



TO YOUR HEALTH



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Happy 4th of July

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BLOOM WHERE YOU ARE PLANTED

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A sign by the side of the road in front of a preschool read “Bloom where you are planted”. While the sign was posted in front of a preschool, one could easily apply this statement to people in different stages of life, not just childhood.



To bloom, one must set down roots to reap the benefits from the surrounding environment. Life in a CCRC offers many opportunities to stay healthy and active and remain independent for as long as possible – opportunities to “bloom”. However, moving to a new level of care within the community, where one can continue to put down roots and bloom, can be very stressful for many people. Some may feel as if they are being “uprooted”. On the list of life stressors, moving is right up there with marriage, divorce, death of a family member or a personal diagnosis of a terminal illness.

To truly “bloom” in your environment, it needs to be the right place with the right amount of support. At some point in everyone’s life, a little extra support is needed. The kinds of support will vary from person to person, as well as the timing of that support. Sometimes we recognize the need ourselves, but other times, it’s not as clear to us.

Consider the time in your life when you made the decision to move to a CCRC. Perhaps you made that decision on your own; perhaps you were gently encouraged by family and/or friends. Either way, the move to a CCRC involved not only relocating, but often downsizing too. This kind of move is often made in anticipation of future needs. We are well aware that life will continue to shift and change, therefore, choosing a community with a continuum of care can provide a sense of comfort and security.

So, why is it that when life does shift, we often don’t perceive the move WITHIN the village the same way we did the move TO the village? Just as we took notice of life shifting and changing prior to moving to a CCRC, so we can take notice of life’s continuing shifts and changes, asking ourselves “Am I continuing to thrive where I am now planted?”

But what if we don’t always notice these changes ourselves? Sometimes they are gradual and so subtle that we don’t pick up on them. Others may notice them before we do. Consider the person that is kept awake at night by their spouse’s snoring. Their spouse is likely not aware they are snoring, but their partner is, and he/she might share a concern about this problem. Snoring can be an indicator of sleep apnea, a medical condition that can compromise a person’s

overall health if left untreated. Without the proper support, this individual will become more and more compromised; hardly thriving or blooming.

Sometimes, when life shifts and we are faced with new challenges, we can feel overwhelmed. The added stress can tax our emotional and physical energy. As a result, many will withdraw from activities and connections, spending more time alone and becoming more isolated. This too is hardly blooming.

So, if you find yourself struggling a bit more, feeling alone or lonely, or are hearing concerns from well-meaning family and friends, perhaps it's time to think about whether you are truly thriving where you are now planted. Remember, wherever you are, the goal is to support your health and happiness as well as independence for as long as possible. Perhaps you don't wish to be "uprooted". It may benefit you to think about a move within a CCRC as "transplanting". You will know you are planted in the right place when you are blooming.

*"With no mind, flowers lure the butterfly;
With no mind, the butterfly visits the
blossoms. Yet when flowers bloom, the
butterfly comes; When the butterfly comes,
the flowers bloom."
Ryokan Taigu*

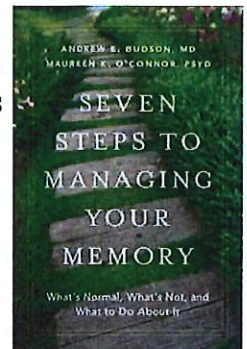


ANNOUNCEMENT

We are happy to announce a new addition to the weekend Clinic staff. Elizabeth Keane is an Adult Nurse Practitioner with eight years of experience in geriatrics. She previously worked with Boston University Geriatrics providing care to home-bound elders and most recently at Newbridge on the Charles in Dedham. Liz will be working two Saturdays per month in the Clinic.

HEALTH EDUCATION LECTURE

Thank you to Dr. Maureen O'Connor for the informative talk in June on "Seven Steps to Managing Your Memory". If you'd like to read more, her book is available on Amazon. A copy of her book is available to borrow from the Clinic.



Monthly talks are not held in July and August.

Coming in September: Erin Fragola, the Library Outreach Coordinator at Perkins School will present a talk on Low Vision Options.

