

Mom's Life

8 mos since Dad died – misses him occasionally but ever the Mother caring and loving her children. As always she is the most pleasant and patient human being.

Family keeping Mom at home, comfortable, and happy.

Skills classes on Tues/ Thurs. Van picks her up and children go with her. Dan built a ramp for the front for easy access in and out (Dad may have snarled about this). In love with Ed

Activities at home: Reads newsletters and short cards notes received in the mail. Loves getting mail. TY to those of you that keep those letters coming. Music, concerts, nature, inspirational talks, chair exercises and hula on YouTube. She plays puzzles and games with us but more to pacify her adult children/grandchildren but the joy and game is on when the great grandchildren are involved – they are actually children). She loves to go outside and take walks (wheelchair rides). She loves to sit and watch the passersby out the front window.

She is still adamant on getting chores done. She folds laundry, wipes counters and sinks, and points out if a cupboard or drawer is left open, or something left on the floor. Each morning she scrutinizes Mary's room as she passes by to make sure the bed is made and things picked up and, at times, she has some reprimand-sounding words/gestures.

Still on Hospice services. She remains physically strong. She began eating less mainly due to difficulty in skill/brain function. She eats more finger foods. We also eliminated a wide range of foods that were causing sever bloating and IBS symptoms. Due to this change in diet, we were unable to get good protein and calories in her and she lost a bit of weight. With Mom's delighted approval, she is now eating meat which has helped her get stronger and to gain weight. She has always been good at knowing the foods her body needs and so we trust that this was the right decision because she has enjoyed the change.

Her dementia remains basically the same depending on hydration, sleep, and over-stimulation. She seems to recognize faces but rarely names. She needs a lot of prompting in activities of daily living but assists with dressing, brushing teeth, combing hair, etc. She goes through periods of spending time and talking with those that have already passed but seems to be quite content (and at times busy).

We are all blessed to have this time with our Mother and know how fortunate we are to have her pleasant, loving, and humorous qualities fill our days with her.

Wishing you all the joys of this blessed season.

The Aldridge Children