

## Living the Good Life

*By CC Huffhines*

Life is good ... plenty of food, comfortable place to rest my head at night, lots of friends, good health, activities that please the psyche (including a vegetable garden for the second year).

Love makes memories and life precious. Love exists in abundance for my children, both given and received. I have heard many people cry about losing a loved one, even when their beloved suffered from a killing disease... often times stating "This is a loss that I will never recover from."

It is my belief that grief is a natural part of living. Grief is part of the fabric of living; we never are finished with grief. Accepting the loss of loved ones permits life to keep growing in a healthy manner, once we know that such feelings are natural to all humans. This is a time for friends to express their love for both you and the deceased, but it's important to know that the grief will pass.

A recent visit to a lovely home for aged retirees, most who have lost loved ones, made this important point. There was laughter and friendly chatter heard in the spacious dining room. The person we visited was a widow who once mourned her husband's death. Now she was living happily with new friends she met at the center. Her grief currently is a thing of the past. She lives a good life, without grief, even as she demonstrates her precious memories of days past with her collection of treasured photos.

Living a long life as I happily have done, I am most thankful for the love I have received, and the love I have freely given. My eldest daughter looks after me and my well-being, devoting endless hours for making my life good. She encourages me to devote time for reading books, making sushi rolls, even travelling to visit her younger sister, my youngest daughter, with three grandchildren, who live in Sweden.

Yes, I am a lucky guy who has enjoyed a good life. Love is the reason.