



Rusty's Blog (September 2008)

A Decision Just In Time

A few months ago I had a very interesting visit with one of our new residents. After having been at Alderman Oaks for just under two weeks, this lady let me know that she wanted to talk to me. I'm almost always available to our residents, so I was glad to speak with her. Very often we hear about how great and friendly our staff are or something like that. In this case the lady made it clear that her decision to move in was much more critical than I would have guessed.

This resident went on to say that she was, to a substantial extent, the care giver for her husband. It had gotten to be too much so she really "put her foot down" about moving to a retirement center. She went on to explain about how great a burden she had begun to feel and, that for her own physical and mental health, she just had to have relief. She went on to say how totally correct her decision was and that her husband now understood and enjoyed his new situation. She had made the decision **just in time**.

This clear example makes me think about something we hear regularly. "I don't think we are quite ready yet." We are aware of quite a number of situations in which people have waited, then the seemingly unexpected happened. All of a sudden it was too late! Almost everyone that moves into Alderman Oaks tells us that they should have made the move sooner.

Isn't it better to make decisions while you're mentally and physically healthy, while you have energy to handle the changes? Isn't it better to make a move while both spouses can make the decision together and know that their mate will be well situated and have a support system if something happened to the other spouse?

We encourage to give serious thought to these issues and write us a note about your thoughts or questions. Use the **Contact Us** page of our website for this purpose.

Have a blessed day.

Rusty Blix
Administrator