

## Lend Me Some of Your Saved Time

*By Donna Bishop*

We talk about saving time. It is not possible to actually save time. Time is not a commodity to be bought or sold, stored under your mattress or locked in a vault or even loaned to a friend. We allocate time to suit our needs and the needs of the people in our lives.

It is unfortunate I couldn't have lent some of my so-called spare time at 78 years old to my 36-year-old self when I was working full time and raising three children, trying to work on an advance college degree and find a new husband! Wow just how did I save time?

First, I spent little time looking for that new husband. That saved a lot of time at the moment and saved a lot of time over the long run! Second, the three children grew to be healthy, independent adults, which saved a mound of my time. Third, my professional life turned towards management positions and the goal of a Master's Degree in Social Work was not necessary. That saved a lot of my time. Eventually the full-time career ended and I worked part-time for several years before retiring from paid employment.

I moved to Windsor Gardens and saved even more time by not taking care of a yard, shoveling snow, cleaning the garage or even dragging cans around on garbage day. Saving time was not the issue. Now I faced *spending* time.

It took me a few months to adjust to our community living. In that time I read about five or six books a week but soon realized I was ready to venture into the wider world of the community. That next year I experimented with the classes and activities offered here at Windsor Gardens. My calendar was so full I had to find ways to save time at home. Reducing the time spent on housecleaning worked for me! With the new washing machines I completed my weekly laundry in about an hour and half. That was and still is a real time saver.

There are times when I commit to serve my community or a group of people. This requires changing my priorities for a time. I may take fewer classes, read fewer books, and watch less television. One way I save time is to do a job as soon as possible. Procrastination is a waste of valuable mind time.

Be mindful of how you use your time. Save some quiet time just to enjoy the miracle that you exist. Find that balance of saving time, using time, wasting time, and especially loving yourself *all* the time.