

4-12-19 The Importance of Being Feisty

My daughters have it. I don't think they inherited it from me. I think they inherited it from their grandmother, on their father's side. Whatever and wherever. It comes in handy. It becomes a necessity!

I have lately been writing of my elderly friends facing aging, and their impending death, with dignity. They know they are facing death but do not always talk about it in those terms. Mostly, life is a day to day and even an hour to hour decision. Those decisions bring realizations.

Yes, the decisions about insurance leads to the realization of the loss of their home and they fluctuate in their feelings about all of this. One day, it is fine to give away books and music and instruments. And the next day or next week, after making plans for those items, the owner of these precious memories is not so sure.

It is all understandable. It is difficult. And there is still joy and moments and memories.

But through it all, someone must be feisty! That is another term for being strong and being an advocate.

When my niece's son was in the hospital with a high fever and a severe headache, she was told he had meningitis. She asked for two days why they were not testing for Lyme disease, just in case, and was told they were certain he had meningitis. She finally insisted that her son be tested for Lyme. He had Lyme Disease. Her feistiness paid off!

As far as I know, my mother was not feisty until my father had died, and she was on her own. The need to be stronger served her well. When she heard a woman suffering from domestic abuse in the next condo, she marched right over there and knocked on the door and would not go away until she heard from the woman. My mother told that woman that she did not have to suffer any abuse, should call the police if she was in fear and my mother let the man know she was listening and watching! She became a feisty woman!

My eighty-five-year old female friend looking out for her just-turned-ninety-one-year-old male soulmate, is constantly feisty. She is by nature, but now it is out of necessity. As she recently told me, "I can't keep worrying about they think of me at the nursing home. I am taking care of him and doing what I need to do."

Occasionally, her feistiness gets the best of her and she admits she made a mistake, again! Just last week, she confessed to me, “Oh, I’m in trouble again! I forgot to sign him out!” And then she laughed!

Some words associated with feisty include vibrant, lively, spirited, energetic, animated, hearty, gutsy, go-getting, and full-blooded.

Don’t we all need a friend with those qualities! Wouldn’t we all benefit from more of those characteristics ourselves?

I am convinced that they can save a life, just as my mother gave life-saving advice and just as my niece insisted on a life-saving test.

Be feisty! There is a time and place for it!

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