

Subject: Re: Fw: Dad' wellbeing and safety

From: Mark Cao <mark.cao@gmail.com>

Date: 9/2/2024, 3:52 PM

To: Thanh Huynh <thanhxhuynh2003@yahoo.com>

CC: Hanh Cao Yu <hanh.cao.yu@stanfordalumni.org>

Again. Call Adult Protective Services if you feel he is endangered. But please do not do your politics through me.

On Mon, Sep 2, 2024, 3:18 PM Thanh Huynh <thanhxhuynh2003@yahoo.com> wrote:

[Sent from Yahoo Mail for iPhone](#)

Begin forwarded message:

On Monday, September 2, 2024, 3:45 AM, Thanh Huynh <thanhxhuynh2003@yahoo.com> wrote:

My attitudes

-I was trained to inspect abuse and neglect to children and elderly and had almost 20 years of experience on my social worker job

- i have been visiting dad since March and spent more time at the board and care place the last 3 months. I went thru a lot of hardship to do it, not talking sleepless sobbing nights thinking over and over, how to deal with BC people and how to share it with you ...

I am not an authority, but only a concerned family member!

-i had been abused for years and mistreated, not only by dad but by others because i allowed them to do so until i decided to quit

I know how to deal with it and can teach others how to, but i have done it my way.

I am proud to tell you that i am not a failure on that matter

-i have enough quality and tact to deal with difficult people. I was successful and reach my goal!

In the process of evaluating dad's living condition, i tried very hard to learn what i need to know about dieneric diet in elders by a famous gerontologist, I talked to di Ba and a very smart former university classmate who has a diabetic husband. She worked as a nurse aide at Board and care to help her husband to go back to college to be a veterinarian in Pennsylvania!

I also learned a lot from Thu Van, John and Laura's mother about experience helping elderly people at home and BC placing!

-my observations of dad's BC

Very clean. And well organized
Owner is very good in socializing skills

-Reason i told Hang that “ Dad was nicer with others than with me”, just ignore him ! (dad nerver told me not to come, but he squeezed my hands several times and did not want me to leave) when Hang told me several times that dad told her not to come (“ đười”)

You sure know how i response to you Hang way!

Dad was very sad any time i left him and I always promis that i would be back
I have to keep my promise , because of my personality, my humanity and because i understand him!

Everybody is very comfortable to share with me problems and even to give me funning advice, because i know how to listen and i an very nice, always avoid to embarrass others!

My observations about dad's treating at the BC

1-it is a routing to feed him dinnet in bed

2 - he choked at lear twice every meal when Ally feed him

3- he can eat and swallow better but food should be thin or puree, not similar to the bow of rice i show to you

I have basic knowledge of nutrition! I bring very little fruits, like watermelon, soft melon, plums grapes pears to him, but NOT fruit juice. He needs fiber, and variety and appetite, but not fructose!

4 - he needs to be in elevated and straight up position when eating

When Ally feed him last time, dad was leaning too much to the wall side to the point that his mouth was drooping to right side and liquid drooling. She and I keep cleaning for him but she refused to strait him up. I kept pushing him and used 2 small small pillows to keep him more upright

It is easier and more professinal to straight him up than sitting on one side on his bed to feed him and complain about back ache

5-every body can eat better with teeth! I went through a lot to convince dad to put on dentures himself and clean his dentures and make sure that workers help him to do it! Unless we close our eyes, we feel pain in our heart when we see dad eating such food with bare gum without drinking occasionally to flush down that foods . He choked and he finally threw up on bed when she left! I cleaned his clothes and pillow and i told Ally about it when there were soiled spots and stuffs in the trash can

- she always refused to let me give him water or even holding the cup himself

It is faster eat without dentures ans skip intermittent drinking then put away the left over water

Nobody like an observer (even smiling and very polite) , but assertive!

I must say that Ally is a people's pleaser . She speaks and smiles all the time! She speaks english a lot better the other workersand she knows how to please and fool others
She can be a good worker to her boss! The owner doesnt witness such thing, but oly see a worker who always smiles and does the jobs quickly amd talks nicely, and cleans the

house perfectly! She sounds good but we have to think about it. We do not care about the management, but we care about our loved ones

I gave up on dad a long time ago

People are very wrong; I need a warm body or anything from dad!

I already proved it! I do not let anybody butter me up or brush me off or sandblast me

When it needs to be strong, I stand up

I can not let dad speechless and helpless like that! He deserves better! We have to face the truth and do something to improve the situation effectively or find a solution! There are plenty of alternatives!

Make sure that even when labeled dementia. But I had a medical statement regarding my mental status. At my old age I still have energy to fight for good cause

please understand your mother! I am too proud to rely on others or to ask for assistance if I do not in urgent

I still remember what I did for others

I do not ask anybody to pay back, but I demand others to treat me as a decent mother because I really really deserve that!