

## ON AGING – HEALING

By Donna Deos

Healing comes to each of us in different ways. Some people seem to just build a bridge and walk right across, it while others seem to turn in circles over long periods of time figuring out how to get through whatever trauma or issue they have going on.

As with everything else, there is no one right answer. We are all different and we all react and need different things to happen for us to get over and move on from things.

Are you someone who bounces right back? Or, do you take the longer slower route? Does this vary for you depending on what you are facing?

For most people it does vary. We all have things that are easier for us to accept or move through. We also have things that are harder to come to grips with, figure out and move forward with. Some things even seem to be lifelong challenges where others just come and go quickly.

The process you go through in any of these situations is your own healing process. Sure, lots of people have ideas and opinions on what you should or could be doing, but only you truly know what works – or doesn't work – for you. You know this because you are the one who has lived through all of your previous issues and ordeals.

When people offer their ideas and opinions you may or may not be receptive to hearing them and taking the information in. This too changes depending on what you are facing. That is all okay. If the message is worth hearing, it will be repeated and from multiple sources until you get it.

Our ability to heal and help others to heal comes from knowing ourselves and what we can and cannot handle and then using our words to help explain that to others. Sometimes we may not have



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the ability to do that. Some things we face we don't fully understand yet so we cannot express how we feel about it. Some sensations are brand new and inexplicable. Others are too jumbled with lots of emotions so we need time to sort through them.

Time helps cure this. Listening helps too. When you get real quiet and listen is when you will find the really great info that you've been looking for. What do I mean by getting quiet and listening? I mean finding that quiet space – maybe alone in your room, in the middle of the night when you wake up and you can't get back to sleep and your head is just swimming with all sorts of info. Maybe it's images, maybe it's words, maybe it is a feeling or that constant rambling thought pattern. Whatever it is, this is the quiet space and time where the answers are. It could be your meditation that gives you the quiet space to find the messages. It could be when you go for a walk, or read a book, or listen to music and your mind wanders. It could be petting your animal or holding a sleeping baby. Whatever it is for you, pay attention and listen. The answers are always there we are just not always willing or able to hear them.

Healing does come. So do the ways to guide us to the best healing. If you need help unpacking what I'm saying, feel free to email me. I'm always happy to help.

All my best, Donna



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## WALTER GEORGE PARKER, WWII VETERAN CELEBRATES 100 YEARS!

Bow Resident, Walter G. Parker, born March 2, 1921 turns 100 on March 2, 2021.

Walter served with the 9<sup>th</sup> Air Division, 386<sup>th</sup> Bombardment Group of the WWII U.S. Army Air Force. Part of the ground crew, he still has vivid memories of walking the streets of small European towns.

Walter is still very active, walking an impressive mile every day on the track with his son. Prior to the pandemic he volunteered at the Bow, ASPCA and at the Baker Free Library every week.

Walter grew up in Natick, attending Natick High School where he met his wife of 68 years, Helen (Shea)

Parker who died in 2013. Walter and Helen raised their 3 children in Natick; James Parker, Janice (Parker) Lattuca, and Michael Parker. (Janice 1947-2008, Michael 1960-1982). Walter assisted his father, a carpenter, in building his family home on Hawthorn Street in Natick where they lived for 65 years.

He worked for the New England Telephone Company where he was a manager.

Walter will celebrate his 100th birthday with his son James and daughter-in-law, Cathy Parker. Family members and grandchildren will drive by with a balloon celebration, pandemic style.

