

Joseph



What people like and admire about me...

- I tell a good story
- I have a quiet determination
- I am loyal and loving to my family
- I was a great ball player
- In my day I could sing a song or two
- I'm a good friend

What is important to me...

- My family. I feel comforted by my daughter, Rachael, every day, and enjoy spending time with my son, Paul, and his grandchildren, Millie and Tom, at the weekends.
- Doing the maximum I can for myself, this even means putting the sugar in my own tea.
- Rest. I feel tired every day, especially after lunch. The best way for me to rest is with my feet up listening to the radio, usually Classic FM.
- I like what I call a "proper meal". That's usually a joint of meat with some fresh vegetables. A shepherd's pie and lamb casserole are favourites too.
- The familiarity of home. I've lived here for 45 years.
- That I get to watch baseball on TV, this holds my interest for long periods.
- That I get to laugh with people. Laughter breeds happiness in me.
- That I'm spoken to with respect; call me Joseph, not Joe.
- I've lived a long and interesting life, some of which you may learn from yourself.
- Listening to Nina Simone at least once a day. Her voice is like a comforting blanket for me and reminds me of my dear wife, Kathleen.

How to support me well...

- I take a lot of medications and need reminding when to take them. Talk to me about something nice when I take my medications, it takes my mind off them a bit.
- Don't ever think it's best to do something for me. I like to be involved.
- If I'm feeling low, try talking to me about my great loves: music and baseball.
- Get out my old records or look at old baseball club photos with me.
- I get tired in the afternoon, so any trips out are best done in the morning before lunch
- Do your best to be cheerful around me. I like a good laugh, and you may too!
- My family know me best. If you are ever stuck for what to do, phone them.
- Privacy in the bath is something I still treasure. Let me have at least 10 minutes.