



Newsletter

September 2021  
Vol. 1, No. 12

## Turning the Spotlight on Seniors

August 21 is World Senior Citizen Day and October 1 is International Day of Older Persons, as designated by certain specialized agencies of the United Nations. Using these as benchmarks, different countries plan and tailor their celebrations in accordance with their cultural practices.

In Jamaica, September is observed as Senior Citizen's Month and the last week of September going into the first week of October, as Senior Citizen's Week. This year's observance is over the period September 26—October 2. It is a good time then to turn the spotlight in this month's edition of the newsletter on matters relating to seniors.

In the piece 'Take Care of Seniors—You May Get There One Day', Rev. Canon Dwane Cassius, Parish Priest at the Pro Cathedral and Parish of St. George with St. Barnabas, St. Kitts, shares some of what he sees on the ground, specifically, the common family issues retirees and other seniors complain about and he suggests how we can be more mindful of the needs of seniors in our families.

On the other side of the coin, Camille Orridge, a Senior Fellow at Wellesley Institute and former CEO of the Toronto Central Community Care Access Centre, gives her perspective on how seniors can organize their personal affairs to make it easier for loved ones to handle their end-of-life and personal arrangements. The article is captioned 'The Importance of Putting Your House In Order'.

The third article is an extract from the book 'Living The Hip Life—Humble, Intentional, Prepared: The Story of a Mother, as Told by a Daughter', written by Dr. Susan Lycett Davis. In this extract titled 'Prepared', Dr. Sue recounts how she and her siblings were shocked to discover the detailed extent to which their mother had prepared for death, leaving them with virtually nothing to do when she passed. It is a fascinating demonstration of the very intentional preparedness that Camille speaks about in her piece.

The stated mission of this newsletter is to shed light on the good, the bad, and the ugly aspects of retirement and senior life. For some subscribers, you may find this issue ranging between bad and ugly, because it turns the spotlight on subjects that typically, you find uncomfortable and fearful to discuss. For others, though, you may find it good because it draws your attention to certain key aspects of senior life that you may not have considered before and allows you to evaluate your circumstances and plan accordingly.

Either way, I hope this issue gives you the kind of perspective and insight that makes it a worthwhile read and look forward to your spirited feedback.

---

### *In This Issue*

• *Take Care of Seniors—You May Get There One Day*

• *The Importance of Putting Your House In Order*

• *'Prepared', an excerpt from the book 'Living The Hip Life—Humble, Intentional, Prepared'*

• *Comments and Feedback*

*Rev'd Canon Dwane Cassius addressing the Anglican Church Women's Association (ACWA) 11th Biennial Conference held in St. Kitts in February 2020.*

*Photo source:*

*<https://www.facebook.com/stgeorgewithstbarnabasstkitts>*



## **Take Care of Seniors—You May Get There One Day!**

*By Rev'd Canon Dwane Cassius*

One of the satisfying aspects of pastoral ministry is visitation. In this one-on-one setting, persons can articulate their concerns more freely, and we, as clergy, can better understand individual needs and provide more effective and targeted support.

I believe the church and society need to pay more attention to our seniors, most of whom are retirees who have given decades of faithful service to the public and private sectors.

Many persons have not actively prepared for retirement. That leaves them suffering from a real sense of loss. Some expected to be asked to hold on a bit longer on the job, especially since they are in good health. That did not happen, and now they have no idea what to do with their time. Some would like to use their skills and knowledge to help out, but no one seems to remember them. Those who get asked for assistance often complain about being taken for granted; being first or second choice is very complimentary rather than last resort as often happens.

To respond more effectively to the needs of seniors and housebound persons on the island of St. Kitts, as of January 1, 2021, our church appointed a Parish Coordinator of Social Outreach Ministry to maintain close contact with them, and implement programmes and projects to keep them engaged. Although activities are limited due to the Covid-19 pandemic, that initiative is already having a positive impact on the lives of those we seek to serve. Our seniors and housebound citizens are delighted at the special attention they are getting.

To families I would say:

Be more sensitive to the feelings of seniors. Some complain that their adult children treat them like children or invalids, even though they are healthy. The children often want to pamper their parents not realizing that retirees need meaningful activities in their lives to keep them relevant. Although they enjoy their grandchildren, some do complain about becoming the default daycare; being taken for granted that they will always be there to babysit at any time of day or night.

Encourage your seniors to share their thoughts about retirement and help them develop ideas and plans to make retirement meaningful and fulfilling. Try to get a good feel for what they have in place and what is not in place and make suggestions to help fill the gaps in their retirement plans. It is also a good idea for adult children to host a special retirement celebration within the family circle, to acknowledge the work done by their parent(s), which has contributed to the children's success in life. They will feel more valued.

*What you give to others, you give to yourself. Equally, what you fail to give to others, you fail to give to yourself.*

*~Neale Donald Walsch*



## The Importance of Putting Your House in Order

*By Camille Orridge*

Working in health care, particularly community care, gave me extensive contact with seniors and their families. I saw first-hand how seniors generally neglected to prepare and organize their personal affairs prior to death, creating considerable stress for those left behind.

We plan for birth, for marriage, for everything except the one inevitable event in our lives. When we don't tell loved ones what we want, in the middle of their grief they are left to make decisions, without knowing our true wishes. As tough as it may be, a conversation about your inevitable death is needed. Weddings and funerals bring out the worst in families and people. You know your relatives, you know the important matters affecting your life, you need to make appropriate end-of-life plans and communicate them to the relevant parties.

There are two specific aspects I would like to address. The first is to highlight the importance of a Power of Attorney (POA). What if you become mentally incapacitated, say, with dementia or physically incapacitated because of illness or accident? Who will be responsible for making medical decisions and financial decisions in your best interest? Has this ever crossed your mind?

A POA for each of those responsibilities is crucial. The criterion for selecting any person should be that the person will carry out your wishes. It does not have to be a family member. Only name someone who will do as you wish. Document those wishes and communicate them to those who need to know.

The second aspect concerns the making of a will. You should make a will to dispose of your assets at death in the manner you would wish. Nobody needs to know the specifics of that will. In my experience, where there are adult children with spouses involved, there is a greater risk of discord developing if you disclose the provisions of the will. The Executor only needs to know where to find the document, not its contents. Place it in safe keeping with your lawyer or another trusted person. My recommendation then is that you keep the details of your will private, except those details relating to your wishes for burial.

I must also emphasize the importance of documenting and communicating those burial wishes to all concerned parties. That will avoid the confusion that often arises when the "come-from-away" family members fly in and want to disregard the opinions of family members who have been present all the time and are more familiar with your general wishes and preferences.

Apart from my professional experience, I certainly had an unforgettable lesson from a dear aunt who, years before she passed, paid in full for her burial, packed a "grip" with the white dress and undies she wanted to be buried in and left only one important matter outstanding - the "bright pretty scarf" she was asking us to purchase upon her death for a head covering.

*Photo:*

*Ms. Camille Orridge and her son, Heath.*

*Camille is recipient of the 2021 Top 25 Women of Influence Lifetime Achievement Award, presented by Ricoh Canada for her outstanding contribution to social change and healthcare equity in Canada.*

*Camille has put her house in order and her only child, Heath is happy about that!*

*ORDER flows from preparation.*

*~Iyanla Vanzant*



## **PREPARED**

An excerpt from the book

## **LIVING A HIP LIFE**

**Humble I Intentional I Prepared**

*By Susan Lycett Davis (Dr. Sue)*

She was humble.... We got that a lot of people are.  
 She was intentional.... We got that too, some people are.  
 She was prepared.... Oh, was she prepared?!

Mom lived a life of preparedness, the depth and extensive nature of which was not seen or evidenced until after her passing.

"I always dreaded that day when I was going to have to pull out that little black book."

These were the words of my sister right after the news of Mom's passing. Little did we know just how important this book would be in directing the events of that day, days to come and those to form our new norm. The retrieval of the 'little black book,' which turned out to be not so little after all, produced a wealth of information, which only a selfless, caring, intentional mind could have produced.

Oh what a revelation!

The scripting in the book dated back to 1998 and was carefully and intentionally updated every year since. Are you ready for this? Recorded in this book were:

Various bank accounts – their numbers, the institution & signatures on file for each

The pension office contacts (names and phone numbers) for UK, USA and Jamaica

Directives of institutions to be notified, and documents to be produced, in the event of death

Directions to the will

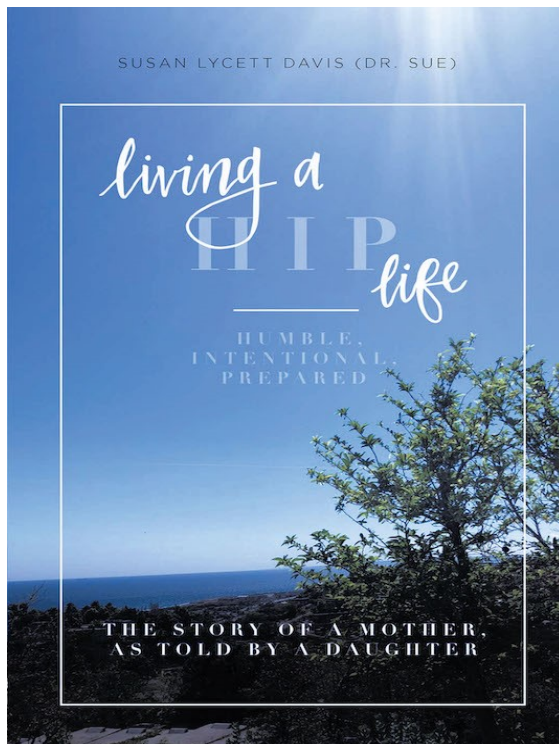
Directives to and contacts for the funeral home that was to undertake the orchestration of her home-going arrangements.

*Photo:*

*Dr. Susan Lycett Davis, well known in literary circles as "Dr. Sue", is an educator, author, writer, poet, storyteller, speaker, community and cultural activist.*

*Her published works 'Ode To Miss Lou...From the Soul of Dr. Sue' and 'I am Jamaica' precede 'Living A Hip Life—Humble, Intentional: The Story of a Mother as Told by a Daughter'.*





## PREPARED (Cont'd)

Well, Lineth not only left a will, and a legacy, she left a testament to her children of how much she loved and cared for them, always doing, always caring, always protecting.

As we approached the entrance of the Funeral home, we were met by a pleasant young lady, file in hand. We were barely able to say we were there for Lineth Davis, when she said, "Oh yes, I've been expecting you, is this Susan and Baldwin or Yvette and Garry, cause I have all four names here." Startled, my brother and I looked at each other and said in unison, "Baldwin and Susan." Without any hesitation she said "Come this way, let's go to the conference room, so I can tell you what your Mom's plan for her funeral are."

"So I guess you know, your Mummy had purchased her burial spot years ago [a plot overlooking the Caribbean Sea]. She also picked out and paid for her casket, I'll take you to see it in a moment." "Well...here", she said, showing us some paperwork. "Let me tell you your mother's wishes....here is where she wants to be serviced and this is whom she wants to officiate, here is what she wants her death announcement to say, here is the station she wants it aired on, and here is the frequency of the announcements."

Stopping to come up for breath, she informed us that everything was planned and in place, including the outfit to be worn for burial and the account designated for funeral expenses. My family and I sat in shock and amazement, at how intentional and prepared Mom was in ensuring that in her modest way, she cared enough to relieve us of any undue financial responsibilities or decision-making.

~~~~~

*Editor's Note: If you've ever thought about writing a personal memoir or a book to celebrate the life and work of a beloved relative, I recommend you get a copy of this book. It will provide the inspiration you need to start your writing journey. It will convince you that the simplest of everyday stories can become the most powerful and gripping literary tales. The book is available on Amazon at: <http://bit.ly/3mwTWhJ-HIP> and you can visit Dr. Sue's website at: <https://www.drSueandu.com/> (Right click & open hyperlinks).*

*"In Mom's eyes, we are all God's creation and our responsibility as Christians is to prayerfully serve, care for and give our time and resources to those in need. To that end, she was selfless and would often put the welfare of others before her own. For Mom, no one was too mentally, physically, spiritually or socio-economically challenged for her not to want to reach out."*

*~ Dr. Sue*

*"If I can help somebody as  
I pass along,  
If I can cheer somebody  
with a word or song,  
If I can show somebody  
that they're travelling  
wrong,  
Then my living shall not be  
in vain."*

*~ Alma Irene Thompson*

## Comments and Feedback on the August 2021 issue

"This newsletter was excellent. It brought a tear to my eye. Another convicting moment to learn to truly live. I have no life outside of my work. Now, I have more ideas as I seek to rearrange my life to live better. For the first time I am taking it seriously. This newsletter is the answer to prayer and the third call today to slow down and live."

~R.T.

"Bravo! All the newsletters are very good and so entertaining to peruse, but this edition has really blown my mind! Such inspiring details and wonderful achievements. You make me wonder what can be done to make me a good beginner, courageous or progressive retiree."

~L.K.

"Your newsletter is truly an inspiration. Please keep them coming. I especially enjoyed this one, which is a reminder that our age should never deter us from following our dreams or overcoming our fears. Looking forward to them monthly as well as following your posts on Facebook."

~S. R.

~~~~~

### Editor's Note:

*Thanks to all for the encouraging words. I'm happy you are finding the newsletter a worthwhile effort. Subscribers are encouraged to share your thoughts, ask questions, suggest topics and tell your retirement related stories [here](#) (Right click & open hyperlink) or email [preidwaugh@gmail.com](mailto:preidwaugh@gmail.com).*

## Contact Me

Patricia Reid-Waugh



(876) 474-4144 (Whatsapp)

(941) 445-8606 (US & Canada)



[preidwaugh@gmail.com](mailto:preidwaugh@gmail.com)



[www.reidwaughbooks.com](http://www.reidwaughbooks.com)

[www.facebook.com/retirementnewadventure](https://www.facebook.com/retirementnewadventure)

[www.linkedin.com/in/preidwaugh/](https://www.linkedin.com/in/preidwaugh/)

[www.instagram.com/preidwaugh](https://www.instagram.com/preidwaugh)

## RETIREMENT A NEW ADVENTURE

### AVAILABLE ONLINE

From Amazon using the link:

[www.bit.ly/retirementnewadventure](http://www.bit.ly/retirementnewadventure)

[www.barnesandnoble.com](http://www.barnesandnoble.com)

[www.reidwaughbooks.com](http://www.reidwaughbooks.com)

### AVAILABLE IN BOOKSTORES

**Barnes and Noble** (Across the US)

**The Reader's Book Shop**

Liguanea Plaza, Kingston 6

**The University Bookshop**

U.W.I. Mona Campus, Kingston 7

**SuperMed Pharmacy**

Mall Plaza, 20 Constant Spring Road, Kingston 10

**The Jamaica Pegasus Hotel Gift Shop**

81 Knutsford Boulevard, Kingston 5