

X deny, avoid, This is something people don't want to talk about.

Xix Act Now on Nursing Homes because After you stroke or Dementia you can no longer advocate.

Preface - "There is hidden benefit in looking at the entire human life cycle. - Not seen in nature

Xxi we may want to ~~try to shape our~~ try to shape our future options Now before we become powerless to do so. Some Profit greatly from our for profit, denial based approach to long term care.

Gautama Everything born Contains its own cessation

5 Are they in misery or on vacation.

7 True Goodness - goes to the loathsome places Lao Tzu

59 - Nursing home residents surrender all pride and

64 - Many Residents live only for sleep. ~~All day in Bed - Consumed by anxiety~~

68 Visitors should come regularly or not at all.

70 I cannot help even $\frac{1}{4}$ of those who plead for it.

70 - Nothing seems to breed impatience like a complete lack of agenda. Our residents have nothing to do but focus on their pain. 6 emotions

~~me~~ - About all they have left + this is the only path to pleasure, is their Consciousness. OR Part of it if they are lucky.

this could be different.

73 Professional Nurses not so much time for care and nurturance - too much protecting the institution from litigation.

74 Our style of caring comes to represent all of humanity to them me - so lets provide love/escort - & send them out with as close to a smile as we can get.

Health - can mean feeling wonderful and happy Not only the absence of disease. Health and wholeness are real.

78 - Current State of Health - "only sickness matters" - only sickness pays. Health workers put true health out of their minds.

Is light the absence of darkness?

78 Asstaging area for death. Numb pharmacy for many.

87 Residents may have legitimate urge to let go. Forcing a body to stay alive may be cruel.

88 Eating - We violate their dignity by gorging them like Sumo wrestlers. Force food. Judged on weight loss.

90 Fast - Low Cal - Zookeepers feed mammals two days out of each three.
Nobody's Home

101 - "She is in Command of nothing except her own disposition".

Sleep - is their sweetest commodity"

141 on Bingo Slot Machines and video poker would do well here.

179 Once we accept our mortality our capacity for joy expands exponentially.

180 Can Be magical When Alzheimers Patients play Alzheimers. Happiest hall in the building.

181 - It's possible to become aged without maturing. Never reaching adult hood.