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MAKING IT WORSE?

It all started out as a simple plumbing repair.

I discovered a basement pipe was leaking ever so slightly and so I took on a Sunday night project to make the needed repair. How difficult could it be to cut out the offending pipe and replace it with a new piece? Plenty as it turned out! What was to have been a simple job turned into a nightmare and three hours later all I had to show for my efforts was water everywhere and a new major leak. I had to shut down all the water to the house ---- this was not my finest hour!

When you are dealing with old plumbing the problem you see is seldom the whole problem ----- there is always more hiding just out of sight!

The same thing happens with these aging bodies of ours. What we think is just a sore foot or a sore elbow turns out to be something much more complicated and is not going to be fixed with an icepack or a heating pad. A simple surgical procedure turns out to be a complicated one. The list goes on.....

When what should be simple becomes complicated - we get angry, frustrated and oftentimes scared. We worry that it can only get worse. All of a sudden that 'Ostrich Approach' sounds pretty good. If we only didn't try to fix it --- if we only didn't go to the doctor everything would have been fine. We all know that denial doesn't really work --- but that doesn't keep us from treating it as if it were a real option from time to time!

When the anger you feel subsides but then a sadness takes over and you find that this isn't something that you can 'wish' away and you know it isn't something that is just going to go away on its own..... Then you know it is time to do something about it! It is time to talk to your Doc! What I'm talking about is the possibility of depression and it becomes increasingly common as we get older - and understandably so. Sometimes aging can seem like nothing more

than a ticket to experience one loss after another. Each day a new problem, each day another name you know on the obituary page, each day a feeling of loss. Art Linkletter wrote a book: “Old Age is Not for Sissies” and he was right.

Getting older doesn't come with much a handbook and it is very common for people to need a little coaching along the way -- and a good place to start looking for that coach is to start with your Doc.

I know how badly I felt after messing up a simple plumbing repair. In comparison to the problems that others have --- my problem doesn't even count – but at that particular time and combined with other small problems it felt like the ‘*straw that broke the camel's back*’ and I was feeling none too happy. I can only begin to understand how it feels for those who are dealing with major problems.

So how did I fix the leak? The next day I realized that doing more of the same would get me more of the same and that a new approach was needed. I vaguely remembered seeing something on the hardware store's shelf --- a new to me kind of pressure fit fitting that would seem to be perfect for working on piping where constantly running water (however slight) made solder joints next to impossible. I used this new approach and it brought new and successful results!

If whatever you are doing isn't working for you --- then doing more of it isn't going to change your results. It means you need to try something different and oftentimes the best way to do that is to get some help – and oftentimes the best place to start is with your Doc.

And so it is that we can change and we can learn --- if we are willing to do things differently! Old Dogs can Learn New Tricks!

Age Well!

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