

RESILIENCE II

4-15-2020

In this time when, it appears, the best qualities of our natures are rising “en masse” I am being blessed by those persons who continue to share their witness of hope and vision.

I share this email, as it has not only lifted my spirits, strengthened my resolve, but it teased out of me some fresh insights.

My grand-daughter of 25- years young, writes: "The last time I emailed you I was starting a new job and preparing to move. Since then I have moved into a nice two- bedroom apartment and was excited to enjoy the cute shops and local breweries, restaurants on main street which, like everything, are closed. However, I live close to a park which has proven a life saver during a time of social distancing and being laid off. The half marathon I had been training for has been cancelled, which took a blow to my motivation. Despite enjoying the time I've used to indulge in favorite hobbies, there has been challenges as well. Learning how to be an adult when even seasoned adults are struggling has been frustrating to say the least. However, I am reminding myself to face these new challenges with grace and kindness towards myself and focus on what I can control. Sending lots of love, Sarah

Thank you, Sarah, for reminding me to be grateful for 80 years of "seasoning" that, hopefully, has prepared me for the task of facing challenges with 'grace and kindness". Although I understand your frustration, know it is a feeling shared by the world at this time, regardless of age or expertise. This is a new experience for all of us, a lethal bug that found us unprepared. That said, what you have made clear is how imperative it has become for me, for us, at any age, to model the courage, the calm, the compassion and collective efforts to someone who may need to be revived, reassured, “re-seasoned”.

Thank you for reminding us that faith in Life and hope in “what is not yet seen” does not have an age limit. Love, Gram

Your neighbor, Joan
Tenant in independent living