjoy coffee/pastry & free popcorn!



Movie:

“42” - The Jackie Robinson Story

The story of Jackie Robinson, the first African-American to play in American Major League Baseball.



**Braintree Senior Center
Veteran's Day Celebration
& Breakfast
Wednesday, November 6, 2013
8:30 a.m. (free)**

All Veterans & their spouse/guest are invited to attend a celebration & breakfast in your honor on Wednesday, November 6th at the Senior Center at 8:30 a.m.

Our Director, Sharmila Biswas & Veteran Agent, Dick Walsh, will host the celebration, followed by a delicious breakfast (pancakes, eggs & sausage) all cooked by our local Rotarians.

Please plan to join us so we can *"thank you"* for your service!

Please call to sign up: 781-848-1963



Rotarians Cooking

**Braintree Department of Elder Affairs
& Beacon Hospice of Plymouth
Presents.....
"Coping with Grief During the Holiday Season"
Support Group Meeting
Tuesday, November 19, 2013
10 a.m.**

Beacon Hospice is offering a special workshop called "Coping with Grief during the Holiday Season" for anyone who is experiencing grief due to the death of a spouse, family member, close friend or another loved one.

This workshop will be held on Tuesday, November 19, 2013 from 10:00—11:30 a.m. at the Braintree Dept. of Elder Affairs Senior Center located at 71 Cleveland Avenue, Braintree, MA. Coffee and pastry will be served during meeting.

This support meeting is free of charge and all are welcome. Please reserve your space by November 18th by calling Scott Ciosek, Bereavement Coordinator at Beacon Hospice at: 508-747-7222.



From the desk of Mary Cirignano, Chairperson...

**DON'T FORGET TO VOTE NOVEMBER 5th
THE BOARD IS WISHING EVERYONE A HAPPY
THANKSGIVING DAY!**

**Gov. Bradford proclaimed November 29, 1623
as a day of Thanksgiving.**

We went to the mall the day after Thanksgiving,
to purchase the Christmas gifts we would be giving.
My mother, my father, my sister and I,
we all had our lists of the presents we'd buy.

We got up at dawn and went straight to the Mall,
but came home without any presents at all.
For though we were there from the morning till dark,
we spent the day looking for someplace to park.

Poem by Kenn Nesbitt.

A grandmother is giving directions to her grown grandson who
is coming to visit with his wife for Thanksgiving. You come to
the front door of the apartments. I am in apartment 301. With
your elbow, press the apartment number and I will buzz you in.
Come inside and the elevator is on the right. Get in, and with
your elbow, push 3rd floor. When you get out, I'm on the left
and with your elbow, hit my doorbell, OK? Grandma, that
sounds easy, but why am I hitting all these buttons with my
elbow?....."What.....You're coming empty handed."

9 Reasons to be thankful you burnt the turkey.

1. Salmonella won't be a concern
2. Everyone will think your turkey is Cajun blackened.
3. Uninvited guests will think twice next year.
4. Your cheese broccoli bean casserole will gain newfound appreciation.
5. Pets won't bother to pester you for scraps.
6. No one will overeat.
7. The smoke alarm was due for a test.
8. You'll get to the desserts even quicker
9. You won't have to face three weeks of turkey sandwiches.

A piece of pumpkin pie?

Jolene was only 8 years old and lived with family in the country
with her parents and brother. Consequently they did not often
have visitors from the city. One day Jolene's mother said that
father was bringing two guests home for Thanksgiving supper.
After they had enjoyed the turkey, Jolene went to the kitchen to
help her mother, and proudly brought in the first piece of pump-
kin pie and gave it to her father. He then passed the plate to a
guest. When Jolene came in with the second piece and gave it
to his father, he again gave it to a guest. This was too much for
Little Jolene, who blurted out, "It's no use, Daddy. The pieces
are all the same size."



**Senator John F. Keenan
November 8, 2013
11:30 a.m.**

*Senator Keenan will be holding office hours
the 2nd Friday of each month here at the
Braintree Senior Center.*

*Please feel free to stop by and chat with
Senator Keenan or address any problems
or concerns you may have.*

November is a time to be thankful....

**We have a lot to be thankful for here at the
Braintree Dept. of Elder Affairs. We are one of
the busiest Senior Centers on the South Shore.**

**We would like to thank all our "Volunteers"
who put in many hours to help us. We have
over 80+ Volunteers working here in Braintree.**

"Thank you"

- Board Members & COA Associates
- Hostesses (kitchen, luncheon & events)
- Van Drivers
- Van Escorts
- Receptionists
- Newsletter Crew
- Instructors
- Knitters/Crafters
- Activity Leaders
- Entertainers
- SHINE Insurance Assistants
- Tax Preparers
- Veteran Liaison
- Miscellaneous Volunteers

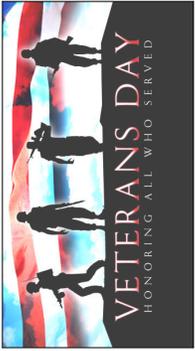


**Without your Volunteer help we could not offer
so many different & exciting daily programs &
special monthly events.**

We are forever thankful.....

*Sandy Young
Coordinator*

***Please see me if interested in volunteering!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note special activities will have a write up in this newsletter about sign up requirements and any charges.</p> <p>Please call to sign up for our special monthly parties & luncheon after the first of each month!</p> <p>*Please note there are \$\$ charges for our exercise programs and some special activities - call for information regarding charges.</p> <p>*All other activities are \$.50/each which helps cover expenses.</p>	<p>**If you need a ride to the polls on November 5th, please call early to book the van!</p>	<p>November</p>  <p>2013</p>		<p>1</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker</p>
<p>4</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 1:00 Trivia & Coffee</p>	<p>VOTE TODAY!</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Vision Group Meets 10:00 Blood Pressure (free) Senior Center by Town Nurse 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 3:00 Supper Club: Olive Garden/Stoughton</p>	<p>6</p> <p>8:30 Veterans Program with breakfast served! (call for spot) 9:15 Exercise Class 10:00 Blood Pressure (free) by Town Nurse at Independence Manor 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>7</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Special Holiday "Musical Journey Through the Years" (please call to sign up)</p>	<p>8</p> <p>9:15 Exercise Class 10:00 Special Van Trip Roche Bros/Walmart 10:00 Weight Loss Group 11:00 Tai Chi Class 11:00 Library van ride 11:30 Senator Keenan office hours at Center 12:00 Pool Players 1:00 Women's Poker</p>
<p>11</p> <p>VETERANS HOLIDAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>12</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise</p>	<p>13</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker</p>	<p>14</p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p>	<p>15</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 12:30 Ask the Lawyer (free) by appointment 1:00 Women's Poker 2:00 Dept. of Elder Affairs Board Meeting (open to public)</p>

<p>18</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p>1:00 Belles & Beaux musical show with cake and ice cream served.</p> <p>** Thank you...Royal Rehab Nursing Home Braintree for providing the cake for this event.</p>	<p>19</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE insurance help 10:00 Coping with Grief During the Holidays Seminar <p>(please call to sign up) 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 3:00 Supper Club: Christo's/Brockton ** AARP Meeting today 1:30 p.m</p> </p>	<p>20</p> <p>9:15 Exercise Class 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker 1:00 Hearing Exams (free) by appointment 1:00 BINGO</p> <p>***Senior Trip Today to Whites of Westport (ticket holders only)</p>	<p>21</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 10:30 Book Club Meets 11:30 Quilting Group #2 12:00 Pool Players 12:15 Rotary "Thanks-Giving" luncheon at Great Pond Hall - Please call for reservations! 1:00 Art Group 1:00 Knit/Crochet</p> <p>3:30 Wisdom Works Meeting & Speaker</p>	<p>22</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker</p>
<p>25</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Poker 12:00 Senior Luncheon (please note date change) Purchase \$6.00 ticket! 1:00 Trivia & Coffee</p>	<p>26</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE insurance help 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Ask the Lawyer (free) by appointments 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise</p> <p>4:00 Alzheimer's Support Meeting (call to reserve)</p>	<p>27</p> <p>9:15 Exercise Class 10:00 Crafts 10:00 Quilting Group #1</p> <hr/> <p>No Afternoon Activities Due to Holiday!</p>	<p>28</p> <p>THANKSGIVING HOLIDAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>29</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 10:30 Blood Pressure at Senior Center (free) by Home Instead 11:00 Tai Chi Class 11:00 Library van ride 11:30 Movie Day Movie: "42" Jackie Robinson Story 12:00 Pool Players 1:00 Women's Poker</p>

S U D A R O F D E V R E S E R

From the Outreach Department.....

We have received the applications for fuel assistance from Quincy Community Action Program, Inc. The fuel assistance season runs from November 1, 2013 through April 30, 2014. This program is available to income eligible households and the application requires several supporting documents about income and expenses. If you are interested in applying, please contact the Outreach office and we can give you the list of documents to begin the application process. You may also apply by making an appointment at QCAP. Their number is 617 479-8181 ext 301.

We would like to offer a few reminders about fall prevention since the risk of falling increases with age, as do the complications from falling. In your home, make sure that rugs are secure and that edges lie flat. If possible remove any small throw rugs that may cause you to trip or slip. If you have stairs, hold on to the handrails instead of carrying bundles of laundry down the stairs with both hands! Put non-slip mats in the shower or bath and install grab bars in the shower area. At night, have nightlights on in the hallways and bathrooms so that you have a clear well-lit path if you need to get up in the night. Wear slippers that fit snugly, allowing you secure footing on stairs. Additionally, review your medication with your doctor including over-the-counter drugs in case they might increase your risk of falling. Many medications interact with other medications or alcohol by making you drowsy and increasing the negative side effects, so check the warnings on the side of your prescription bottles.

As one ages and stability becomes an issue, you may need to take your doctors' advice and use a cane or walker to prevent falling, but it is important to stay active and to keep walking for exercise. If you find your stability isn't what it used to be, use the support of a cane or a walker instead of giving up and just sitting. Come join one of the Senior Center's many exercise programs, such as Chair Yoga, Tai Chi, the Walking Group, or Zumba Gold Exercise. These activities can be enjoyed by people at all levels and beginners are always welcome. You will find that your overall health, balance, and strength will benefit from consistent activity and social interaction with each group.

Activity sign-up reminder..... (especially with up coming holiday events):

We realize how popular our big social events have become and why we had to implement signing up on or after the first of each month. This allows everyone time to receive our newsletter listing all our monthly events and time to call & make a reservation.

When you call to sign up for any of our big events we ask for your name & number (just in case we have to cancel the event). All of our large social events & monthly trips are for Braintree residents only due to limited space. All our other daily activities are open to out of town seniors.

We ask that if you sign up for an event and you can not make it, **please call.** We always have a huge wait list for these events and it is sad when on the day of the event several people don't show up and we have so many people that would have loved to come.

So please **call to cancel,** even if it is the morning of the event - someone will always be happy to take your spot!

Thank you!

Educational Town Information

Please hold the date.....12/8/2013

The Gardener's Guild of Braintree will hosts its annual "Holiday House Tour & Boutique" this year on Sunday, December 8, 2013. Don't miss this year's event which will feature three historical houses in Braintree; The Asa French House, Sylvanus Thayer House and the Gilbert Bean Museum. All 3 houses will be open to tour.

A boutique will be held the same day across the street at Town Hall & is included in your House Tour ticket. Fresh greens, wreaths, trees & swags along with many different vendors selling unusual holiday gifts and homemade items will make this a one stop holiday shopping event.

Ticket information can be found in newspapers, on signs around town and on our web page at:
www.gardenersguildofbraintree.com

Purchase your tickets early to this wonderful holiday event!



FROM THE RECYCLING DEPT.....

Braintree is off and running with its new style of trash and recycling collection...as of **September 30**. To date, residents have been extremely cooperative with the program.

Extensive outreach was put into place, beginning with a town wide mailer approximately 2 months prior to the program, along with website information.

Also, along with delivery of the carts, a Recycling & Trash Guide was delivered. Additionally, an informational label was molded into the lid of the recycling cart that contained information and telephone numbers relative to all services.

Lastly, informational tags to be used during the collection routes to be hung on the carts when an issue arises when residents need guidance with the collection process.

Holiday Extra Trash: For the two trash pickup days following Christmas, special arrangements have been made so that residents can put up to 3 trash bags at the curb in addition to their wheeled carts. The 3 bags will be counted as a bulky item and picked up manually.



Reminder to stay healthy this winter.....

- Get a flu shot.
- Get a pneumonia shot.
- Wash your hands often during the day.
- Stay out of crowds when flu peaks.
- If sick stay home and rest.
- Avoid children who are sick (even if they are your adorable grandchildren).
- Eat healthy and keep hydrated.
- Get a lot of rest.
- See your doctor if a cold or flu persists.
- Think Spring!!!!

Braintree Department of Elder Affairs.....Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores and some Medical Facilities. Call the Senior Center at (781) 848-1963 for a location near you and any information you may need. The Braintree Dept. of Elder Affairs *gratefully* accepts donations & thanks all who have donated to our great programs!

Thank you to Dalton Water/Braintree for their very generous donation of spring water each month at the Senior Center!

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184
781-848-1963

Place
Stamp
Here



Please recycle!

Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities.

For more information call (781) 848-1963, or visit our web site: www.braintreema.gov

Dear Friends.....The following is excerpted from a blog, written by Howard Gleckman:

In the always-complex, often-painful world of family caregiving, there is no worse advice than this: When your parents need help, you must reverse roles and become their parents. Here is the reality: If you are the adult child of an aging parent, you will always be their child; and they will always be your parent. They may need your help with the most intimate personal care, but you will never become their parent.

When I was conducting research. I had the opportunity to spend two years with people who needed assistance and their family caregivers. I saw successes and sad failures. Often the difference was the ability of adult children to understand their role. To start, what is the "right thing?" Who are you to decide what is right? As a matter of law and, I believe, ethics and morality, each of us gets to decide the "right thing" for our own life, as long as we are cognitively able and our choice does not harm others.

Adult children caregivers should put themselves in the position of an aging parent. As you become physically frail and cognitively limited, you lose control of your life. All those day-to-day decisions that healthy people take for granted are increasingly shared with others. It can be embarrassing and demeaning. And it is why a big part of frail old age is about maintaining independence and respect.

Now comes your child. He may be 50 years old, but he is still your child. And he is saying, "Mom, you've got to go to the doctor. You've got to stop driving. You've got to move to assisted living." He may have just parachuted into town for a few days. He seems rushed and impatient. And you, who on some level still view your son as the 18-year-old who left home to go to college, are resentful, embarrassed, and maybe even angry. Needless to say, this is not a great environment in which to make decisions.

What's the alternative? As much as possible, share decision-making. As the adult child, never start any sentence with the words: "Mom, you've got to...." Instead, try, "What do you think we should do...." Help them choose. But work together as much as you can. Of course, if a parent or other relative is emotionally or cognitively incapable of making decisions, you may have to step in. But that is much less common than many suppose.

God bless our Veterans and have a Happy Thanksgiving!
The Friends

