



9 WAYS FROM UKRAINIAN GRANDMOTHERS

My Grandmother's 9 Rules After 70

My grandmother lived alone in her wooden house in the mountains until she was ninety-four. These are the nine things she never did after seventy, and what you can do instead in your own home. Hang this list by your door.

with love, Maria

Your list: tick each one when it is done

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| ☐ Nothing everyday up high | ☐ Early to bed, rest in a chair |
| ☐ Wear a warm vest | ☐ Never a heavy job alone |
| ☐ Closed shoes, never loose slippers | ☐ Prepare your bundle |
| ☐ Sand on the ice first | ☐ Agree on a morning sign |
| ☐ Carry your stick proudly | |

Tonight: send one message to one person you trust and ask, "Would you watch for my curtain in the morning?"



1 Nothing everyday up high

The danger in a kitchen is the small job done every morning on tiptoe, half awake.

- ☐ Put everything you use every week between your hip and your shoulder: coffee, the good pan, pills, flashlight, can opener.
- ☐ Keep top shelves and bottom drawers for holiday things only.
- ☐ Take the step stool out of the kitchen and put it in the garage.



2 Wear a warm vest

«кентар» — a sleeveless sheepskin vest

A vest keeps your back and chest warm, and no loose sleeve hangs over the burner or the dishwater.

- ☐ Wear a wool or fleece vest in the house from now until spring.
- ☐ Put it over a shirt with close sleeves that stay at your wrist.
- ☐ Turn the thermostat a little lower.



3 Closed shoes, never loose slippers

A shoe that slips off or a sock on a hard floor is like a little skate.

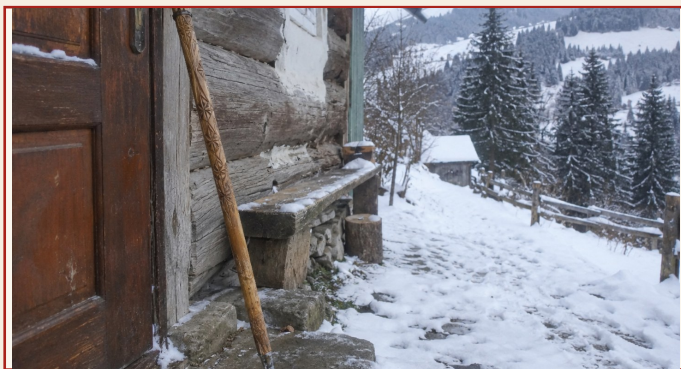
- ☐ Throw away the backless slippers, even the soft ones.
- ☐ Wear wool socks inside house shoes with a closed back, a rubber sole and a strap or Velcro.
- ☐ Keep a second pair beside the bed for the first steps of the night.



4 Sand on the ice first

Sand bites the ice, and you can see exactly where you have made it safe.

- ☐ Before the first freeze, fill a bucket with sand or non-clumping cat litter and put an old cup in it.
- ☐ Keep the bucket inside, by the door, not in the garage.
- ☐ Throw from the threshold, step, throw again, all the way to the mailbox.



5 Carry your stick proudly

A stick never meant a weak person. It meant a person who knew the ground.

- ☐ Get a walking stick or walking poles now, before you need one.
- ☐ Set the handle at the crease of your wrist, standing straight with your arm down, and add an ice tip for winter.
- ☐ Use it this week on an ordinary walk on a dry day.



6 Early to bed, rest in a chair

The winter night is long for a reason. If you lie down in the bed, the day lies down with you.

- ☐ About an hour after dark, turn the lights low and the television off.
- ☐ Get up when it gets light, not two hours later.
- ☐ Take a short afternoon rest in your chair, not under the covers.



7 Never a heavy job alone

«ТОЛОКА» — neighbors working together, one family after another

When neighbors help, it is not charity. It is a trade.

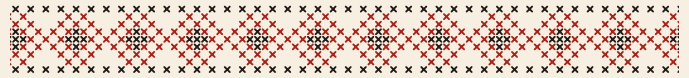
- ☐ Write three jobs you should not do alone: the ladder, the gutters, the smoke alarm battery, turning the mattress.
- ☐ Offer one neighbor a trade: they do the ladder job, you cook supper or walk their dog.
- ☐ Put the list on the refrigerator and keep it going all year.



8 Prepare your bundle

When the day comes, nobody has to open every drawer, crying, asking what you wanted.

- ☐ Make one folder or bag: who to call, where the deed, insurance and will are, your banks, and your wishes in your own words.
- ☐ Add your clothes too, if you like.
- ☐ Tell one person where it is.



I am writing my grandmother's
ways down in a small book. You
are on my list, so you will hear
first when it is ready.

Maria

9 Agree on a morning sign

She could stay in her own house because somebody
was always looking at the chimney.

- ☐ Agree on a sign with one neighbor or friend: the
front curtain open by nine, or a text that says
"up."
- ☐ Agree what happens next: no sign by ten, they
call; no answer, they come and knock.
- ☐ Give that person a spare key and your children's
phone numbers.