

LEGACY – the 7th JOY OF AGING

By Donna Deos



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



TECH SOCIETY HONORS MURIEL HALL

The New Hampshire Society for Technology in Education (NHSTE) has selected Muriel Hall as the 2019 recipient of its Pat Keyes Award. Hall has worked at Bow Memorial School since 1988 and for the past 16 years as its Computer Literacy Teacher/Tech Integrationist.

Muriel Hall has previously been awarded the NEA-NH Christa McAuliffe Leadership Award (2015), the Albert Einstein Distinguished Educator Fellowship Program Finalist and the NEA Foundation Award for Teaching Excellence (2002). Her passions are sharing and collaborating to continuously improve her professional practices and her school community. We are proud that Muriel is this year's NHSTE Pat Keyes Technology-Using Educator Award winner.

Legacy is all about what you leave behind. As Girl Scouts we were taught to always leave a place better than you found it. Legacy is mostly about this too. I say mostly because lots of people don't think about what they leave behind in their wake, they just keep pushing forward on their own path of whatever it is they are trying to get or be.

For most all of us there comes a time where we stop and think about, what will happen when I am gone? What will be the things that I am remembered for? Are those the things I want to be remembered for?

Some of us have an "oh no!" moment when we contemplate this and then we have to decide if we want to just keep pushing forward and say "well, it really doesn't matter because I won't be here anyway! So too bad what they all think" or if we want to think about changing our ways.

This is often why later in life someone will start to care more about what they eat, what they say, how they treat others and so on. This is also where people plan out their wills, trusts, planned giving, charity of all sorts and come up with some interesting changes at times that others don't see coming.

I know I've told you before, if you are reading this, you really should have your will, trusts and so on in place NOW. Don't leave your spouse and children to deal with probate because you failed to look ahead (that's a very bad legacy – insert serious stern face here). Go see an attorney and get that nailed down, please!

Okay, now back to legacy. So, what do you want others to think of when you are no longer here? Do you want them to have fond memories of the great hugs you gave? Do you want them to remember you as

the person who was always working and didn't have time to be at their important events? Were you the person they could always count on? Were you the person they came to visit because they felt they had to or because they wanted to?

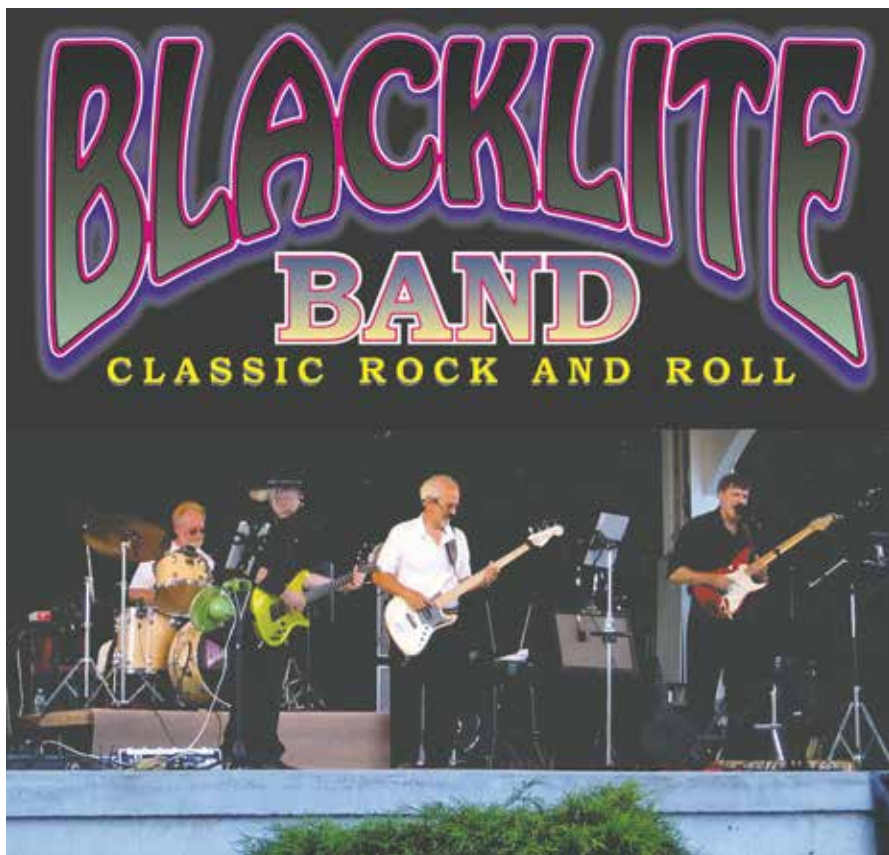
You have a lot of choices before you. Who are you? Who do you want to be? Who do you want them to remember you as? Does it matter? If it does, please give it thought now and put the wheels in motion. Sadly, we don't always make it to old age. However, we do always leave a legacy. What will yours be?

I hope that mine will be that I gave you things to think about so you could be, say and do all of the really important things that made your life better and the lives of all you touched as well.

All my best,
Donna



Donna Deos, LLC



July 23- BLACKLITE. The Hottest Classic Rock Band Around playing the great hits of the 60's, 70's and 80's that everyone will recognize. Blacklite covers many of the greatest songs ever recorded and their forte is to play one song after another to keep the music going and the crowd dancing. Henniker Summer Concert Series. 7:00 PM. Angela Robinson Bandstand, Community Park, Free. In case of rain, program will be in Community Center. 7:00 – 9:00 PM www.hennikerconcerts@henniker.org. Funded in part with a grant from the Angela Robinson Music Fund, NHCF.

BIG BEAR LANDSCAPES

JARRED SICIAK

Landscape Construction and Excavation



Bow, NH

(603) 848-9848

jarredsiciak@gmail.com

Follow us on Facebook @ nhbigbearlandscapes

603 682 3747

Get a
ROOF SHAMPOO

Roof Stain Removal

WWW.ROOFSHAMPOO.COM

READ ALL EDITIONS OF THE BOW TIMES ONLINE!

www.thebowtimes.com