

# Eleven

## Seconds



*Missy Thomas  
Director Of Care Services*

I read a short story once about a husband who consistently left an empty ice cube tray in the freezer. Drove the wife nuts... I can relate. My husband is a college graduate, employed as a software engineer and double-duties as the company's IT guy. He is the most honest person I know, his sense of humor won me over immediately and he is a goofy, loving Dad. It seems he is also completely incapable of putting his dirty socks ANYWHERE but on the living room floor. It is mystifying. (We've been married 15 years and I'd like a chance at another 15, so...back to the ice story.) One day, the wife timed how long it took to fill up the tray and stick it in the freezer. She approached her husband and said, "I know you promised to love me forever, but could you just love me for 11 seconds?"

We have so many seniors in our community with an "empty ice cube tray." They may not be able to drive anymore and need a ride to their medical appointments. Maybe they use a walker and have difficulty carrying groceries. Maybe their 1 trip to church each week is the only chance they have to enjoy the company of others and get their "ice cube trays" filled.

It may take more than 11 seconds to bring one of our beloved elders to their doctor appointment, or do some shopping for them on our way home from work or swing by and pick them up on our way to church. But these simple, yet deliberate, acts of compassion will make an impact on our community and the seniors living here in their own homes. Consider becoming a volunteer with Northwoods Caregivers and make a difference to those who will remember your kindness ...for far more than 11 seconds.

**For information on volunteering, visit our website at  
[www.northwoodscaregivers.org](http://www.northwoodscaregivers.org)  
or contact Serenity Walker: 218-333-2862**