

## Change of Scenery

Written by Gayle Nobel

Sunday, 05 June 2011 14:14 - Last Updated Sunday, 05 June 2011 22:55

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Kyle slipped back into a cycle on Thursday at exactly 10:15 AM. Oh man, blindsided for the second month in a row! Or at least surprised. There were subtle signs the day before but in my quest to think positive and not mentally go down "that" road again, I did not allow them space on my radar.

When Kyle came home Thursday afternoon, we were packed and ready to go to our cabin that evening. We then had a decision to make. Go anyway? Don't go?

Does it matter if we care for him in crisis mode up there or at home? There are a few extenuating circumstances that might be obstacles but we decided to give it a try anyway. We postponed departure until Friday morning just in case we had to come home the same day.

We've been here all weekend! It worked. Kyle was unable to enjoy our usual nature hikes, but we were. In shifts. We are used to going in shifts anyway. And our friends from down the road were here so we both had hiking partners. Kyle still needed the same level of care he would have required at home but we got to do something different.

I am writing from our deck. The cool breeze is blowing and the green scrub oak trees are swaying gently. Today this is the color of my peace. I breathe. I look at the mountains in the distance. My soul smiles a little bit. We're in a rough spot, yet again. But my soul has permission to smile anyway.

The change in environment has given me a slightly different perspective on the situation facing our family. I am excited about some of the changes I have planned via our new caregiver who has yet to be hired. And I am encouraged that it IS possible to enjoy our cabin even when Kyle is not well.

I've decided a change in scenery is another oxygen-rich tool for loving and living well with

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whatever life has put on our path. Why not shake things up a bit?