

# Assisted living Mom's best living solution

DEAR ABBY: Please allow me to offer my support to "Wants What's Best for Mom in New York," the woman whose mom is in her 70s. The mother's friends think she is "too young to be in assisted living" despite the memory problems she's having. As you suggested, talking to them is a great idea. But she should emphasize to these friends that what she's doing is in her mother's best interests. It's relieving her of the burden of



**abigail van buren**

• dear abby

cooking, cleaning and paying bills. Relief from these burdens will cause her to relax and think more clearly — and her socialization will increase. Her nutrition will improve, and she will receive the proper dosage of her prescribed medications — at the right times. On some level, her mother knows her memory is slipping. Anxiety over that, as well as her responsibilities, causes more anxiety and more memory loss.

I have worked in assisted living for five years. Without feeling guilty, I placed my 79-year-old mother, who had similar problems, in the facility. The stimulation and support of others not only added to her life, but helped her feel she had a better life. She was free of her prior stresses. I have seen hundreds of cases of improved lifestyle, less depression, and more happiness and fulfillment in assisted living. That daughter needs to know she's doing the right thing. — MICHELE B., ROSELAND, N.J.

DEAR MICHELE: Thank you for the helpful input, and for sharing your personal experience. Now read on for more:

DEAR ABBY: Please tell "Wants What's Best" to do what she needs to

do for her mother. Get the assistance she needs and ignore the "well-meaning people." But first of all, take her car keys away from her. If she gets lost and doesn't remember what she's doing in the car, she can no longer drive safely on the roads.

My 18-year-old daughter, Lynae, was killed by a woman with dementia almost five years ago, because no one wanted to interfere with her driving privileges. Lynae was two days away from starting college. She had her whole life ahead of her. But because no one had the guts to take a firm stand, my daughter never had a chance.

Abby, please urge family members to do the "right" thing when they realize that elderly members of their families need help. — MOTHER OF

AN ANGEL IN MINNESOTA

DEAR MOTHER: Please accept my deepest sympathy for the tragic loss of your daughter. Your letter carries a strong message, and I'm pleased to share it. Read on:

DEAR ABBY: Since I'm dealing with similar issues as that daughter in New York, it occurs to me that she might not know that in many places — and with many insurance programs supplementing Medicare — various services are available that can help to maintain individuals in their homes. It might be less expensive and more satisfying for all concerned to try this alternative before going to assisted living.

In my case, the insurance company provides a care provider who helps

with housekeeping, meal preparation, giving meds, bathing, and trips to the doctor, pharmacy, grocery shopping, etc. And all for a minimal co-pay for any visit to provide the needed care. — DIANE IN INDIO, CALIF.

DEAR DIANE: For some people — not all — that's a viable alternative. Families who are interested should check with the local office on aging, local senior centers, the Visiting Nurse Association, their Medicare supplemental insurance provider, Meals on Wheels, and local transportation companies to inquire if they provide free or low-cost transportation for seniors to get to doctors, pharmacies, markets, etc.

TUESDAY EVENING											JULY 15, 2003			
		6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30			
2	PBS	History Detectives (N)		Flashpoints U.S.A. (N)		P.O.V.		News	Being Served	Business Rpt.	BBC World News			
3	IND	★★★ "While You Were Sleeping" (1995, Comedy) Sandra Bullock, Bill Pullman.				★★★ "Days of Thunder" (1990) Tom Cruise, Robert Duvall. A cocky challenger enters the world of stock-car racing.					"Groundhog Day"			
4	ABC	8 Simple Rules	Life With Bonnie	According to Jim	Less Than Perfect		NYPD Blue "Arrested Development"	News	(:35) Nightline	(:06) Jimmy Kimmel Live (N)				
5	HBO	(5:45) ★★ "The Experts" (1989) John Travolta.	PG-13	(:45) ★★ "Ace Ventura: When Nature Calls" (1995, Comedy) Jim Carrey.		PG-13		★★★ "Minority Report" (2002) Tom Cruise.	PG-13					
7	CBS	Big Brother 4 (iTV) (N)		Cupid		Judging Amy "Maxine, Interrupted"		News	(:35) Late Show Allison Janney; Nickella Lawson.	(:37) Late Show				
8	NBC	Dog Eat Dog (N)		Last Comic Standing (N)		Dateline (N)		News	(:35) Tonight Show (N)	(:37) Late Night (N)				
11	TVLND	Fantasy Island		Sanford	Bewitched	Griffith	Leave	I Love Lucy	Jeannie	MacGyver "Kill Zone"				
12	ESPN	Beg, Borrow & Deal 2		2003 Poker		Swimming and Diving World Championships.				SportsCenter-All-Star				
13	FOX	MLB Baseball All-Star Game. The National League's best take on the stars of the American League. From U.S. Cellular Field in Chicago. (Live)						Fox Report With Shepard Smith	Paid Program	Paid Program				
15	MAX	(5:30) ★★★ "Planet of the Apes" (2001) Mark Wahlberg.					PG-13	(:45) ★★★ "JFK" (1991, Drama) Kevin Costner, Sissy Spacek, Joe Pesci. Based on the alleged conspiracy surrounding JFK's death.						
16	TNN	Real TV	Real TV	Real TV	Real TV	Blind Date	Blind Date	Star Trek: Next Gener.		"Spy-Loved Me"				
17	DISN	Boy Meets World	Smart Guy	Sister, Sister	Even Stevens	Sister, Sister	Lizzie McGuire	"You Wish!" (2003) A.J. Trauth. A teenager wishes that he didn't have a younger brother.						
18	LIFE	"Rich Men-Sing."		"Playing to Win, A Moment of Truth Movie"				Golden	Golden	Nanny	Nanny			
20	USA	JAG "Goodbyes"		★★ "Jawbreaker" (1999) Rose McGowan.				Dead Zone "Plague"		Nash Bridges				
21	SHOW	★★★ "Look Who's Talking" (1989) John Travolta.		PG-13	(:45) ★★★ "Bandits" (2001) Bruce Willis. A neglected wife hooks up with two quirky bank robbers.			PG-13		★★ "Daddy and Them" (2001) iTV. R				
22	TMC	(:10) ★★★ "Bravo Two Zero" (1998, Drama) Sean Bean, Steve Nicolson, Julia Booth.					(:15) ★★★ "Legally Blonde" (2001, Comedy) Reese Witherspoon, Luke Wilson.			★★★ "Focus" (2001) William H. Macy.				
23	MTV	Direct Effect		MTV Bash: Carson Daly			TRL (iTV)	Security	Real World	Real World	Real World			
24	DISC	Mimic Octopus: An Incredible Imposter		Blue Planet: Odd creatures of the deep sea.			FBI Files "A Model Killer"	New Detectives: Forensic Science		New Detectives: Forensic Science				
28	TNT	Law & Order	(DVS)	Law & Order "Custody"			Charmed	Law & Order	(DVS)	X-Files "Biogenesis"				
30	FXSP	NASCAR	Rocky Mt.	FOX One	54321	Boost Mobile Skate Invitational From Las Vegas.				Rocky Mt.	Rocky Mt.			
32	FAM	★★ "Casper: A Spirited Beginning" (1997)				Whoose?	Whoose?	700 Club		Caroline Rhea Show (N)				
33	NBC	News	Ent. Tonight	Dog Eat Dog (N)			Last Comic Standing (N)	Dateline (N)		News	(:35) Tonight Show			
34	NICK	SpongeBob	Amanda	Cosby	Cosby	Cheers	Cheers	Cheers	Cheers	Cheers	Cheers			
36	A&E	Biography "Betty White" (N)		Cold Case Files "Mark of a Killer/Dead Ends & Portrait of a Killer/The Tortured Truth"				Third Watch "Adam 55-3"		Biography "Betty White"				
38	SCIFI	Ghost Stories IV		Beyond Bizarre (N)			Beyond Bizarre (N)	★★★ "Brave New World" (1998)						
39	TLC	While You Were Out				Hometime: Four	Hometime: Four	Scotland Yard: Tales From the Black Museum		Wild Weddings Outdoor wedding problems. (N)	Joined: The Secret Life of Siamese Twins			
40	FX	Married... Married...		Buffy Vampire			Buffy Vampire	★★★ "The Client" (1994)			Susan Sarandon.			
45	FMC	(:01) ★★ "The Towering Inferno" (1974) Steve McQueen, Paul Newman.						Making the Connection			"French Connec."			
49	EITV	Shannen Doherty		Shocking Moments			Shocking Moments	Howard S.	Howard S.	Wild On...				
51	TRAV	Mega Structures		Secrets			Secrets	Mega Structures			Secrets			
53	WB	Friends	Everybody-Raymond	Gilmore Girls "I Solemnly Swear"			Smallville "Nicodemus"	News		Friends	Will & Grace			
54	ESPN2	Kickboxing	Kickboxing	Boxing			Boxing: Richard Grant vs. Jeff Lacy			X Games	X Games			
58	HIST	Motorcycles				How motorcycles have excited riders.		Modern Marvels "T-34: Russian Victory"	Infamous Murders	Infamous Murders	Motorcycles			
59	HLTH	Doctors Diaries		Workout	Bodies	Health Specials		Doctors Diaries		Workout	Bodies			
60	UNIV	Rebeca		Niña... Amada Mia		Ver Para Creer		P. Impacto	Noticiero	En las Mejores Familias				
62	HGTV	Ground	Landscap	Room	Decorating	House	Curb	Ground	Landscap	Room	Decorating			
99	WGN	★★★ "Cold Sweat" (1971) Charles Bronson.					News		Rockford Files	In the Heat of the Night				

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THURSDAY EVENING											JULY 17, 2003			
		6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30			
2	PBS	Sunflower Journeys	Kansas Arts Today	History Detectives (N)		Wide Angle (N)		News	Keeping Up	Business Rpt.	BBC World News			
3	IND	(5:30) MLB Baseball New York Mets at Atlanta Braves. Field in Atlanta. (Live)				From Turner	Seinfeld	★★ "Batman & Robin" (1997, Adventure) (PA) Arnold Schwarzenegger, George Clooney.						
4	ABC	Disco Ball				Primetime Thursday			News	(:35) Nightline	(:06) Jimmy Kimmel Live Powerman 5000.			
5	HBO	★★★ "Big" (1988, Comedy) Tom Hanks, Robert Loggia.				PG	(45) ★★★ "A Knight's Tale" (2001) Heath Ledger. A peasant poses as a knight for a shot at jousting glory.			PG-13	"Consequence" (2003) Armand Assante.			
7	CBS	Amazing Race 4 (N)		CSI: Crime Scene Investigation Robotic sports.		Without a Trace "Victory for Humanity"		News	(:35) Late Show Ari Fleischer. (N)	(:37) Late Show				
8	NBC	Friends	(45) Will & Grace Boss tells Will to fire friend.		(25) Will & Grace	Dateline "J. Lo & Ben: America's Couple" (N)		News	(:35) Tonight Show (N)	(:37) Late Night (N)				
11	TVLND	Fantasy Island			Sanford	Bewitched	Griffith	Leave	I Love Lucy	Jeannie	MacGyver "Thin Ice"			
12	ESPN	(5:00) Pete Rose on Trial (N)					Baseball	SportsCenter (Live)		Outside	Baseball			
13	FOX	Stupid Behavior	30 Seconds to Fame		Pulse (N)		Fox Report With Shepard Smith	Blind Date	Blind Date	Paid Program	Paid Program			
15	MAX	(5:30) ★★★ "Colors" (1988, Drama) Sean Penn.				R	★★ "Summer Catch" (2001) Freddie Prinze Jr.		PG-13	(15) ★★ "What About Bob?" (1991, Comedy) Bill Murray, Richard Dreyfuss.				
16	TNN	Real TV	Real TV	Real TV	Real TV	★★★ "For Your Eyes Only" (1981) Roger Moore, Carole Bouquet.								
17	DISN	Boy Meets World	Smart Guy	Sister, Sister	Even Stevens	Sister, Sister	Lizzie McGuire	"The Even Stevens Movie" (2003, Comedy) Shia LaBeouf, Christy Carlson Romano.						
18	LIFE	(5:00) "For All Time"		"Her Deadly Rival" (1995) Harry Hamlin.				Golden	Golden	Nanny	Nanny			
20	USA	JAG "Ebb"		★★★ "12 Monkeys" (1995) Bruce Willis, Madeleine Stowe, Brad Pitt.						Monk				
21	SHOW	(5:05) "Joe the King"		(45) ★★★ "Wyatt Earp" (1994, Western) Kevin Costner, Dennis Quaid, Gene Hackman. iTV.				★ "Rollerball" (2002) Chris Klein. iTV.						
22	TMC	"Thieves Like Us"		(45) ★★ "Malone" (1987, Drama) Burt Reynolds, Cliff Robertson, Kenneth McMillan.				★★ "Get Over It" (2001) Kirsten Dunst, Ben Foster.						
23	MTV	Direct Effect		True Life		Diary	TRL (iTV)	Posse	Hear First	MTV Bash: Carson Daly				
24	DISC	Penguin Baywatch		Blue Planet "Frozen Seas"			New Detectives: Forensic Science	Prehistoric America "The Frozen North"		Prehistoric America "The Wild West"				
28	TNT	Law & Order		(DVS)	"Prince Charming" (2001)		Martin Short.	Law & Order "Monster"		★★★ "Paradise"				
30	FXSP	NASCAR		Rocky Mt.	Golf Life	54321	Best Damn Sports Show	Period (Live)		Rocky Mt.	Rocky Mt.			
32	FAM	"The One" (2003) Richard		Ruccolo.		Whose?	Whose?	700 Club		Caroline Rhea Show (N)				
33	NBC	News	Ent. Tonight	Friends	(45) Will & Grace Boss tells Will to fire friend.		(25) Will & Grace	Dateline "J. Lo & Ben: America's Couple" (N)		News	(:35) Tonight Show			
34	NICK	SpongeBob	Amanda	Cosby	Cosby	Cosby	Cosby	Cosby	Cosby	Cosby	Cosby			
36	A&E	Biography: James Garner-Maverick			★★★ "Columbo: Murder in Malibu" (1990, Mystery) Peter Falk, Andrew Stevens.				Third Watch "Childhood Memories"					
38	SCIFI	(5:00) ★★★ "Dune" (1984)		Kyle MacLachlan, Francesca Annis.				★★ "Lifeforce" (1996) Cotter Smith.						
39	TLC	While You Were Out			Hometime: Four		Secrets of Forensic Science	Supersleuths A Florida serial killer. (N)		Crime Scenes Uncovered "Miami Nights"				
40	FX	Married... Married...			Buffy Vampire		Buffy Vampire	★★★ "Grumpy Old Men" (1993) Jack Lemmon.						
45	FMC	(:01) ★★ "Love Nest" (1951)			Rememb		(:02) ★★★★★ "M*A*S*H" (1970) Elliott Gould	(:01) "Little Murders"						
49	ETV	Eminem: The E! THS			Shocking Moments		Shocking Moments	Howard S.	Howard S.	Wild On... "Costa Rica"				
51	TRAV	Thrill Parks			Dollywood		Great Waterparks	Thrill Parks		Dollywood				
53	WD	Friends "Pilot"	Everybody-Raymond	★★★ "Bad Boys" (1995, Drama) Martin Lawrence, Will Smith, Tea Leoni.				News		Friends	Will & Grace			
54	ESPN2	WNBA Basketball: Storm at Sun				MLL Lacrosse All-Star Game. From Uniondale, N.Y.				Billiards				
58	HIST	US-1: Avenue of America: Maine to Conn.		US-1: Avenue of America: N.Y. to Md.		Modern Marvels "Death Devices"		History of Sex		US-1: Avenue of America: Maine to Conn.				
59	HLTH	Doctors Diaries		Workout		Bodies	Health Specials	Doctors Diaries		Workout				
60	UNIV	Rebeca		Niña... Amada Mia		Aqui y Ahora		P. Impacto		Noticiero				
62	HGTV	Weekend Landscap		Designing Designers'		House	House	Weekend Landscap		Designing Designers'				
99	WGN	★★ "Just Cause" (1995)		Sean Connery.		News		Rockford Files		In the Heat of the Night				