

ON AGING - "THE EVENTUALS" OF LIFE

By Donna Deos

In February we talked being "ready" – or not and I let you know that this month I would give you the 10 cent story on what it is I do now and how maybe that can help you and your loved ones on your own journey. Over the past decade I have collected a unique pile of skills all geared toward "The Eventuals" of life (yes, I have filed for Trademark on that term!) What are "the eventuals" of life? Well, those are circumstances and situations that we are likely – eventually – to encounter, either for ourselves or our loved ones. Things like: accidents, illnesses, death, dying, transitions to different living situations and so on.

It started as I was working for the CCRC. I spent my time helping people decide what the next right move was for them or for their parents, depending on who was doing the inquiring. I helped them think about what they wanted, what they could afford, where they were really at currently (physically, emotionally and mentally) and we compared it to what my community had to offer. If it was a match, great! If not, I helped to point them in the direction of what would be a possible solution that might better fit their situation, needs and desires. The key was to help people find the best outcome for them.

It was fun and I enjoyed it very much. It was like working on a jigsaw puzzle. Finding all of the pieces and fitting them together. The best part was the people who were working on this puzzle with me. I learned so very much from their stories and from their thinking processes. I can never thank them enough for what they taught me and the growth we shared along the way. There were many families to which I felt like the adopted sibling to! It's such a bit transition that the journey and the bonds you form become very strong and dear.

Simultaneously with helping proactive people figure out their future (yes, it really is kind of like being a financial planner or elder law attorney, but without the legalities of those things. What I mean by this is,



I helped them set and reach goals that gave them the desired outcomes they wished for. Our planning and the process we went through to get there was all about their individual legacies). I was helping to take care of my own loved ones on the home front. I helped my mother care for my father during his almost 3 year battle with terminal cancer. After that I helped her and the rest of our family with the logistics of what happens after that (I call it the "business end of things" and it pertains to picking up the tasks and filling any holes left by the person who has departed, of which there are usually more than you ever realized; as well as cleaning up the estate and property matters to attend to) and our collective and individual grieving.

Next, was Mom's near fatal car accident in December of 2010. I was the primary care giver in a rigorous 6 month recovery period, and then she experienced a series of other events prior to her passing in November of 2014. Basically, I spent the last 4 -5 years of her life progressively taking on more and more care giving and assistance for her as her needs increased. I am sure this is a familiar story to many of you. It's simply what happens as people age and it is what we do as family to take care of our own. What I decided at the end of all of this was this: it shouldn't have to be this hard!

So, I took it upon myself to create Donna Deos, LLC which is all about helping people with the transitions and "the eventuals" of aging. I offer online courses that people can either participate in live with me and the others in the group (having a sense of community and camarade-

rie, that you are not alone is so very important); or there are some that people can just download and work on in their own time. The basis for this is that I remember all too well how your time fluctuates. You either have plenty because they are in the hospital and you are sitting by their side doing nothing much, or they are home and you are maxed out trying to help with everything and have little to no time what so ever.

I also included coaching and counseling. Let's face it, most of what I do is counseling. Going through these changes and uncertain situations is very upsetting. Many times you need someone who gets it to hear you out, encourage you, and cheer you on. Plus, in counseling we ask questions, from an unbiased position, to get you to think about things you perhaps had not considered.

So, what is coaching then? Well, coaching is for the doers. Yes, those who are doing so very many things. Coaching is where someone helps you with your overall plan, breaks it into steps along the way to be aware of, helps you figure out what to do and who to get to help you and then works with you over time to keep you on track and heading toward the end result of accomplishing your goal. It is more hands on and instructional than the counseling part. Counseling works through the feelings, coaching works through the tasks. We will go back and forth in both of these areas all of the time based on what you need in that moment.

We each need all three of these roles at different times in our lives. Sometimes we see that and are able to act upon it, sometimes we don't. Sometimes the various roles are filled by our friends and loved ones so we do not even realize that we have been experiencing what I have just described. I bet as you think back on your life and different things you have experienced, you will be able to identify the people who coached you, the ones who counseled you and the ones you learned from. For each of us there is a very long list of

people who have filled these roles. So, now you know what it is I do now for work, how I came to do it, and why it is so important to me. Simply put, it just shouldn't have to be that hard. So, I am here to help people make it easier for themselves and their loved ones. Why reinvent the wheel when there are trained professionals out there who know what to do and can help you, right?!

If you think you are ready to work on any of these areas, let me know. In just a couple of weeks I am doing an online ten week course on "Transitioning Your Parent or Loved One", maybe this is the right one for you...in April I'll give you a bit more on what you need to know for the main categories of what we will be covering in that course. I am here if and when you need me!

Fondly,
Donna

BHS Falcon Booster Club



Second Annual "Taste of Bow Spirit" Wine and Beer Tasting

March 30th

5:30 - 8pm

Old Town Hall

Contact Karen McGee at
ishore@comcast.net for tickets



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