

A LITTLE SUNSHINE ON AGING

By Donna Deos



If you need someone to truly listen and to help call Donna!

Donna Deos, LLC ∞ Counseling, Coaching & Education

603-224-4178

www.donnadeos.com

1-855-772-2622

Welcome to another new year! I hope your holidays were special and that you are looking forward to the new year in positive ways.

I realize this can be hard to do while we are still in a pandemic and the numbers keep going up. Here's a bright spot: historically pandemics last an average of 3 years and we are now down 2 of those years! Okay, what else can we think of for things to be positive and happy about?

The days are getting longer again (a little more sunshine each day!). The winter has been relatively easy so far. We still have each other. We live in a pretty great community. I don't know about you but we have nice neighbors. We also have great friends. I bet you do too.

Who do you have in your life that makes you smile? Grandkids? Kids? Your siblings? Parents? Co-workers, former co-workers, the people who take care of you and are nice to you when you go out to eat or go to the grocery store? The people at your regular haunts who know you and recognize you and make you feel seen and appreciated? We all have a lot of things, and especially people, to be grateful for.

Do you have a pet? A grand-pet? Birds or other wildlife outside your window? Neighbors who wave to you and say hello as they walk or drive by? I bet you do. There are lots of bright spots in our lives that we often overlook. Then, there are the other moments when a small and simple moment catches your attention and makes you realize that there are good people all around us. Those moments touch you right in the heart and catch you off guard. They brighten your day and your life. You do this for others too.

Remember at the grocery store when the person with lots of stuff let you go ahead of them in line because you had a lot less stuff than they did? The person who overheard you were looking for something and chimed in to let you know where you could find it? And, there's always the person who will open a door for another or help you carry something if you look like you could use some help.

I know a lot of things out there like to bring people down, scare them and make them feel all doom and gloom. They can only do that if we let them. So, let's try not to let them. When someone has a negative attitude and is rude to you or near you, instead of letting it get to you try a different approach. Think about how sad it is that they are in that bad place and boy, whatever happened that made them be that way is really a bummer for them. Then, you can be grateful that your day and life isn't that bad and you can count your blessings for that. You can also send them positive thoughts and wishes that their situation turns around and that they find happiness. You don't have to say or do anything. Just thinking it helps.

I guess, the main idea is to be in control of how you think and feel and not let others dull your sparkle. If you're shining and they are not: too bad, so sad for them. Send them some positive thoughts and go right on enjoying your happy spot. Other people's words and bad attitudes can only hurt you and bring you down if you let them. Remember, whatever is causing them to be that way really isn't your fault. They are the ones having the crabby or bad day. You don't have to be!

Here's wishing you many happy returns. Go out there and do things that make you – and others happy. Let's be the sunshine on another's cloudy day. What goes around comes around. Let's put some really great things out there and beat the negative nellies out of existence by killing them with kindness (figuratively only, of course!)

Happy New Year, my friends. Thank you for putting sunshine in my life. I hope I bring a little to yours as well. All my best, Donna.



Girls on the Run New Hampshire is looking for volunteer coaches for the Spring 2022 season at Bow Elementary School and Bow Memorial School.

A GOTR coach is a volunteer position that facilitates and supports the GOTR curriculum open to girls in grades 3-5. The position requires approximately 2-4 hours per-week for 8 weeks, with the additional commitment of a one-time coach training. Most of the training will be done online, and is self-paced. Coaches do not need to be runners. They must be willing to lead with an open heart and assume positive intent.

The season will begin the week of April 4 and run through the 5K event on June 11.

In anticipation of possible continued COVID related safety guidance, GOTR program delivery has been modified to accommodate a variety of scenarios. We know from our experience during the Fall 2021 season that the modifications create a safe, flexible and accessible team environment.

If you are interested in learning more, please contact:

Betsy Cissel
betsy.cissel@girlsontherun.org
or **Michelle Myrdek** at
mmyrdek@bownh.gov.

Coaching GOTR team is one of the most rewarding ways to get involved with the program!

THRILLS, CHILLS AND SPILLS - AND JUST PLAIN FUN!



Boys and sled dog had a need for speed! Photo | Eric Anderson



Hold on - we're going to make it! Photo | Eric Anderson