

The Wareham Family Part 3: Bride Wareham

Bride Wareham (nee Ennis) is Tony's grandmother. She is 64 years old and has been married to Anthony for 44 years. She was a dressmaker but has been at home with her children since her first child was born 40 years ago. She has raised 4 children and has 8 grandchildren.

Bride has enjoyed good health but has experienced some issues related to menopause. She thinks it may finally be over but isn't quite sure yet. She had about 5 years of heavy menstrual bleeding that was unpredictable. At one point she considered going on the pill to help regulate her periods. In addition to the bleeding, she had frequent night-time wakening with hot flashes, and then felt so tired during the day she didn't have a lot of energy for her usual interests. She likes to garden, hike near her cabin and canoe in the summer and skidooing in the winter. She found that walking daily or attending the local Canadian Centre for Active Aging has helped manage some of her issues.

Her fatigue, irritability and bleeding had interfered with her interest in sex. Anthony and Bride have worked through this as a couple.

Anthony has started to run recreationally again and Bride thought he was a little "cracked". She also knew that he was worried about his family history of heart attacks and wanted him to be in good shape.

Bride adores her grandchildren and loves to do outdoor activities with them. Tony is her youngest grandson and is still interested in spending time with grandma. He thinks she is pretty cool, and is really excited about getting his own skidoo next year to go riding with her at the cabin just outside Jim's Arm.

Bride is a great cook, and both Anthony and Tony enjoy her cooked dinner, toutons with molasses, and the tons of fresh bread she makes. Tony has convinced her to start making whole wheat bread which he knows is healthier.