

Defending the Weak If We Don't Do It...Who Will?



Secret Squirrel Vol. 2



Our Advanced Healthcare Planning Dashboard

919 Ethnic Community Members
Trained

400 Advance Directives
Completed

53 No One Dies Alone Volunteers
Trained

Spread Love Everywhere You Go. Peace Begins With A
Smile -Mother Teresa

UPCOMING EVENTS

UPDATE! COOL PRIZE

First 50 people to add
email address for
Comfort Homesake On-
Line Courses
Starting Soon!

Sign Up:
[Comfort Homesake](http://www.comforhomesake.com)

Watch List

Dr. Kami Fletcher:
Collaborative on Radical
Death Studies

[Hospice Coalition Next](#)



“No More Woof” -- Technology from The Nordic Society for Invention and Discovery. aims to distinguish canine thought patterns and then issue them as short sentences via a microphone.

Meeting May 16th
10:00am - Comfort
Homesake Office Eastmont
Town Center, Suite 123
Oakland CA

ACCMA East Bay
Conversation Project
contact:

ldietterick@accma.org
FREE REGISTRATION CALL
510-735-0864

UCSF - Learn How to
Implement a Palliative
Care Program:
Sept 19-20 & Dec 12-13
Enrollment Info: Brittany
212-824-9573

Free Download
Dementia Care Toolkit
Hospice Led Palliative
Care Toolkit
www.capc.org

Learn More

<https://abcnews.go.com/Technology/talking-dog-technology-ready-hit-market/story?id=2268032>



FEATURED
ARTICLE

On Being
Alive

By Marilyn Ababio

Waiting on the front steps of our tenement
I watch while the grown ups come home from work.
My mother's friend Jean waves as she passes by and
Eddie drives past in his 1969 Ford. Later tonight Mr.
Wade will whistle a tune as he walks home from his job
at the GE.

Like clockwork people place themselves in a daily
cycle.

I wondered, how does it get that way? How do
people change from happy smiling carefree party/fun
time on Friday and Saturday to this robotic like
symmetry during the week?

Light speed ahead 20 years I am still on the planet
living life at a frantic pace. Not enough hours in the

day. No time to think it through. It's all about the climb. How can I position my thoughts talents and behavior to be in the right place at the right time for something BIG to happen . The world is so big ! Where do I go? I have come this far away from home. Why?

More time gone by and I see faces. People I am tied to by love and money. Their cares and my cares meld together into a family of souls each momentarily bound to the other by birth or choice . Somehow amidst the tumultuous present, I find moments to be happy. Giving and getting day by day more time slips away.

Aging is surprising. Sitting here watching TV shows, I am released from the climb; falling away buoyed by my parachute, I float to my nest. Am I waiting for end-of-life to reach me? Did I think about aging clearly enough long ago? How could I have imagined all the changes? Where did my energy go?

I am best at thinking now. Today I watched The Marvellous Mrs. Maisel, a comedy. She got an offer to perform and accepted the offer in a heartbeat. Her calling was so strong she was willing to go on a European tour and leave two small children, a husband, a fiancé (don't ask), friends and her parents. In a heartbeat.

Envy or foolish I could not help feeling sad that I never felt a calling. Is her life more worthwhile than mine? Are some people more fortunate in life? What is a good life? Is reincarnation a second chance? I could go on but my husband just came in and kissed me on my forehead .

What Are Your Thoughts on Aging?

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MONTHLY INSPIRATION

We stay motivated to do this work because of comments like this:

" I am a junior student , majoring in Philosophy and Religion. In my classes, I notice that there is a lack of discussion focused on the phenomenon of death. How do we begin the process of learning to die with dignity? How do we undo the built-up emotions that block us from accepting our mortality? How do we communicate our last words and needs?

Coming across this program is like seeing a rainbow at the end of a deafening storm. The work is not a road traveled by many. I am in admiration towards your cause."

Sign-UP for Volunteer Training
www.comforthomesake.com

Comfort Homemaker's No One Dies Alone Program is a volunteer program that provides reassuring presence of a volunteer companion to seniors who would otherwise be alone. Our vigil companions help provide patients with that most valuable of human gifts: a dignified death.

My Options is the brand name of Timeless Palliative Care Collective, a Licensed Cannabis business.

Visit : Myoptions.us

Cannabis to treat symptoms for adults managing chronic diseases is a viable alternative for many patients.

Study Partnership:

In Partnership with My Options, Comfort Homesake would like to discuss and submit a proposal for funding to work in a clinical setting and research the impact of medical cannabis on symptom management.

Contact: ababiom@yahoo.com
510-686-1898

Support Our Community

Comfort Homesake
comforthomesake.com

