

# *Fear Me Out Podcast*

## Episode 22

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

### *Guest Speaker*

Bryan Smith – A Mom with No Fear at Age 97

**Kim Fauskee 00:00**

On this special Mother's Day episode, we speak with friend of the podcast, Bryan Smith, who refers to his mother as his best friend. So we hope you'll join us as we chat with Bryan about the qualities that make his mother so special, and how her infectious spirit and zest for life positively affect all those around her. And from Dana and I, a Happy Mother's Day to all the moms in our listening audience.

**Dr. Dana 00:34**

There are two basic motivating forces, fear and love. When we're afraid, we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

**Fear Me Out 00:53**

Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now here are your hosts Kim Fauskee and Dr. Dana Saperstein.

**Kim Fauskee 01:14**

So this is a special Mother's Day episode of the fear me out podcast. With us today is Brian Smith, who's going to talk about his mother and his relationship with his mother. So Brian, welcome. Thank you. Thanks for being here. Let's start a little bit by talking about yourself and who you are. And then we'll get into talking about your mom.

**Bryan Smith 01:38**

Okay, I'm a longtime friend of Dana. And in Santa Barbara for over 40 years, one of those people that came to Santa Barbara to go to UCSB and never left. I guess that makes you a native for sure. Now, I'm getting close, but it depends on who you talk to. I've always been really active. I've been in the real estate business. I'm more of an analyst than a salesperson. You know, I have a kind of Leave It to Beaver, or leave it to clever family. You know, my mom, my dad, three sisters and myself. And I've enjoyed travel. I have a degree in psychology. I've done some counseling, and which makes it perfect

**Kim Fauskee 02:22**

for this podcast that.

**Bryan Smith** 02:23

Yeah. So you know, I really feel I've had a fantastic life, I have had a very great life. And I don't regret anything along the way, with the exception of not having kids.

**Kim Fauskee** 02:39

So what's makes your mom so special? I'm going to tee it up with a big question first there,

**Bryan Smith** 02:47

that is a big question. She is the most unique person. She is a person that can come into a room and in five minutes, everybody's in love with her. All my friends want to adopt her. She cares for everyone. She's now 96 years old. She takes care of old people who are in their 70s and 80s. At the facility, she loves that. She's very active. She's interested in anyone, everybody's life and what they do. And she just has a way of making everyone feel good. But she does also ask the hard questions to just about anyone.

**Dr. Dana** 03:30

I'm going to chime in here. I want to let everybody know that Brian is one of my best friends. And I've always suffered from horrible mother envy. And in my relationship with Brian because when I first met him and he talked to me a bit about his mom, I thought to myself, he's either in complete denial, or he's the luckiest guy I've ever met. And then when I met his mom, I realized that he wasn't in denial at all that she's a really, really amazingly lovely, engaging, very present person. And I've been telling Brian since I met him, you got to find a way to pay tribute to your mom because you're the luckiest guy. Now when it comes to mom's stuff. People that are listening to our podcast know that Kim and I have the exact opposite types of moms then they knew that my mom lived on some other planet most of her life and was never present and Kim's mom watched him be abused and didn't step in. And your mom does everything she can to love everybody and tries really, really hard to make people feel comfortable in her presence. I was just stunned when I met her. And I wanted to follow her home and have her be my mom. So she would have I know she would. She's always been very kind to me and so I asked Brian to come and talk about his mom because he is really truly the only person that I've ever met, who has a mum that he really enjoys and really loves. Most people have some kind of an issue with their parents and I can't figure out what the issue might be other than Chelsea have about how much attention she gets when she's in the room. Because, you know, it appears as though not too many other people exist when she's in the room. She just kind of then she doesn't take over. It's not like she's, you know, it's not her ego. It's just her way of loving people and being connected to them.

**Bryan Smith** 05:16

I mean, she's really just a little lovable. You know, wherever it is, she throws love and everyone's direction. Yeah.

**Dr. Dana** 05:21

So how much do you remember about your mom when you were a little kid? Like, if you look back, what was it like to be her, her son, from as far back as you can remember?

**Bryan Smith** 05:31

Well, I was the oldest. And I've got three younger sisters. And my dad worked all the time, which is kind of typical of that generation. So she was quite a disciplinarian. She really kept you in mind.

**Dr. Dana** 05:45

How did she do that? Especially you, I,

**Bryan Smith** 05:49

I have no idea. She's a force, you know. And she exudes her force without, you know, taking advantage of her position of power or control or authority. And she just has a way of making you see that what she's saying is probably the right thing. And I think over time, that's become more clear to me.

**Dr. Dana** 06:15

Yeah. So having her as a mom, what was she like a playful mom, or what kind of mom was she?

**Bryan Smith** 06:23

She was busy. Yeah, well, four kids, four kids within six years. So she was pretty busy. She was tough. She was really generally kind of tough, but, but always very loving. You know, she had everyone's interests in mind. And she always had time for each of us. There was always a you didn't feel like you didn't get enough of mom.

**Dr. Dana** 06:45

So she found a way to spend time with you just by yourself.

**Bryan Smith** 06:50

You know what just happened during the course of the day. It wasn't an intentional thing. But she was busy doing anything. She ran the house, she basically controlled everything. Her mom was also an amazing person. Her mom Hilma was an immigrant from Finland. She ran a general store and was the postmistress with seven kids during the Depression. She in Finland or her in the United States, here in the United States in Wisconsin. And she was also four, she was a very big influence on my life, just having her around. And just seeing what she did, she lived well into her 90s. So I'd say that my mom has probably learned a lot from her mom. You know, I think it's a generational thing. Yeah.

**Dr. Dana** 07:34

But when you were a teenager who were getting into mischief, did your mom know? Or were you able to kind of?

**Bryan Smith** 07:40

I like you, I was able to pretty much hide it. No, I didn't. I didn't get to travel that much. Yeah, but but I was careful. Yeah. There was no doubt. What was expected.

**Dr. Dana** 07:56

And in your young adulthood, always present in your life.

**Bryan Smith** 08:02

Yeah, consistent force. Yeah. And you know, much more so now that we both have more time and living in the same town, but ya know, she was very present very consistent. always asked the questions, you know, you had no doubt that your best interests were always her first priority.

**Dr. Dana** 08:20

And did you have any stories that stick out in your mind of experiences you've had with her that kind of encapsulate her as a person.

**Bryan Smith** 08:29

You know, there are probably a lot of them. I just had one today brought up to me, I've got a good friend who lives out of the country. And I mentioned to him that I was going to come and talk to you about this today. And when he was 20, his mom passed away. And I wasn't around at that time. But he had been at the front of the church where the funeral was going to take place. And he was a mess. And, you know, greeting people and doing things that he really wasn't comfortable doing. And so she went ahead and grabbed him and took him to the side of the church and said, Look, Tom, you don't have to do this. And, you know, that's now 45 years ago, and he still remembers it as he really saved her. And since that time, he still, I mean, he's out of the country. He doesn't see her that much, but he still has a very strong bond with her. So I read a number of these stories, it really ends up that I hear the stories back from the people who had the experiences. It's not just our family you know, a lot of things just her spirit, you know, years ago as she was starting to get older and my dad passed away she said, You know, I say, I say no to nothing. If someone asked me to do something, I always say yes. And she's, that's just part of her attitude. You know, she's ready to go and ready to do anything at any time. I'm not coming up with any specific stories that are out of the box other than she's just always been such a caregiver to everyone. You know, if someone has a problem, she's going to go help them. If someone needs something, she's going to make them Cookies, she's going to help. You know now she's 96. She has a couple of 99 year old friends and she takes them for walks. And this one lady Lucy is, you know, she's not handling getting older as well. And so my mom's coaching her like, okay, Lucy, you're gonna be 100 and August, you know, you gotta make it through there. So Lucy drinks a little bit of scotch. So she's got a bunch of friends that are older that and she's got a lot of friends that are younger and people just love her go to her house. People are coming by all the time, just to say hi, and check in with her. So I mean, her lifestyle now is something that I think almost anyone would envy at almost any age. But you know, she plays Mahjong twice a week, she plays bridge twice a week, she works out three days a week at the gym, she walks with her friends, she drinks wine with the girls. She plays cards with people at night, and she's just always going

**Dr. Dana** 10:56

and she recently stopped playing golf, right just within the last year or two.

**Bryan Smith** 11:01

Yeah, we used to go play golf at Sandpiper golf course pay 18 holes until the time she was about 93.

**Kim Fauskee** 11:08

And that's, that's amazing. Isn't that incredible? I'm just tired of listening to her to her regular day. Yeah, she gets more done in a day than I get done three or four days.

**Bryan Smith** 11:20

At one time, I said you know, Mom, what? Are you gonna stop playing golf? And she said, I'd rather play golf than eat.

**Kim Fauskee** 11:27

It's a good answer.

**Bryan Smith** 11:28

So now she's having trouble with their hands her she'd still be playing. Yeah.

**Dr. Dana** 11:32

But I mean, she's entitled to slow down a tiny bit.

**Bryan Smith** 11:35

She has, but she's pretty tough on herself, you know, she's not happy that she's not golfing and doing some of the things she used to do.

**Dr. Dana** 11:42

And, um, that you see are pretty regularly,

**Bryan Smith** 11:45

at least a couple times a week.

**Dr. Dana** 11:49

And what what kinds of stuff do you guys do when you're hanging out together? You know,

**Bryan Smith** 11:52

we'll eat dinner together, oftentimes, we'll have a glass of wine on her porch. She's big on games. I'm not that big on games. But there's a whole cadre of sisters and other friends that love to play games. So tonight, you know, and a lot of times, she's actually too busy to talk to me sometimes, like, Hey, I couldn't call you back yesterday with too many things going on. So if I leave her a message, you know, I Sorry, I couldn't get back to you. But I did this and this and this. And she had, you know, four or five event days. So, you know, and every at least once a month, we'll hop in the car and do a drive. I try to get her out of town and going someplace as often as possible. There are some family gatherings but in general, she's getting together with friends and you know, playing games, that's really her favorite thing to do. Oh, another story, I should talk about 99 year olds. So where she lives, she's been playing. She's lived there for almost 15 years. And she went there originally because my dad had dementia. After he passed away, she started playing games actively again. And she's ended up with a partner. So it's, I don't really know bridge. But there's eight different pairs of women that play bridge twice a week. And they're all 70 Plus, well, my mom's 96 Her partner is 99. And they win over 50% of the time. And I have no idea how I don't even understand the rules of the game. But I didn't know it until one day I did a long drive with her and she started almost bragging, like, oh, you know, we never lose. So just a spirit, you know, and indomitable spirit really is?

**Dr. Dana** 13:32

Well, how do you think that having a mom like this has influenced your life? Because I know when I met you, you were sort of taking it for granted. And you just assumed everybody or almost everybody had a relatively okay relationship with their mom. And I know, I drove you crazy telling you that's not the case at all. That's that you're the first person I've ever met who actually has this kind of relationship with your mom.

**Bryan Smith** 13:55

You know, I've thought about it a lot, knowing, knowing that I was going to kind of come here today. And I think, you know, I think there's just always been a feeling of security. You know, I've always, you know, you never really need help. If you've got someone's got your back. And I'd say she's always had my back. And she's definitely the most influential person in my life. And years ago, I'd say my grandmother was one of my most influential people, but I think the fact that she's always had my back as it's kept me from having a lot of fears. You know, I haven't had to use it. I haven't really had any major issues. But I think, you know, there's kind of a guiding force there that's always been there and i You're right, I don't recognize it. And you've brought it up enough times that I'm starting to get it. So, you know, maybe she hangs on until 105 overly understand, and I wouldn't put it past her the way she's gone right now.

**Dr. Dana** 14:52

Does she know how you feel about her?

**Bryan Smith** 14:55

Yes, she does. You tell her? I do. And she's become much more verbal about how she feels then. And I think, you know, myself and my sisters give her a reason to live. And she said that, you know, if it wasn't for you guys, I wouldn't be here. And I, you know, I've really not an expert in death. But I really come to believe that when you start getting into that kind of an age that how you feel about continuing to stick around is pretty critical.

**Dr. Dana** 15:21

Have you talked to her about it, her potential dying,

**Bryan Smith** 15:25

but much more frequently, recently, and we kind of joke about it. I mean, it's almost a joke. You know, one of the most humorous things is, I've been very one time, I've had a number of long term relationships over my life. And a few years ago, I said, you know, Mommy got to stick around until I find the woman. And about two or three months ago, she came back to me and she said, You know, I'm not sure I'm going to be able to hang on that long. And so we joke about it,

**Dr. Dana** 15:56

she lost a little bit of faith in your ability to

**Bryan Smith** 15:59

shoot, no, she lost the faith in her ability to stick around. That's what I'm currently Yes, but take forever. Right, exactly.

**Kim Fauskee** 16:06

Have you been on that train? Not not you finding a partner, but on that kind of train of thought? Have you thought about what it's going to be like, when your mom passes on? And how is your life gonna be different at that point? Or how are you going to remember her?

**Bryan Smith** 16:22

You know, I have I'm very close to one of my sisters. And she talks about it more than more than me, and I am. You know, one thing I've started saying in the last year or so is, I mean, it's kind of like she's in the 10th overtime period, you know, it's not just the first overtime, she's well along the way, and she's had a fantastic life. And she knows she's had a fantastic life. She's, you know, grateful for all that she's had. And, you know, I will definitely miss her. But I know that I've had quality time or third that no one ever gets with their family. Or with their mom, certainly. And so it'll be horribly sad. But, you know, I always, always have her presence with me.

**Dr. Dana** 17:08

Did you? Have you told your mom that, that my wife and I are going to adopt you when you lose your mom so that you're not homeless and an orphan?

**Bryan Smith** 17:16

No, I haven't.

**Dr. Dana** 17:18

But I used to reassure her.

**Bryan Smith** 17:21

I think she knows. Yeah, no, I'm joking. She does know.

**Kim Fauskee** 17:25

Oh, go ahead. No, no, please. What are two of the, or a couple of the things that you've learned from your mom that you kind of use in your own life today?

**Bryan Smith** 17:40

You know, well, certainly, it's never give up. You know, and, you know, definitely follow your passions, optimism, you know, curiosity, she, you know, she continues to accept challenges and do things that people her age don't do. You know, she's very good at texting, I get cute little text firmer in their morning with a some little image of a panda bear with a coffee cup, you know, saying Have a Good morning, you know? So she's, she's not losing any of her joy for life at all. And she's continuing to accept challenges. Now, her most recent thing I've kind of taught her about Google. She was just Google it, you know. So that's her favorite phrase now, and she really gets kind of charged about it.

**Kim Fauskee** 18:24

She hasn't found Alexa or Siri yet, though.

**Bryan Smith** 18:28

Not sure. I want to bring those into her life. Funny, it is funny.

**Dr. Dana** 18:34

Um, what was it like when she knew that your dad was kind of fading away? I remember when he started becoming demented. How difficult it was, you know, in your family, what was it like for her? Because they're married for a long time?

**Bryan Smith** 18:50

Yeah, I think they would have had their 70th anniversary last August or something like that. So yeah, they were together for a long time. But, you know, it was a challenge. And she just took it on, you know, so she devoted herself 100% to it and pretty much was the sole caregiver, and was wearing herself out and it was definitely hurting her health. And we got her to move down to Santa Barbara where we could be closer to her and where she can have a little bit more assistance. But, you know, she never gave up, you know, he could not be in the home where she's in any longer. We had her in a private house, you know, about four or five blocks away and everyday she walked up there twice a day to go spend time with them and hold his hand and be with them. So, you know, she went, she wasn't living with them and had a little extra help. She had a little bit more energy and she continued to give her 100% Give 100% of my dad for whatever, you know, he could really accept and understand but he always knew she was there. And it does seem to me and I probably haven't been doing any studies done on this but having that kind of constant attention. I think it really helped him, he was always a very happy person. You know, even when he really didn't know what was going on, because she gave him constant care and would pat his hand and things like that. So it was very hard on her, after he passed within a pretty short amount of time, she got five years younger. And that's really, I'd say, that's where she ramped up to where she is now, which is, you know, certainly like 99th percentile for someone her age in terms of activity level mental acuity, curiosity, you know, ability to reach out to other people.

**Kim Fauskee** 20:37

How long did your dad pass?

**Bryan Smith** 20:41

seminary eight years now,

**Kim Fauskee** 20:42

okay. So for her, it was just, I don't want to call taking care of a spouse or a family member of burden. But it was kind of that release of that burden, or that release of the responsibility that she kind of, in a sense, got her life back, and was able to go back to doing the things that she normally enjoys doing.

**Bryan Smith** 21:01

That's right, she had a chance for a little bit of self care, you know, had the ability to kind of start doing some activities, which she couldn't do, she had a higher degree of freedom. You know, it wasn't, you know, there's the book on dementia, the 36 hour day, and I and I, you know, it's really a 36 hour day.

And so all of a sudden, she got to 24 hour day where, after the grief went away, she started immediately playing, you know, she started doing the things that she really liked. And she adjusted, actually, very well.

**Kim Fauskee** 21:32

I guess there's two ways that we can go right, we can either retreat, or we can go forward. And she sounds like the person that always goes forward.

**Dr. Dana** 21:40

I don't think retreat is in her vocabulary.

**Kim Fauskee** 21:42

It doesn't sound that way. So,

**Dr. Dana** 21:44

yeah, I don't think of an option. You know, when Kim asked you what you got from your mom, one of the things that I've noticed more than anything is gratitude. Your mom has always appeared to me to be one of the most grateful people that I've met. She really enjoys the idea that life is her thing to embrace. And that she's very grateful for you guys as our children and where she lives and her friends and all that. And despite the fact that you're a curmudgeon, you actually have a lot of gratitude.

**Kim Fauskee** 22:20

He actually agreed to come do this. Right. So thank you, Dana.

**Dr. Dana** 22:23

Well, we I mean, in the mornings, you know, I know that I mean, we you know, we will walk together one of the things that that seems to be a big part of our connection is how grateful we are that we live where we do, and that we get to experience the incredible beauty of the park that is right across the street from your house. And, and I don't know that either one of us would appreciate life as much as we do if your mom wasn't someone who, you know, instilled that notion that gratitude is a really important concept in life, and that you can either focus on what's wrong, or you can kind of focus on what it is that you have that makes you feel good. And for some really strange reasons. She doesn't take No, no, no, she doesn't acknowledge it, but it doesn't occur to her to get lost in withdrawal.

**Bryan Smith** 23:07

No, and I, I have definitely felt a lot more gratitude. And I think, you know, all of us are definitely affected by the pandemic, and having the pandemic and have us getting much closer to mom and spending time with her and doing her groceries and, you know, seeing her it, it really fostered even more gratitude for the quality of life, we had day to day the end, you know, real caring and sympathy for so many people who were so affected. And we were relatively unaffected by all of that.

**Dr. Dana** 23:40

Was she frightened by the pandemic?

**Bryan Smith** 23:44

You know, I think everyone was frightened by it. There's, you know, and we don't even know how to address how it affected each of us. But no, I think she was frightened by it, but not to the point where it slowed her down at all, you know, she wanted us to come over and she was just waiting for them to be able to play bridge again and did everything she can, or she could to adjust around it. So it really didn't scare her.

**Kim Fauskee** 24:10

She wasn't paralyzed in fear of what was in the narrative that she was hearing. She was still wanting to lead a normal life with some safety.

**Bryan Smith** 24:21

Yeah, and I would honestly say she really has no fear of death. Certainly now, I don't know if ever but no, it you know, and as you know, there was a lot of unknown early on and she said, No, if it's my time, it's my time. You know, I'll do everything I can, but I'm not going to worry about it. I'm just not going to paralyze myself.

**Dr. Dana** 24:39

She actually has told you that she's not afraid to die. Yeah, she told you why she's not afraid. Or how she got to a place where it didn't feel frightening to her because she's as close to it sort of theoretically, as any of us could be. You know, being in your 90s

**Bryan Smith** 24:57

I mean, I think it's a deep belief and feeling that she's had an amazing life, you know, that she, there's, you know, it was a fairly simple life and in a lot of ways. I mean, it was kind of, we grew up in Southern California, but it was really a Midwestern existence, both mom and dad are Midwesterners. And so it was a pretty simple life. That wasn't there wasn't a lot of exotic, you know, opulence, or, you know, fancy trips or anything. We did a lot of camping and things like that. But I think she's truly satisfied and happy for her experience here.

**Dr. Dana** 25:36

Does she have a spiritual belief system that helps her in any way?

**Bryan Smith** 25:42

You know, I, she, we were kids. She was Lutheran. We went to church all the time. But I think that she has become quite liberal in her beliefs. And no, there is no strong religious dogma. She's just she's a very spiritual person. And that's one of the best things I think that myself and my sisters got from her was just a sense of right and wrong. This is what is right and wrong. And knowing that choice all the time is there always is worrying about someone, you know, she's got four kids, she's always concerned about one person or the other and what they're going through. And so no, it never does go away. And, and I will say this, a couple of my siblings don't really quite appreciate her for how amazing she is. And it's, it's shocking to see, but it's actually given me much more time with her. So I think if everybody was in contact with her, it's kind of like, I've got a smaller family. But she is always concerned. Yeah, it never goes, we're

**Kim Fauskee 26:43**

gonna have to broaden their perspective, and then they'll see it a bit.

**Bryan Smith 26:49**

I don't know. It's it's a family thing. I don't know. This is my comprehension.

**Dr. Dana 26:54**

Does it break her heart that her kids to her kids are not quite as involved as you'd like them to be? Or does she just kind of accept it?

**Bryan Smith 27:03**

Yeah, I think it does. Yeah.

**Dr. Dana 27:05**

You can tell. Yes. I know. She doesn't complain, I realize that. But you know, when you're that loving of a person, you're not going to get it in return from people that you bring into the world. And then you do get it from the other. Just it makes you wonder, like, what the heck's going on with these?

**Bryan Smith 27:23**

I think it bothers her every day, doesn't she? Yeah. But, but also, I mean, I'd say the relationship I have with her is this. But I mean, back to the theme, right? It's a very special relationship. She's really one of my best friends and through the pandemic that happened. And so our relationship has, has become very special. And it could be the son and the mother, also, but she's just a special thing. And I don't think you always have that, you know, I'm, I'm a step parent from my last marriage, but I think you, you often have quite different relationships with different kids in your family. So I don't think it's necessarily unusual.

**Dr. Dana 28:05**

Would you when he was close to your dad as your mom? No, I wasn't. He's not. He wasn't quite as engaging as her.

**Bryan Smith 28:13**

No one's as engaging as her. No, he was very academic. He was an economics professor. And, you know, she always looks for ways that she could have done better. And so as the years have gone by, even since he's passed, she's always said, you know, I'm not, I'm not sure he's the right person for dad. And, you know, she is starting to realize this. And look, now you've made you gave him the life that he really wanted, you know, and I would say kind of like, your relationship.

**Dr. Dana 28:48**

You mean, I'm married up?

**Bryan Smith 28:51**

You marry you married way

**Kim Fauskee 28:52**

you will kick your coverage.

**Bryan Smith 28:55**

Yeah, it's a good thing she got early on. But, so no, she was definitely in charge. I mean, dad was the disciplinarian, but Mom was always she had her fingers on the controls. Yeah.

**Kim Fauskee 29:08**

Do you think your mom sacrificed at all in her life or gave up some of what she knew she was to make your dad happy? I know. It's a tough, tough question for you to answer. But

**Bryan Smith 29:23**

yeah, I think she did. But I just think she thought that's what you know that I think that's a generation right? Yeah. That you know, she got married and it's, it's for better or worse and richer and poorer. And so I I don't, you know, I don't think she would ever quit or stop. You know, my dad wasn't always the most pleasant person to be around. But she, yeah, I don't really think she regrets anything. She had four kids. She had a great husband. They had a great relationship. They loved each other. You know, I've often thought about the man she could have if she was in bed. If I Wasn't and not at home, things would have been different. She could really make things happen. So probably more I feel that way, then she does that, that she, and she's so self effacing and very modest about her skill sets and what she does to people. And she doesn't really she kind of pushes it off. It's like, well, it's amazing what you're doing with your friends. Oh, no, no, it's just what I do. So it's just just part of her. It's part of who she is. And I don't I don't think she really regrets anything.

**Kim Fauskee 30:32**

Well, she's practicing the cliché of living her best life. For sure right now.

**Bryan Smith 30:38**

Oh, she absolutely is. And that's what she says frequently now. It's like, I've just got the best life. I'm so lucky. You know, and she says it almost every time I see her, she recognizes that she's in this perfect zone that most people never get to go to. And she's never had a serious illness. You know, she's never had cancer. She had a small stroke, but never a physical problem. And she cooks her own meals. Still, she's done that forever. And recently she's gone. You know, I don't really like cooking as much as I used to.

**Dr. Dana 31:11**

But as a 96 year old hope I'm getting a little tired and

**Bryan Smith 31:16**

tired. So she approached us appreciate us coming around and doing dinner with Arthur.

**Kim Fauskee 31:21**

So this is Mother's Day episode. People be listening to this on Mother's Day. What will you be doing with your mom on Mother's Day?

**Bryan Smith** 31:32

I'm not sure.

**Kim Fauskee** 31:33

What would you like to do with your mom on Mother's Day? Say that just about anything?

**Bryan Smith** 31:37

I mean, honestly, I mean, I'm sure we'll get together we'll have a meal. I've got two other sisters in town that vie for her time, and they've got families. So I guess. So I would say that I'm probably the most consistent for her. It's like I'm there. And years ago, it was always like, Hey, you have a standing invitation for any event or holiday that comes up and you know, you want to want to come over, you're always welcome to do it. So, you know, it would just be good. Honestly, we have a meal, play some games, have a glass of wine or a glass of champagne. And just enjoy, you know, ideally sitting outside she loves sitting outside or a place we've got a nice little table. It's kind of an outdoor living room. So that's really it. I mean, just doing the day to day things are the most enjoyable and she is incredibly happy. I mean, she's, she's, you know, when I don't do quite a very good job at making a meal. She always still loves it. She always still says it's good. You know, when I go oh, my God, that stuff? Well, it was horrible, you know? So it's, it's, we all want to guess you

**Kim Fauskee** 32:41

know, I was gonna say we all want our moms to be our biggest cheerleader. Right? Well, Brian,

**Dr. Dana** 32:46

you get to have that. I know.

**Kim Fauskee** 32:49

We appreciate you being here and sharing your special mom with not only Dana and I, but with our listening audience as well. And I hope your mom gets to listen to this and hear the accolades and the love from you. And again, thanks for being here.

**Bryan Smith** 33:09

And I'm sure she will thank you very much.

**Fear Me Out** 33:13

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