

July 2026

HOLISTICARE HOMES

SAVE OUR SANITY SOCIETY NEWSLETTER

In this issue...

- "The Secret to Being a Great Daughter, Revealed"
- Expert Interview with Stephanie Kertes
- Resource Spotlight
- Care Partner Spotlight



The Secret to Being a Great Daughter, Revealed

Update: Sometimes daughters finally get it.

Sometimes they even show appreciation. It took us long enough.

It's been 56 years since Jeanne and Gary stood up in front of family and friends and promised to love each other for better or worse.

This anniversary, they celebrated the way they seem to celebrate most things: kneeling (not in church), bending (not doing yoga), sweating (I'm sure they wish they were on a beach).

Instead they were working entirely too hard.

Their granddaughter had just moved into a new home, and the front flower beds needed a complete overhaul. So naturally, they showed up with flowers, shovels, gloves, and their usual philosophy: "We'll work hard and laugh along the way."

In fact, they were the ones who had to remind us what day it was. "Before it gets too late, just want to remind you what today is, so we don't leave and then you remember?" they casually mentioned. Don't misunderstand, Jeanne chose this day, not the granddaughter in need. Spending the day with family... It couldn't have been better.

Meanwhile, the night before, our family group texts had been buzzing behind the scenes. For once, we had actually pulled the trigger and planned something.

In typical Wiesel family fashion, we're celebrating on an odd year. Fifty-six isn't exactly one of the anniversaries Hallmark gets excited about, but honestly, I think the odd years add a bit of extra sparkle.

My daughter designed the invitation in about twenty minutes and created the Facebook event. She sent everything to Walgreens for printing. I picked up the invitations, addressed them, and mailed them. Yes, I still believe in mailed invitations. That's something people can get excited about when sifting through their mail.

I started brainstorming games, food, invitees, sleeping arrangements, and breakfast for our out-of-town guests.

I requested that someone else be in charge of the decorations since that's not my strong suit.

I asked my nieces and my kids to start collecting questions from Grandma and Grandpa.

They forgot. I reminded them. I coordinated with my sisters about beer, wine, and food choices.

Then somewhere in the middle of all of it, it I was reminded, this is the secret. Not just to being a great daughter, but to loving people well. It's rarely dramatic.

Instead it includes noticing, remembering, making the phone call and buying the stamps. It's reminding everyone else because somehow you became the keeper of the details.

Love isn't always a feeling. Sometimes love looks like someone waiting patiently, alone, but not really alone.

Now, by the time you're reading this, the anniversary party will already be over. I'm sure there will be stories. There are always stories. A few hiccups. A little chaos. Someone forgetting something important.

Basically, just like most weddings... speaking of weddings, I asked my parents to tell me the story of theirs. After fifty-six years of marriage, I suspect there's wisdom hidden in the details we never thought to ask about.

"What's one thing that didn't go well at your wedding that you laugh about now...but definitely didn't laugh about then?"

We are playing the newlywed game, only our players are nowhere near newlyweds.

After fifty-six years of marriage, they chose the exact same story without talking it over.

Mom said:

"We were ready to leave the reception, and the maid of honor, Gret, and the best man were nowhere to be found. There wasn't any alcohol at the reception, and they had gone down to the bar on the first floor. Someone took a picture of me standing in front of the hotel's large pillars looking completely deserted and forlorn."

What Families Say About Us...

"The environment was quiet and calm. She enjoyed home-cooked meals. As she declined, they helped her remain active. She received personal care from a small and dedicated staff.

She relaxed and smiled again. She knew she was loved.

If you are looking for a small home where care is personal and loving, please consider HolistiCare Homes." - Hillsboro Bruemmers

The Secret to Being a Great Daughter, Revealed (Continued from Page 2)

Dad's answer?

"Waiting outside the hotel for the car to show up so we could leave. Jeanne standing there alone!!"

It doesn't surprise me that they came up with the same answer. I imagine they will come up with their own version of the same answer for each question. That's just how connected they still are.

In the moment, the things that go wrong have a way of feeling much bigger than they really are. We panic, we scramble, and we convince ourselves that this wasn't how it was supposed to happen. But time has a way of softening the sharp edges.

Literally every wedding has that moment. The dress tears.

Someone forgets the rings. The DJ plays the wrong song. The best man disappears to the hotel bar.

At the time, it feels awful, but years later, it's the story everyone tells. The one that gets the biggest laugh around the dinner table and reminds you that perfection was never the point. As daughters, care partners, wives, mothers, and humans in general, I think we could all use that reminder.

Maybe it's the hard conversation that didn't go well, the holiday meal that fell apart, the move that didn't happen exactly the way we planned, or the family gathering that involved more chaos than coordination.

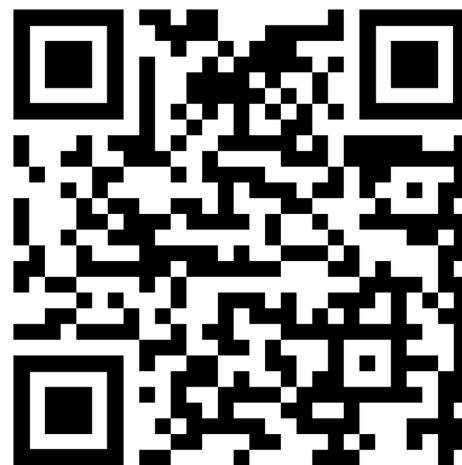
Maybe this moment isn't the disaster we think it is. Maybe someday, with enough distance and enough grace, it becomes one of the stories we tell with fondness. One of the stories that proves we lived a real life.

And if Jeanne and Gary's fifty-six years together have taught me anything, it's this: The moments that don't go according to plan aren't what ruin the story.

Sometimes, they're the very best part.

Join me next month to hear about what went as planned and what didn't...

Expert Interview with Stephanie Kertes



https://youtu.be/Sk_QP2Wj3P0

I had the pleasure of interviewing **Stephanie Kertes**, a certified nurse practitioner with a diverse clinical background spanning hospital care, outpatient services, emergency medicine, occupational medicine, house calls, and geriatric care.

In our conversation, Stephanie shared important insight into something many families don't always realize can significantly impact an older adult's health and behavior: **urinary tract infections (UTIs)**.

We talked about:

- Common signs of UTIs in older men and women
- Why symptoms can present differently in aging adults
- What families can look for at home
- How early awareness can help prevent unnecessary decline, confusion, or distress
- When it's important to seek testing or medical support

Above, you can watch a short clip from our conversation.

Stephanie was also kind enough to share a free, helpful resource for families:

UTI Guide for Families & Care Partners

You can download your guide by scanning the QR code to the right.



Want the Full Interview?

This clip is just a small part of a much deeper and very practical conversation.

If you'd like to watch the **full interview with Stephanie Kertes**, along with other expert interviews on topics related to aging, dementia, legal planning for aging parents, and more, you can access them inside the **Care Partner Membership**.

Join our Care Partner Membership by scanning the QR code to the left.



<https://shelley8ca1c8.clickfunnels.com/care-partner-membership-program>

Resource Spotlight:

Grab & Go Starter System

One of the things I recommend most often to families is having a simple, organized place where everything important is kept. That's exactly why I created the Grab & Go Starter System.

When care needs change suddenly—or even gradually over time—families are often left trying to pull together medications, doctor information, emergency contacts, and key details in the middle of already stressful moments. And in those situations, clarity is usually the first thing to go.

This system is designed to change that.

It gives you one centralized place to keep essential information so that if something ever happens, you're not searching—you're ready.

It helps reduce confusion between family members, supports smoother communication with care providers, and takes a little pressure off everyone involved.

Most importantly, it brings a sense of calm in situations that can otherwise feel overwhelming.

Because when things feel uncertain, having a starting point matters more than anything.

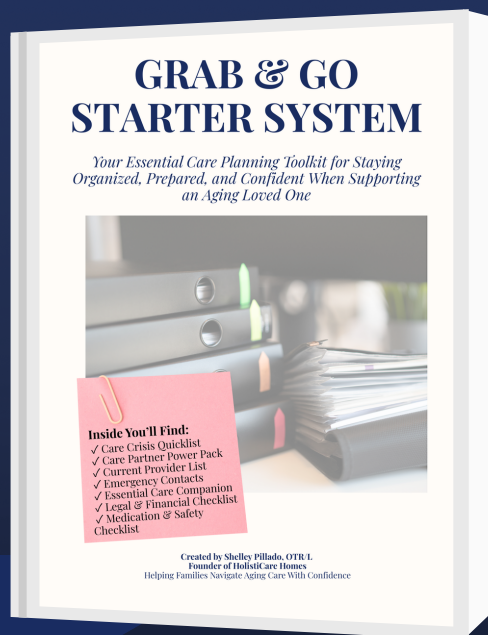
Be Prepared. Stay Organized. Feel Confident.

Have the care information you need—organized, accessible, and ready in one place when you need it most.

Don't wait until you're overwhelmed.
Build your care plan before you need it.

YES! Get My Starter System Today!

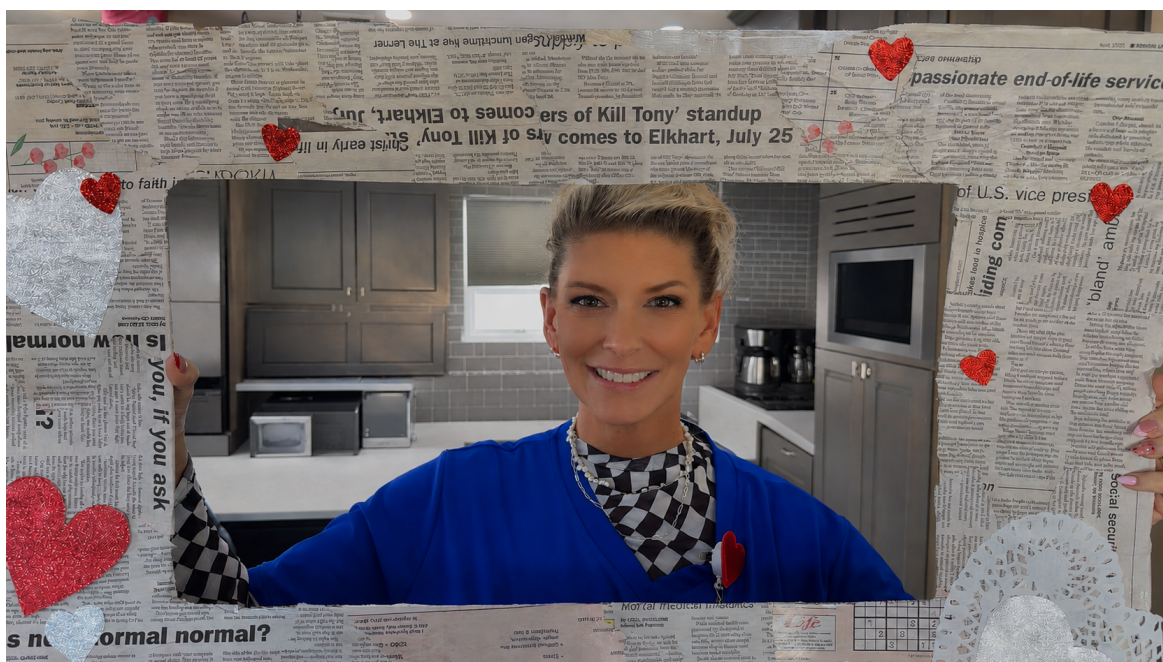
Go to <https://shelley8ca1c8.clickfunnels.com/grab-go-care-starter-system>



Or scan the QR code below to get your Grab & Go Starter System TODAY!



Care Partner Spotlight: Pam



"I was just a nobody back then. Working a few overnight shifts a week." "Please don't say that, you have always been an important somebody here" is my response.

Pam has been with us for 2 years now. She's dedicated hard working and steps up to help out when asked. All of these qualities and more is why we approached and asked her to become our supervisor. She said yes.

We gradually ease and train our team members into this role with incremental increases in responsibilities and routines that help us hum. Pam is an excellent addition to our management team with skills that compliment mine.

She is unapologetically straight forward and tells it like it is. She's not shy about breaking down the steps and giving one on one instruction on how we want things done here.

Yes we are particular about that; and her no-nonsense approach helps drive that message home. Her intuition is on point and she is able to see things from a different perspective improving outcomes and systems.

So here's a huge thank you to Pam who has stepped solidly into this role with strength, wisdom and a passion for teamwork, support and learning.



HolistiCare Homes
www.holisticarehomes.com