

## A Good Age: A surprise among Mom's recipes

By Sue Scheible  
The Patriot Ledger

Posted Apr 26, 2010 @ 04:07 AM | Last update Apr 26, 2010 @ 10:36 AM



GREG DERR/The Patriot Ledger  
Susan Peters, 57, of Weymouth with a book of her late mother's recipes. Copies were handed out at her mother's wake.

WEYMOUTH — Mary "Maymie" Follansbee was failing but still had things she needed to accomplish. On her walker, she carried a plastic bag full of her recipes. While she still had time, she wanted to type them up for a book for all the women she loved.

But as Parkinson's disease took her downhill faster than expected, her daughter Susan Peters set out to do it for her. The first "recipe" that fell out of the bag was not about cooking.

"Be Ready, Kids, To Make the Tough Choices" was a newspaper column about the end-of-life wishes of a parent. In effect, her mother said, "Let me go — don't call 911."

Peters typed the recipes, her husband, Tim, printed up a book, and Maymie died six weeks later. Peters gave copies of the recipe book to all 250 mourners at the wake. It was her way of honoring both her mother and the family she created: three daughters and two sons.

On May 11, Peters will tell her story at a South Shore Elder Services program, "Aging Is Everyone's Future." The fifth annual event will be held from 5 to 8:30 p.m. May 11 at Lombardo's in Randolph.

The theme will be how people in their 40s, 50s and 60s can fit caregiving into busy lives.

Peters and three other successful business people will be on a panel. Each will share their perspectives on caring for a family member while building busy careers.

The other panelists will be Lynda Chuckran of the Welch Healthcare & Retirement Group, Laura Willis of Willis-Works Communication & Gen-Sights, and Harrison Stebbins of Amazing Grace Private Home Care. Kate Granigan of Overlook C.A.R.E. will moderate.

"Often people who are providing care for a loved one do not know where to turn and feel very alone and isolated," said Diane Sargent of South Shore Elder Services. "We hope hearing these personal experiences will let them know they are not alone. There are ways to reach out for help."

"Aging Is Everyone's Future" also will include information booths, a raffle and dinner.

Peters will describe how as her mother developed dementia, the sisters and brothers worked together to keep her as independent as possible.

"All five of us took turns and supported one another, and then it was so much more bearable," Peters said. "Our mother had taught us all what being a family is all about."

Eventually, her mother had to be moved from her Hingham apartment to assisted living, and later to a nursing home.

Peters will talk about the many rewards, and even humor, that came during that time, but she also will acknowledge the realities: exhaustion and being "short-tempered" at times — and feeling guilty afterward.

There is no charge for attending the program, but a voluntary donation of \$15 is requested. The proceeds will benefit the agency's Special Needs Fund, for elders without basic necessities such as food, clothing and fuel.

To register, call Dana Canniff at 781-848-3939, Ext. 351.

Reach Sue Scheible at [sscheible@ledger.com](mailto:sscheible@ledger.com), 617-786-7044, or The Patriot Ledger, P.O. Box 699159, Quincy 02269-9159. Read her [Good Age](#) blog on our website.

[READ MORE](#) about Sue Scheible's final decision for her Dad.



GREG DERR/The Patriot Ledger

Susan Peters, 57, of Weymouth with a book of her late mother's recipes. Copies were handed out at her mother's wake.

[http://www.patriotledger.com/lifestyle/50\\_plus/x932355652/A-Good-Age-A-surprise-among-Mom-s-recipes](http://www.patriotledger.com/lifestyle/50_plus/x932355652/A-Good-Age-A-surprise-among-Mom-s-recipes)



Courtesy Susan Peters

The late Maymie Follansbee in her home in the 1950s, from the cover of "The Recipes of Maymie Follansbee." She loved to bake, her daughter, Susan Peters, recalls.



Courtesy Susan Peters

The late Maymie Follansbee cooking in her home in the 1950s, from the book of "The Recipes of Maymie Follansbee."