

Writer bids farewell to readers in this column

I find it hard to believe the summer is half gone and the kids will be back to school before we know it.

So far it hasn't been a bad summer, especially if we compare it to the past few years of drought and scorching heat.

I have a feeling we'll have an early fall and a hard winter. As the old cowboys used to say, you'd better save up for some warm long johns.

This has been a different summer than I expected. In June I made plans to have a new knee put in; I had one put in the other knee several years ago, and it has been such a joy.

I finally decided that it was crazy to keep hurting so much when we have such great doctors here in Sheridan. But I didn't follow my own plans too well.

On June 7 I lost my balance and fell backward down my front steps — banging on every step and hitting my head on the rail post. I got a dandy goose egg.

I had my wits with me to push my Life Link button, but I also yelled for help. My neighbor's daughter heard me and came running over; she called 911 and then my son. In just minutes, I had great help plus a scared son!

I am so impressed at the professional, kind and gentle care those men gave me. They transported me to the ER and let my son ride along.

Then at the hospital, I got instant care! With an ice bag on my head, they cleaned up some scraped skin. The doctor ordered X-rays, and much to our surprise nothing was broken, just very badly bruised all over! I could hardly sit down for two weeks!

On July 1 I had the new knee put in, and again I received absolutely wonderful care. There were excellent therapists who worked with me each day.

Silver Threads

Mary Kraft



The morning of the 4th I was transferred to the Extended Care Unit. What a great improvement from the way it used to be.

Each day they got you up and you had to walk into the dining room. It is a lovely room, and we all enjoyed visiting and laughing just as we do at the Senior Center.

Each morning after breakfast we were able to fill out the menu for the next three meals, which is really a good idea. They had such a lovely variety, and it was always well-prepared and really looked good on your plate. Sure beats eating alone in my room.

Since I've been home and my daughter had to leave, I am getting

care from the In-Home Services program through the Senior Center. A lovely young lady helps me with my shower and putting on these wretched "tete" hose. If I needed it, I could have someone clean or go shopping for me.

So far I haven't started the Home Delivered Meals but may have to soon. Until all this, I really hadn't thought too much about all the wonderful services that are available to us seniors. I feel so fortunate living in such a caring community.

Well, my friends, this is my last article, as my macular degeneration has gotten so bad it's almost impossible to read.

I've enjoyed doing this these past few years and have appreciated your remarks after reading them. So take care, and hopefully I'll see you at the Senior Center for lunch.

Silver Threads is a weekly column written by people involved with the Sheridan Senior Center.