

GRATITUDE

I have lived at Dobie Road Nursing Home or ICMCF for over 8 years. I have constantly observed the psychological truth, "People will work harder, more efficiently and automatically take care of details when they know they are appreciated." Expressing gratitude to our caregivers is extremely important. Appreciation for caregivers includes friends, family and those who are paid. Showing gratitude to the extent we are able making our caregivers work as easy as possible; living our gratitude by doing everything, we are able for ourself WITHOUT PUTTING OURSELVES AT RISK creates a bond and a type of partnership.

I believe we were put on this planet to help one another. Help each other isn't necessarily employment such a nurse's aide. It is an attitude. As recipients of care don't exclude us from helping other. Also, we can be extra patient with caregivers, especially new ones. We can avoid being crabby or negative when having a difficult day and extra tolerant when our caregiver is having an off day.

For me is easier to live is with gratitude for everything weather it is perceived as positive or negative. The good of almost everything can be found.