

Name: Alice H. Hedt

Date: June 16 2011

To my caregivers paid and unpaid:

I am recording my personal preferences and information about my self, in case I need long-term care services in my home or in a long-term care facility. I hope this information will be useful to those who assist me. Please always talk to me about my day-to-day life to see what it is that I want and enjoy. However, the information below may provide some help in understanding me and in providing my care.

I want my caregivers to know:

I have led an active and busy life, raising three children (born in four years) and working as an advocate for nursing home residents. My family and friends are very important to me. I enjoy traveling and talking with people who have different life experiences and viewpoints. I have been married for over 30 years. I particularly enjoy singing in choirs and spending time outdoors by water or in the mountains.

The way I like to awaken & begin my day:

I enjoy (need) coffee and like to start my day quietly, read the paper, have a quiet devotion time, and then have breakfast while watching the news on TV.

The way I relax and prepare to sleep at night:

I am a terrible sleeper. Don't worry if I am up several times, reading, puttering and checking e-mails.

Activities I enjoy:

I have led an active and busy life, raising three children (born in four years) and working as an advocate for nursing home residents. My family and friends are very important to me. I enjoy traveling and talking with people who have different life experiences and viewpoints. I have been married for over 30 years. I particularly enjoy singing in choirs and spending time outdoors by water or in the mountains.

Things that I would like to have in my room:

My favorite reclining chair- it has heat and vibrates, and an afghan.

Pictures of where I have traveled.

The books I have had with me all of my adult life.

I would very much like a window with a bird feeder and flowers.

Art posters on the wall – Matisse, O' Keefe



Foods that I enjoy:

- For comfort:* *mashed potatoes and gravy, macaroni and cheese (home-made); egg biscuits*
- For fun:* *watermelon, white sheet cake with vanilla icing, caramel ice cream sundaes - the ones from MacDonald's are cheap and good; caramel corn*
- Other:* *I enjoy most ethnic foods, especially Thai, Mexican and Vietnamese; I like to drink different kinds of green tea and Merlot.*

Things I do not like:

Crafts. Food that is really spicy. Prejudice. Chin hairs – please pluck mine!

I become anxious when:

I feel pressured to do things that I don't think I should do.

Things that calm or soothe me:

Talking with close friends; music; massage; talk radio (especially the game shows).

Things that make me laugh:

Children – especially my granddaughter and God children; old movies; funny stories.

Religious Preferences:

While I have been a Lutheran my whole life and my husband is a Lutheran minister, I am very open to most spiritual experiences and worship opportunities.

Other:

I like lotions and soaps that smell good, especially lavender. I enjoy all kinds of music and I like projects – coordinating activities, etc. I prefer sleeping on my left side and need a pillow that is comfortable to me because I have some neck pain. I need my glasses.

At the end of my life, I would like:

To have a few family and friends with me. I do not want to be alone when I die. It would be very nice if someone would read hymns, psalms, and poetry to me. Please see my living will and advanced directives. I would like for Pastor Wiggins to provide spiritual support if he is available.

For more information about me please talk to:

My husband Fred; my children – Matt, Melissa and Bethany; my friends, especially Beverly, Sue, Rosemary, Marj, Cilla and Nancy.

The National Consumer Voice for Quality Long-Term Care (formerly NCCNHR) is a 501(c)(3) nonprofit membership organization founded in 1975 by Elma L. Holder that advocates for quality care and quality of life for consumers in all long-term-care settings.