

I wrote an article for a newsletter for the residents at Wesley Village where I work. Judging by the response it hit the mark for a lot of people. Some responded that they were giving the article to their adult children to read. One woman said, "They (her children) get so busy caring for me that they no longer seem to enjoy me. I wish they would just take the time to be with me without anything else that has to be done." In that spirit, I offer a portion of this article to all who are so busy caring that they no longer enjoy being with those they are caring for.

"My wife and I went up to Canada for the weekend. The foliage was more and more beautiful the farther north we went. For us, it was a strange, but pleasant realization to know that this would not be the only time we could enjoy nature's beauty this year. We would get a second chance to enjoy the foliage. All we would have to do is return home to Connecticut and wait a couple of weeks. We both remarked about how many times in our lives we would have wished to have a second chance to savor a moment of beauty. But, that is not how life works. No moment in time can ever be repeated. We either live it completely or we completely lose it.

"Barbara reminded me of a good friend who does a lot of hosting at her home. It was her observation that this woman misses every one of her parties. She is always so busy trying to be certain everyone has enough to eat and drink that she never sits and socializes. Every once in a while I'll say something about enjoying whatever happened at her party and she'll wonder why she did not know it even happened. What a shame! What a loss! She gives great parties, but doesn't seem to be a part of them. She is so like too many of us too many times!

"As a minister I preside over many funerals. The easiest ones to do are for the people who died having no regrets, having done everything they have wanted to do, embracing each new opportunity that came their way."

The article went on to encourage older adults to live each moment as fully as possible. But the response to it led me in a new direction. It led me to realize again that caregivers – family and professionals alike – too often get too busy doing things *for*, that they forget to do things *with* those for whom they are caring.

Life is not repeatable! We have only one opportunity to know and love someone. There are no repeats! So, in the midst of caring for, enjoy the foliage, enjoy the beauty of the moment and the person at hand. See the person(s) for whom you are caring as one of God's beautiful wonders! Enjoy them! Love them! Savor them!

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