Well-known city man says he's prepared for end of life

By MARLENE SINGER
CORRESPONDENT

BRISTOL — Donald Selina, 96, has made a career telling stories or at least presenting them. As a former manager for The Bristol Press, Selina is well known around the city.

But it's not his one-time prominent position at the paper or his role in local politics that impress most. He's just an overall nice guy.

"He's a special person," says Tom LaPorte, volunteer with Bristol Hospital Home Care and Hospice. "He ingratiates himself with you. I told him, 'I wish I had met you 30 years ago.'"

Selina is doing a lot of reminiscing about his time in Bristol as well as many other life events with LaPorte and many others who gather around him. As Laport says, Selina has a broad acceptance of others.

He can talk to the mayor of Bristol just as easily as he can talk to the care givers and hospice staff that visit him weekly at his Bristol apartment.

Diagnosed with congestive heart failure, Selina has been receiving hospice support at home since March. He says being on this program has played a major role in helping him prepare for end of life.

"I feel a certain sense of security," he says.

This time at home has afforded him the ability to plan and carry out his end of life wishes.

Selina says one event that affected him greatly was when he received a letter from his father while Selina was serving in Germany from 1944-1946. While traveling home, he remembered things he wanted to share with his father. But once he arrived in New Jersey, he learned his father had passed away a month earlier. Now, he's determined to have no such regrets.

He has recently enjoyed visiting with his daughter, Edith Boxman, who travelled here twice this year from her home in Israel. The first time was in May to celebrate her father's 96th birthday. Edie is also planning a longer trip away this summer. Selina is well aware that he may not live to see his daughter's return; nevertheless he says he is ok with that.

"I'm content. We have to move on. That's the way the creator made it." He says all too often people fight for a longer life. "I've had a lot of years- most of them healthy and interesting. I have no complaints."

Selina says he thinks his hospice team has made this journey easier. He speaks warmly of his nurse, Dawn Irving, his home health aid, Perry Bazer and, of course, LaPorte.

Edie echoed praise for her fathers care at home. Says these services fill a gap in what traditional medical care provides. "We're hoping for the best life he can have and hopefully a good death," she says.

Marlene Singer is a medical social worker for the Hospice Program with Bristol Hospital.

Donald Selina and friend

ShopRite to offer program honoring National Diabetes Awareness Month

By BRIAN M. JOHNSON
STAFF WRITER

SOUTHINGTON —— Learn how to Live Right With ShopRite Tuesday in honor of National Diabetes Awareness Month.

Starting at 11 a.m., Kailee Conrad, registered dietician for ShopRite at 750 Queen St. is offering shoppers free samples and healthier, revamped recipes of holiday favorites.

A registered dietician, Conrad offers free information, shopping tours and nutrition guides for customers, associates and the community as part of ShopRite's "Live Right with ShopRite" program.

Friday Nov. 8, ShopRite in Southington conducted free blood drawings for immediate blood sugar readings.

On Nov. 26, Conrad will provide a cooking demonstration and give her "produce pick."

"Our goal is to help promote early detection and treatment of diabetes," she said. "That way we can also help prevent complications that come along with the disease."

For more information, call ShopRite at (860) 736-0044 and ask to speak with Conrad, or email her at kailee.conrad@wakefern.com

Kailee Conrad, registered dietician at ShopRite.

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CORRECTIONS

The name of new Police Lt. Todd Kozaryn was misspelled in a headline on Page 3 in Friday's editions.

It is the policy of The Bristol Press to correct factual errors. E-mail editor@BristolPress.com, mail to Corrections, 188 Main St., Bristol, CT 06011, fax to (860) 585-9283 or call (860) 584-0504.

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