

## *The Rewards of Eldercare*

When your loved one recognizes your help—your heart will soar.

When you realize that you have given your time unselfishly, it'll feel better than winning any race, contest, or trophy.

When your frustration morphs to anger, but you hold your tongue, you will feel triumph over self-centeredness.

When you change a parent's diaper, you will feel the satisfaction of repaying an old debt.

When you consider the safety devices you installed, you will recognize a job well done.

When guests have left the house, you will know that for just a little while your loved one has escaped the loneliness of old age.

When you make your loved one that special meal, you can reminisce about all of the wonderful meals you ate at her table.

When you handle the hassle of carting a wheelchair to the mall—you will know that you have knocked a hole in the boredom that "old folks" experience just about every day.

When you see a look of joy as your loved one interacts with children who have crawled up next to her on the couch, you will be reminded what a blessing children are.

When you persist and resist the unreasonable demands of your loved one, you can remember the times he or she helped you to develop good character.

When the final day comes that you put that beloved, used-up body and mind to rest, you will do so with a smile of fulfillment knowing you have satisfied the unspoken bond between child and parent.