

OPINION

the
POST

Online at mpnnow.com
73 Buffalo St., Canandaigua, NY 14424

EDITORIAL BOARD

Rick Emanuel Regional Publisher
L. David Wheeler Copy Editor
Jennifer Reed Digital Publishing Editor
Mike Murphy Local Editor

Essay: Stock market reflecting public's increasing awareness of incompetence

Benjamin Wachs

The stock market has been shaking like a tree in an oncoming storm recently, and the question is, why?

I don't mean "why should it be shaking?" There are many reasons, not the least of which is the ongoing threat of a trade war with China, turmoil in the Middle East, the hollowing out of the middle of America's economy, the potential corruption in the executive branch, the paralysis of the legislative branch ... those are all good reasons, among many others, for economic indicators to be trying to figure out which way the wind is blowing.

But literally all of those things have been true for over a year now. They are news, but they are not new. President Trump and China have been at each other's throats for a long time; the question of executive branch corruption has been around since it became clear that members of Trump's cabinet — beginning with his national security adviser and his attorney general — had misled Congress about their dealings with a foreign power. The Middle East has been on a tightrope in a earthquake since Trump decertified the Iran deal and Saudi Arabia blockaded Qatar. There hasn't been a time in the last 10 years when we could point at Congress without laughing.

And yet the stock market didn't get spooked then. Why now?

We should be careful assigning rationales to "the market," which is a fundamentally irrational creature

My guess is that the same thing is going on with the economy. Major movers and shakers weren't worried, because, come on, Trump had surrounded himself with Wall Street guys, with Goldman Sachs guys, with the kind of people who tanked the global economy in 2008, sure, but were "our" guys and would keep things in line. So no matter how the president talked or what executive orders he made, they could be confident that nothing would really go wrong.

I think the realization that it doesn't work like that is, once again, settling in. As is the real danger that the might of an American presidency run amok will do to our economy what it did to Iraq.

Speaking of conservative pundits who got Iraq disastrously wrong, the Weekly Standard — a conservative magazine of ideas — has been assassinated by its publishers.

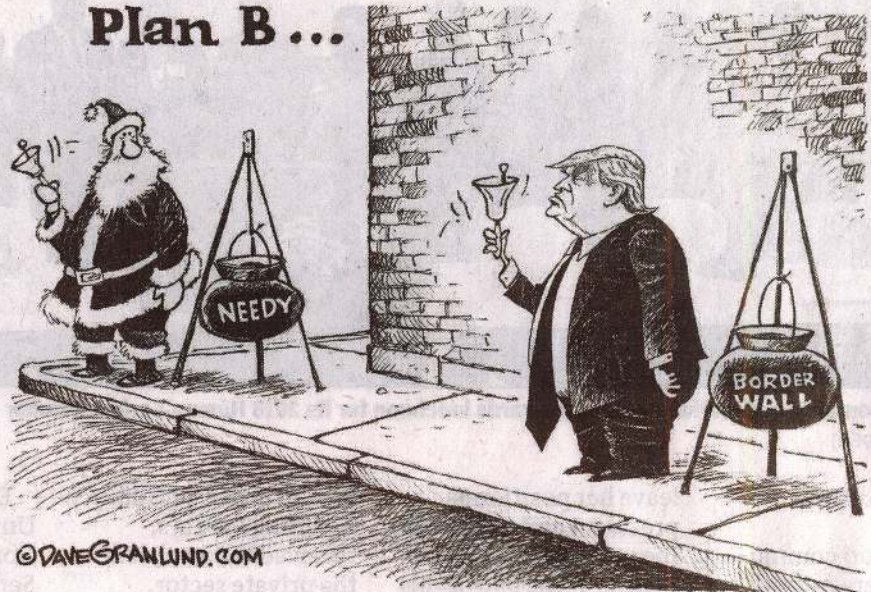
The Weekly Standard's most significant public impact was on the invasion of Iraq, which it got horribly wrong. It also failed to appreciate, until the Trump presidency, the extent to which the Republican party and conservative movement had been overtaken by people who paid lip service to principles, but only offered tithes to power. Thus, it failed on the two most significant issues of its era.

Nevertheless, I am profoundly saddened by its murder.

It will shock readers who consider me to be an ultra, unrepentant movement

ANOTHER VIEW

Plan B ...



©DAVEGRANLUND.COM

Essay: Top reasons to visit aging loved ones this holiday season

Episcopal SeniorLife Communities

They say there's no place like home for the holidays. It's no surprise then that an estimated 100 million people in the U.S. plan to travel back home this holiday season.

During the year, it's easy to get caught up in the hustle and bustle of your daily responsibilities. That's why the holidays are the perfect time to slow down and focus on what really matters — good friends and family.

It is also an ideal time to visit with aging loved ones you may not have the opportunity to see during the year. This holiday season, make the most of every visit by:

Making new memories and reminiscing

If you look back at some of your favorite childhood memories, many of them are likely centered around a holiday. This holiday season, find activities you can do together like baking, cooking, wrapping gifts or doing some fun holiday crafts. Bring out old photo albums and family videos to relive holidays of the past. Take time to get some new photos and videos together to capture the joy of the season.

Paying special attention to the environment

Particularly if you live far away from your loved one, or don't make it over to their house as much as you'd like, the holidays are the perfect

time to check in and make sure your loved one's living situation is safe and healthy. Pay close attention to things like overgrown shrubs and grass, broken windows, roof issues, etc. on the outside of the home that haven't been addressed. On the inside, make sure their home is free of clutter, that their refrigerator and pantry have a variety of foods, and that their overall living conditions look comfortable and safe. Help keeping up the home are fantastic gift ideas. If you are wondering what to give this year, consider underwriting a plowing/shoveling, housekeeping or meal delivery service.

Boosting spirits

Feelings of isolation and depression are very common in seniors, especially if they are living alone. The holidays in particular can bring up past memories of loved ones who have passed away, leaving many to experience increased feelings of sadness, loneliness and anxiety. Spending time with an aging loved one can go a long way in boosting their spirits. Be sure to include them in as many holiday activities as you can.

Noticing changes

It's important to pay close attention to your loved one's physical appearance. Are they thinner than they should be? Are their clothes unkempt? Look for mobility issues such as struggling to get in and out of chairs, issues with steps,

and relying on holding on to the wall as they walk to maintain their balance. Finally, don't dismiss memory issues such as forgetting the names of grandchildren or struggling to recall recent events. You may want to engage a physician if you see something that is concerning.

Having important conversations

Select an appropriate time, perhaps even shortly after the holidays. It can be difficult to accept when it is no longer safe and healthy for your loved one to maintain their current living situation. Don't let any feelings of guilt or fears of upsetting your loved one keep you from having the important conversation about moving to an assisted living community or accepting care in the home. It is important to have a plan for the future; too many families have discussions in a crisis situation that lead to rushed decisions regarding care and support. Senior and assisted living have changed over the years to support engaged and active lifestyles, with extra help when needed. If you are considering a move, be sure to focus in on the many benefits moving to an assisted living community can provide, including no longer having to worry about home maintenance, cleaning or cooking. It also means they'll have the assistance they need with daily activities like bathing or dressing, allowing them to maintain their independence and live healthier, more active lives.