

## ON AGING – COMPLACENCY & SELFISHNESS

By Donna Deos

In the last issue we talked about Control Issues. This time I want to talk about complacency and selfishness. Why? Well, because some people are grasping for control and others are tired of the whole COVID, social distancing and mask thing all together. Who could blame them? Let's face it, we are told to stay 6 feet away from our loved ones and not hug them, then we can get within inches of a virtual stranger to give them our restaurant order or have them do our hair. It really does make little to no sense.



I understand why people are getting complacent and deciding the whole thing is hoey.

On the other side of it though is that people are still getting hospitalized, sick and some are still dying. Yes, most of those around here are our elderly in nursing care facilities. That still doesn't make it right or okay.

Those facilities were not letting family members in to see the residents. So, where did the COVID come from? It came from workers at the facilities – it had to. Where else would it come from? How did these workers get it and bring it in? Who knows?! You really don't know where people are going, what they are doing and who they are in close proximity to when they are not with you or at work.

You also don't know who the people they are in close proximity to are with when they are living their own lives.

Lots of people have divorce situations where the kids spend some time with one parent (who has a job, friends, family and a life within and outside of all of that) and then time with the other parent who has the same situation of their own circle of people and things they come in contact with.

The whole point is, the reason it spreads is because of all of these interactions. The reason we have been pretty untouched by all of this in NH so far is because we put the precautions in place when other states showed us it was necessary.

Getting complacent now is understandable, but it is not wise.

I know we all want to hug our loved ones. I know most of us really haven't felt a lot of pain, anguish or loss from COVID yet. This all leads us to be selfish and think "I'm going to start hugging my loved ones and living my life. Bring on the COVID. I'm not afraid of you. It's only killing old, sick people anyway."

This is the selfish attitude that only looks at YOU are not afraid of it. YOU are tired of taking precautions that appear to be for nothing. YOU want what YOU want. YOU are not thinking of your good friend with the elderly

Giving you confidence and control in life's toughest situations.

Call Now!



**Donna Deos, LLC**

Spiritual Teacher & Transitions Specialist

**Counseling, Coaching & Education**

for senior citizens and their adult children regarding the challenges of aging

603-224-4178

www.donnadeos.com

1-855-772-2622

parents that could die from this. You stopped caring about things beyond yourself. Maybe, you never did. Maybe you thought this whole thing was malarkey from the start. So far, you can mostly claim to be right. But guess what? It won't last forever.

I know a 26-year-old who had COVID in January and was hospitalized 3 times for it. The hospital didn't know what they were dealing with because they didn't think COVID was here yet. This person lived, thank heavens, but their experience was horrible, painful, stressful, confusing and affected many other people aside from them.

The people in the nursing homes have families. These families love their elderly family in the nursing home. They don't think – oh, it was just another old person in a nursing home that died, no big deal. They think, Oh God, please don't let it be MY loved one in the nursing home who dies next.

The elderly are not the only ones being affected by this. You just don't hear about it in the media much, if at all.

I'm sorry to be more direct and less uplifting this month. I would just like everyone to please, think beyond yourself. Think of others and who they love. It's not that hard to wear a mask, to keep your distance, to still proceed with caution. If you knew someone that this actually affected, you would change your tune. Sadly, there's still plenty of time for you to experience this – unless you think about what I'm saying, look beyond yourself – or maybe look at yourself and think about your own 26-year-old child or grandchild. That could have been them in the hospital fighting to breathe. It still could be. Until there is a vaccine, which won't be until next year if we are lucky, there is still much to be concerned with rather than complacent about.

Selfishly, I want us to continue to see COVID have little to no impact in NH. Why? Because I look beyond myself and care about you and all of your loved ones. If we keep being conscientious we can keep evading the storm that has wreaked havoc on other parts of this country and the world.

Blessings, Donna

Donna Deos, LLC

SPRING  
2020

Congratulations  
Bow Students for Achieving  
Academic Excellence!

**Taylor Bennett**, a politics and history major, was named to the dean's list for the spring semester at Curry College.

**Colin Buck** graduated with a bachelor's degree in marketing from Assumption College.

**Ben Kimball** was named to the dean's list for the spring semester at Castleton University.

**Mac Kimball**, an integrated graphic design and media major, was named to the dean's list for the spring semester at Becker College.

**Olivia Joan Krause** was named to the dean's list for the spring semester at Boston College's Carroll School of Management. She is pursuing a bachelor's degree in management with a concentration in marketing and a minor in English.

**Samantha Perry** was named to the dean's list for the spring semester at Muhlenberg College.

**Richard Sullivan**, a criminal justice major, was named to the dean's list for the spring semester at Curry College.

## BOW SENIORS GRADUATE IN MANCHESTER

With what Superintendent Dean Cascadden calls the COVID Grinch at work, Bow's seniors graduated with ample distancing at the Fisher Cats' baseball field in Manchester.

Senior Class President Emma Wilke remarked that the class of 2020 grew up in the wake of the 9/11 attacks and ended with the COVID 19 lockdown and remote learning. She emphasized the importance of gratitude in the time of the pandemic, which meant the last months of the senior year were spent in online classes.

Collectively, the class won 12 state championships in sports, participated in over 7,000 hours of community service, and now, 80% of the Class of 2020 is set to go on to higher education.

"Pomp and Circumstances" played over the stadium's loud speakers as each graduate walked across home plate with their mask on to go into the unknown future with a unique graduation experience behind them.

