



Hot Socks by Martha Tolles



When ninety- year-old Bettina went to bed she pulled on some nice warm socks since it was rather a chilly evening there in the Casa Dorinda community. Now with her feet feeling toasty, she fell asleep. But alas, at about three in the morning she awoke with hot feet. She wriggled around for a moment and then decided she must remove the socks so she slid out of bed and hot footed it across the room to her chair. Seated comfortably, she bent down, pulled off one sock, freed her toes happily, then many talents attacked the next. But somehow in reaching for it, she oops, toppled right out of her chair and onto the floor. Oh my goodness.

Even though she has many talents and good eyesight, and hearing and even memory, there's one thing she has a bit of trouble with. If she's down it's a little difficult to get up. And her security pendant is not around her neck but on the bedside table. If she waits here for Security to make the daily call, that won't be until ten in the morning. On the hard floor in a skimpy nightie, she was cold already. So she squirmed and strained upwards but to no avail. It reminded her of her nine months old grandchild who managed to scoot around on her fanny, so Bettina decided to slide bit by bit. Finally, huff and puff, she made it to the bedside table and called for help. In no time, a security man and a night nurse arrived and hoisted her back into her cozy bed.

End of tale....by no means. A day nurse came the next morning and took her temperature, blood pressure, and so on. All was well. That afternoon Bettina went for a walk. While strolling along, here came Security in a cart accompanied by a nurse alongside. They wanted to check her out again. They claimed she must have pressed her pendant, perhaps while leaving her apartment that afternoon but she didn't think she had. So who knows? Perhaps it's just all part of what she gets at Casa and she is so thankful for it....constant care! And of course she plans to don the hot socks again soon.

Spectator Cover Photo: Courtesy of Carol Cramer



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