

Communication marked by pleasant companionship

The way we communicate — boy, has it changed.

High-speed Internet, cell phones, and cable television with 300 channels connect the world now.

We can call anyone from anywhere at the click of the enter key of our computer. We can instant-message for hours to anyone, anywhere.

Watching TV, we are now able to see things in real time and not taped to be viewed at a later date.

Yes, technology and modernization have made the world a much smaller place. But has it made the world a happier place? Hasn't it taken away from the "human element"?

I remember a time when the only thing standing in my way of a great conversation was a fence or a street that separated me from my neighbor.

I remember at dinnertime, the phone was hung on the wall and not as a part of the place setting; and TV had only three channels.

So, how did I communicate without the use of a computer, cell phone or 300 channels?

I was blessed; I lived a life that was rich in the "human element," when a conversation included a handshake, a hug, and an ear to bend.

In joyous times I'd gather with friends to laugh, banter a little and revel in one's happiness. In times of sorrow, I met with others to console, offer a tissue, or simply just to be there for someone.

Now, I find myself even more blessed, for I have a job that is based on the human element, where communication is an art form. I work at the Senior Center in Day Break.

I am able to hug, hold a hand, cry and

laugh with very special people. I am enriched with the life stories of others that are shared one chapter at a time.

Day Break Elder Care Services is an adult day services program that cares for dependent adults in a comfortable and safe setting. We offer respite for caregivers.

We provide socialization for the isolated. Day Break provides a secure setting while allowing people to be as independent as possible and remain at home.

If you think Day Break is not for you, consider this — do you need help preparing meals, taking a shower and dressing, require health monitoring and supervision; are you isolated and often

alone, or are you caring for a family member and need a break from the important yet strenuous task of caregiving?

If any of these things sound familiar, Day Break may be the answer. We are open weekdays from 7:30 a.m. to 5 p.m. We offer a wide variety of activities and social opportunities.

I want to offer you the chance to join us at Day Break, push aside the computer, turn off the cell phone, and mute the TV. Come and share one chapter of your life story, and I promise we will share ours.

Communication is marked by pleasant companionship with a friend. We would love to call you a friend. You will be greeted with a smile, handshake and offered a cup of coffee.

Join us, share with us, and add that human element to your life.

Tracy Crume is a Day Break aide at the Sheridan Senior Center.



Silver Threads

Tracy Crume