

## COVID-19 PANDEMIC Gratitude Story

May 25, 2020

**An acquaintance in his 70's was on a ventilator in ICU for more than three weeks and there seemed to be little hope... *I am grateful to hear that he is now home!***

*I am grateful that we live in an area where - although hit hard by COVID-19 - many doctors and lab technicians, nurses and aides, food service and housekeeping personnel work hard at making good decisions and doing what they need to do - despite risk to themselves - so that John could return home to his family.*

*I am also grateful to be part of a community where many family members, friends and neighbors reached out to John's family while they were being kept at a distance from their husband, father, grandfather - as he battled for his life... And albeit from a distance, *I am grateful* that John has family members who could make decisions about his care when he could not...*

**I wonder though: How many difficult decisions did John's family make along the way? Did they know what John wanted? Did they all agree on decisions made?**

**I also wonder: Did John ever think about how he would want to be cared for in a situation like this? Did he think about what would be most important to him if these were his last days? And, if he did, did he share his thoughts?**

**WOW... How many families around the world have the *added anxiety of care decisions* along with the physical suffering and fear instilled by this virus?**

*I am grateful that I learned about "Five Wishes" - a tool that helps us prepare for unforeseen situations like those precipitated by COVID-19 - a living will in simple language that encourages having the "conversation of your life" with family and doctor... *I am also grateful* to be part of the North Jersey Villages team that has facilitated free professional presentations on "Five Wishes" - giving Bergen County older adults and their families an opportunity to be prepared for the unforeseen!*

**STAY HEALTHY & STAY CONNECTED!**

*Kathy Kuzma*

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