

ON AGING – IS IT THE TRUTH?

by Donna Deos

As those of you who read this column regularly know, I am a proud Rotarian and have been for 20 years now. Every spring Rotary International holds a contest for high school students called “The Four Way Test Speech Contest.” It is based on the Rotary Four Way Test, which states:



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“Of all the things we think say and do ask yourself these questions: 1. Is it the truth? 2. Is it Fair to all concerned? 3. Will it build Goodwill and Better Friendships? And 4. Is it Beneficial to all concerned?”

Why am I bringing this up? Well, many say that getting old is hard, difficult, unfair, not for sissies, etc. As we get older we face a lot of changes and adversity. We experience a lot of loss and we find our well-meaning friends and relatives exerting themselves into our lives to help us. This test could be applied in so many ways to each of us on a daily basis.

In my experience, it is quite a challenge to find things that fit all of the criteria. Let’s try it out on when someone in your life is “trying to help” but you feel they are taking over, being bossy and controlling and not taking your thoughts, feelings and preferences into consideration.

Even though they feel they are coming from a good place, is that the truth? Is what they are trying to do fair to all concerned? Is it building goodwill and better friendships? Will it be beneficial to all concerned?

I bet if the people on each side of this situation applied these questions the answers would be very different. I am certain that your adult child does think what they are saying is the truth and that what they want is fair. A lot of times those well-meaning adult children have a lot going on in their own lives and they are stressed and frustrated – NOT just at or by you. They likely have their own

kids and grandkids and spouses and friends – and jobs – putting pressure on them.

This is why it is not fair that they try to make their life easier by encouraging (and perhaps forcing you, or strongly urging) you to do what they think is best. Them pressuring and bullying you into doing what they

want is certainly not going to build goodwill or better friendships and it will not be beneficial to ALL concerned.

Now, let’s put the shoe on the other foot. Sometimes they really do have your best interest at heart and do have a great idea and/or solution to the issues you are facing. If you dig in your heels, don’t listen to them and just decide an instant No, that is not fair to all concerned. That adds extra stress to them as well because they really do want what is best for you.

Typically what is true is that you love each other, you both want happiness for yourselves and your loved one. You both believe that your way is the right and best way.

What is fair is if you try and put your life long accumulated baggage aside and look at things openly and from all points of view. Sharing feelings is hard, however, in the end it will get you closer to what truly is beneficial to all concerned and that will build goodwill and better friendships.

Having all four parts of the test is a challenge to say the least. When you need help figuring out how to approach these things, let me know. I certainly don’t have all of the answers – no one does. I genuinely do want what is best for you and your family. Our time is limited. Making the most of what we have left is where it all comes together.

As you apply this test to your own life and situations I look forward to you letting me know your thoughts and opinions on it!

Yours in Rotary Service, Donna

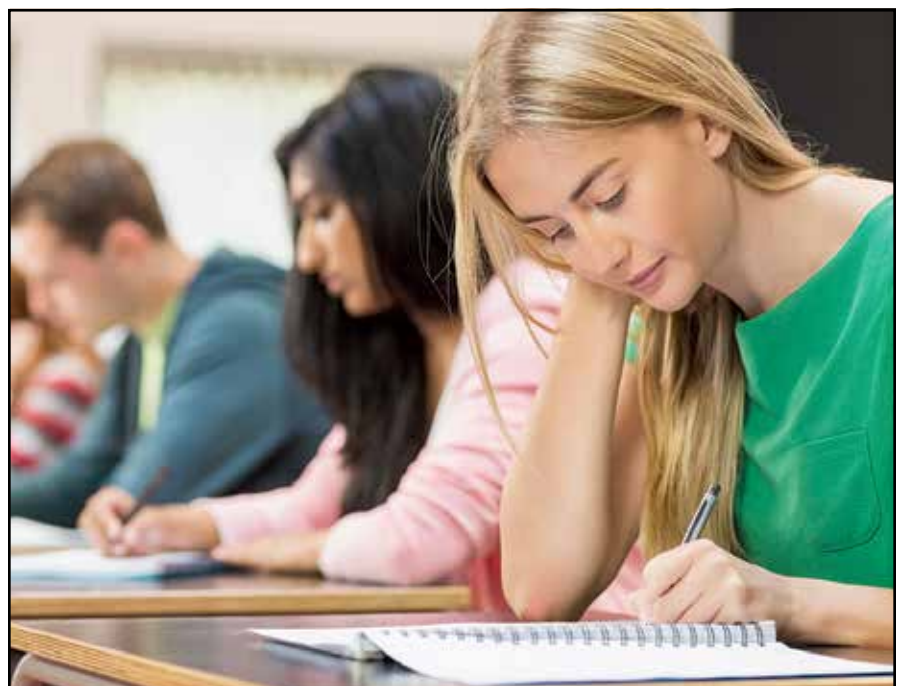


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SOUTHERN NEW HAMPSHIRE UNIVERSITY ANNOUNCES AREA SCHOLARS

The following local students were name to the president’s list for the fall semester at Southern New Hampshire University. **Bow:** Paul Antuono, Autumn Cohen, Abigail Connor, Kaitlyn Flynn, Catherine Gallagher, Eric Hodgkins, Eynas Jarrar, Ethan Paige, Liam Shelton, Nicholas Sheppard, Charlotte Ulrich. **Dunbarton:** Ty Christian Cannon, Suzanne Araldi, Dillon Cate, Shannon Luby. **Hopkinton:** Karissa Carr, and Kimberly Ventola.

The following local students were named to the dean’s list for the fall semester at Southern New Hampshire University. **Bow:** William Cohen, Connor Gagan, Connor Griffin, Ben Tobeler. **Hopkinton:** Chloe Wood.



share your *student's*
achievements

If your child is a student at college feel free to send us news about them so their friends, family and neighbors can share important milestones in their life.

Feature your child's academic achievements, artistic endeavors or sports accomplishments in The Bow Times!

Send photos & news to Nadeane at: nmannion1@comcast.net



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