

ON AGING – 2020 YEAR END REVIEW

By Donna Deos

I know we're all glad to see that headline! It means this trying year is coming to an end. Woo hoo! And, none too soon!

So, what are you grateful for that happened this year? I know we are likely all grateful it is just about over. I think most everyone is likely grateful for the vaccine progress. But, what about you personally? What happened this year that made you realize something wonderful?



I bet you learned more about the people around you and more about yourself. We saw who could handle a lot of change and stress and who could not. We saw who was most tested with their control issues and who really doesn't seem to have those issues.

We learned how people function under lots of stress. We learned we are okay being alone – or mostly alone.

We learned who our real friends and loved ones are. We learned who is there for us, cares for us and who we will go the extra mile for.

We probably learned more than we wanted to from TV, internet and other outlets that we turned to to fill our time. Some of us learned we are better off without those things and the negativity they bring!

Did you get to spend more time doing things you have been wanting to do? Puzzles, reading, calling friends you haven't talked to in a while... other things?

You probably learned that all that stuff you put your time and money to in a normal year is a huge suck of time and money! Think of all the things we finally did around the house! People renovated, cleaned up and cleaned out, fixed things, actually enjoyed their home instead of using it as a place to land between offsite events like work, outside commitments, children's sporting events, etc. We stopped go, go, going and actually looked at and evaluated our surroundings. We kept what made us happy and got rid of or changed the things that don't.

When you braved going to the store and could find the groceries you wanted you went home and cooked! Less eating out, more eating in. We all honed our skills in so many ways this year. We tucked, we rolled, we adapted, and we prevailed!

This was likely the hardest year on record for most of us (I bet the Great Depression Era folks still have us beat) but we did it – so far!

Let's face it, heading into 2021 isn't looking real fabulous either. So, let's just own that one right now. We don't want it to be that way, but this thing isn't over yet. So, what will you learn and do in the coming year? What things will you get off your "someday" list? What things will you help others accomplish from a distance?

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Who will you call or zoom just to catch up and what groups will you join virtually?

There are still ways to be social and to keep connected to others. You know I always recommend Rotary! We still meet weekly on Friday mornings via Zoom. Our attendance on those meetings is still as wonderful and strong as it always was in person because we are a community of likeminded and like hearted people who want to make the world a better place. If you're looking for a positive change in your 2021 – check out the Bow Rotary Club. Call our Bill Ames or Matt Gatzke to get the info on attending a Zoom meeting. I'll be happy to see you there! So will 50 other people (your friends and neighbors) who live and work in our community.

What books will you check out from the Baker Free Library this year? What other media will you access from there? Did you know, I believe they even have jigsaw puzzles you can take out? I saw a woman walking out with 3 yesterday when I popped in. They have virtual programs you can look into as well.

We may get stuck at home again and be staring at the same 4 walls, but we do have ways to enrich our minds, connect with people and continue to grow and make a difference.

I hope your list of accomplishments is long and your list of things to do in 2021 is too. We are strong, smart people. We've got this – and we have got each other. All my best – Donna

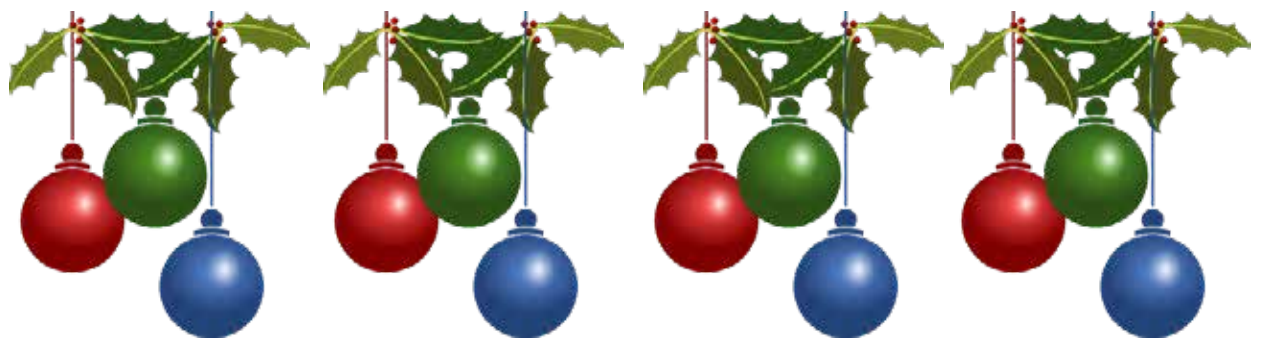
Happiest of Holidays to you and yours. Here's to a great 2021 no matter what it brings!



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**Wishing you a Merry Christmas
And Safe & Prosperous 2020!**

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