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Edwinna Speaks with Miriam

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Edwinna - Notes

Edwinna turned 80 on May 10, 2020. She is the mother of five children and the grandmother of ten children and five great grandchildren. She has a dog named Cookie that is a shih-tzu and Brussel griffon mix. Edwinna said she likes to cook, sew, and play games like scrabble and card games. She said she used to bowl but that she can't anymore because of her arthritis and the neck problems the arthritis causes her to have.

She said she has not been consistent at getting exercise. She used to go three times a week to the senior center to do exercise. She said she has a fear of falling that she has fallen twice and that it has a lot to do with why she doesn't get enough exercise.

She said she sometimes does at home exercises. She said she is overweight and has always struggled with her weight. Therefore, she said that after having surgery she has wanted to keep it off. She said she tries to do that by staying active and busy. Edwinna said that she used to like to watch Dr. Phil, but that now she is more into watching game shows. She said that one day she would like to find love again.

Edwinna likes to play games to stay active she said she used to play crossword games at the Lumpkin County Senior Center as well as Bingo. She said recently she played a word game over the phone with another senior from the center. Edwinna said she plays games to help her to stay sharp.

Edwinna said she goes on her I-pad to play word games. She said she does this to keep herself mentally active. She said she wants to stay mentally active because her mother got dementia at age 79. She said she admired her mother. She shared that much of her family is from Italy. Edwinna said she loves children and would have had ten children if she could have.

She said that church is an important part of her life and that now she watches it on TV sometimes and reads the bible on occasion since she can't go to church due to the Coronavirus.

Edwinna said she is going to Tennessee in July as a belated birthday celebration. She said she loves Tennessee because of how beautiful it is and the scenery. She said she feels closer to God when she is there. That she likes to spend time in her prayers too.

Edwinna was born in Bridgeport, Connecticut. She was one out of three children. She is the middle child. Edwinna lived in Naples, Florida for about 27 and a half years. She has lived in Georgia for twenty years now. She was an LPN in Bridgeport in 1961 for a few years.

Edwinna said she got married in 1961. That in order to become a nurse she had to take a big test in Hartford. She said she worked part-time to pay for college. She worked as a nurse aide in the hospital, and she said that it gave her more incentive to become an LPN. She said she was 21 when she got married and that her husband died 14 years ago. She said she has been in a car accident before and it was shortly after her husband's death.

When asked what accomplishments she is most proud of, she stated, "having the strength and tenacity to become an LPN in the class of 1959." She also said having children and being able to see her grandchildren is one of her greatest accomplishments. She said being a nurse influenced her and it helped her to learn things about the body, so it was beneficial to her in many ways. She was able to apply what she'd learned to real life and being a mother. She said she was a nurse for about 8 years.

Edwinna volunteered at thrift stores for a couple of years and then at the Humane Society walking dogs for less than a year.

She said, "I have had many trials in my life, but you have to be grateful and make the best of it." She said that exercising is important to her and for her mental health even though she may forget sometimes to do it.

She said she had to have her hip surgery redone because she got an infection. She had to go to rehab for her hip afterwards. When she came home after that she said her son really took care of her. It was a really big ordeal. She likes to take care of other people it was how she was raised. She said that when she was young she would go next door and help the lady with Parkinson's and the lady would in return give her a quarter in exchange for helping her for a couple of hours. She said it was rewarding to her that it felt good when she did that.

She said she had taken it upon herself to learn about mental illness because she has dysthymia and anxiety. She said it has helped her to survive through tough times. Edwinna shared, "When I feel down or confused, I journal, and I use prayer." She said that she has been journaling since 1982.

Edwinna shared that she reads the bible to help her with her worry and frustrations.

She stated, "If there is a situation you don't understand, or you want to get somewhere you have never been it helps to read the bible, it also relaxes to write since I am not always the best speaker."

Edwinna said being silly helps her feel better, so she makes jokes and acts silly. She stated, "I am learning that I don't have to be so worried or concerned all of the time."

She said she thinks there might be more, or something out there left for her to accomplish.