

## FREEDOM – the 8th JOY OF AGING

By Donna Deos



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

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Last month we talked about Legacy and what you leave behind you. This month is all about Freedom and the choices you make along life's journey to your legacy. As we age, we gain certain freedoms. When you graduate high school and go off to college you gain freedom from parental oversight and controls. This can work well, or you can end up on academic probation! The rest of life works mostly like that as well. You move into your own dwellings, whether apartments or houses, each one provides you with different freedoms – perhaps a yard, gardens, a place to raise your children and a place to have pets.

You make career choices and those lead to growth opportunities, increased responsibilities, perhaps work travel, teaching others, etc. As you work your way up the ladder you also gain freedom on how you manage your time, your responsibilities, and so on. As we move forward things change – usually in the direction of increased choices and controls and a decrease in restrictions.

At some point in life our children grow up and move out. You then have the freedom of the empty nest. You can now do more exploring of things you want to do and how you want to do them versus doing them how you have because you were setting an example or because you

had responsibilities that led you one way or another.

Eventually we get to retire. This provides a whole lot more options for freedom. Where do you want to live? What do you want to spend your time doing? (we covered the Joy of Time in April) Who do you want to be with – or not – when you are doing all of these fabulous things? The freedom in these decisions can be really exhilarating at times. It's like you have a whole new world in front of you. You are a kid in a candy shop all over again. It's almost like a second lease on life.

At this point some of us get paralyzed with fear due to too many choices. It's best to take these things in small doses. As with downsizing and tidying up your home, you should make the big list and then pick and choose what comes first. Yes, life and the other people in yours will also help with this. It's hard to be a world traveler at retirement time if you are caring for your own aging loved ones or still have adult children relying on you for things.

The choices you make can provide you with more freedom, or less depending on what you select as well. For example, if you choose to move to a retirement community or a 55+ place, you gain more freedoms as more things are available for you to do, more services are available for you to take advantage of that can

free up your time (housekeeping, meals, gardeners, etc.) and there are more people in your age range are right there available to do them with you.

Sadly, we also lose important people in our lives as we move forward. This also provides us with growth opportunities and freedoms. We now have to take life in a brave new direction and learn to stand more on our own in the areas in which the lost loved one used to hold us up. There may also have been areas in which we held them up and now we are free to place that energy elsewhere. So, it goes back to many of our other discussions where we decide how we want to look upon the changes we face throughout life. Do we want to look at them as opportunities for new growth, brave new adventures and ways to explore newfound freedoms? Or do we get lost in other feelings and decisions for a little while or a long while until we are able to come out the other side? Well, that is our choice – that is our Freedom. We get to decide.

I wish you many happy decisions and the ability to see change as an opportunity to explore freedoms that you did not expect!

All my best, Donna



Donna Deos, LLC

Granite State  
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Life Independently

gsil is seeking caring individuals to provide personal care to consumers in their homes, allowing them to remain living independently. Duties include assisting with activities of daily living; meal prep, light house keeping and personal care.

Please contact Ashley at 603-568-4930 for more information

### DEPT. of PUBLIC WORKS HIGHWAY DIVISION



Photo by Eric Anderson

Take a look at what the Highway Division has been up to:

- Replaced culvert crossing on Colby Lane
- Excavated and applied gravel to an area at the HS for a new sports storage shed.
- Continuous catch basin cleaning throughout town.

Paving has been completed on the following roads: Stonybrook Rd., Abby Rd. and Merrill Crossing

Road reclamation was conducted on a section of Knox Rd. between Robinson Rd. and Whittier Dr. Paving will commence in the near future.

Roadside brush mowing has commenced throughout town. First priorities are safe sight distance at intersections followed by routine vegetation control.



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**Your Connection to Better Health**

#### CONCORD REGIONAL VNA ANNOUNCES SEPTEMBER SENIOR HEALTH CLINIC IN BOW

Concord Regional VNA is holding Senior Health Clinics at Bow Mills United Methodist Church, 505 South Street in Bow on Friday, September 6 from 9 a.m. to Noon. All Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education.

Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.

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