

This week is going to be brief but good!

On the topic of staying in your home as long as possible, I ran across a new resource on the AARP.ORG website. A “Home Fit” resource guide to better prepare our homes for our changing needs. The intent of the guide is to help seniors make their homes fit to “age-in-place”.

I have a copy you can access at:

<https://drive.google.com/file/d/0B1Njf12mebGEZ1IzTjN3dTZhdGc/view?usp=sharing>

It has some good suggestions for making your home a safe place to be as you age. The guide provides detailed information about each room of your house and includes checklists to help you keep track of your to-do list. A good resource for all of us!

Quote of the week:



Prayer of an Anonymous Abbess:

Lord, thou knowest better than myself that I am growing older and will soon be old. Keep me from becoming too talkative, and especially from the unfortunate habit of thinking that I must say something on every subject and at every opportunity.

Release me from the idea that I must straighten out other peoples’ affairs. With my immense treasure of experience and wisdom, it seems a pity not to let

everybody partake of it. But thou knowest, Lord, that in the end I will need a few friends.

Keep me from the recital of endless details; give me wings to get to the point.

Grant me the patience to listen to the complaints of others; help me to endure them with charity. But seal my lips on my own aches and pains — they increase with the increasing years and my inclination to recount them is also increasing.

I will not ask thee for improved memory, only for a little more humility and less self-assurance when my own memory doesn't agree with that of others. Teach me the glorious lesson that occasionally I may be wrong.

Keep me reasonably gentle. I do not have the ambition to become a saint — it is so hard to live with some of them — but a harsh old person is one of the devil's masterpieces.

Make me sympathetic without being sentimental, helpful but not bossy. Let me discover merits where I had not expected them, and talents in people whom I had not thought to possess any. And, Lord, give me the grace to tell them so.

Amen" — [Margot Benary-Isbert](#)



Have a great week ahead and enjoy the beginnings of March!