

Man of Few Words

President Calvin Coolidge, the 30th president of the United States, was by nature a reserved man who spoke very little. On one occasion, a reporter attempted to interview him, and the conversation went like this:

Reporter: Do you wish to say anything about the war threat in Europe?

Coolidge: No.

Reporter: About the strike in the clothing factories?

Coolidge: No.

Reporter: About the League of Nations?

Coolidge: No.

Reporter: About the farm production problem?

Coolidge: No.

As the reporter began to leave the room, Coolidge unexpectedly called back to him and said, "Don't quote me."

During the communications session of the *Life Care Journey*, the advice I give to executive directors and directors of nursing joining Life Care is to remember that they are in charge of any interviews with the news media, not the reporter. Never let yourself feel pressured into saying something you don't want to say, or into saying something when you don't feel like talking.

Silence is not a "lack" of communication; it is a form of communication, and it can be a very effective one at that.

Come to think of it, that is wise counsel for any situation – not just a media interview.

--Beecher Hunter