

CYNTHIA'S CROSSINGS

END OF LIFE SERVICES

After the recent death of a close family member, you decided there was a lesson for everyone, and you used it to make suggestions to those of us still living. Here are a couple I took to heart:

- 1). Identify keys—you showed us some key rings with space for IDs;
- 2). A Password book; I believe it might have been from Amazon, but it's identified as Passwords and divided alphabetically and there are several pages of every letter plus spaces for URLs, passwords, etc.

I thought these were great ideas and would be a tremendous help to anyone dealing with belongings of a family member who has passed away.

My 99-year-old aunt's health has been declining. Chrystelle stepped in and provided invaluable advice on everything from physical security measures to dementia care to the realities of end-of-life expectations. She guided me through decisions like implementing full-time live-in support, door locks, and camera monitoring. She helped me understand the progression of dementia—the "sundown" effect, agitation, and the gradual slipping away that requires patience above all else. She reminded me that arguing with someone experiencing dementia only causes frustration and distress.

Chrystelle (The heartbeat behind Cynthia's Crossings) you sent me a caregiver's care package that truly lifted my spirits when I needed it! Being a caregiver 24/7 is not easy but knowing I am seen truly helps! I also enjoy your posts and am rooting for you in all your endeavors! Thank you for sharing your many gifts with the world! Blessings always

