

I Haven't Missed That Much

By Cindy Peters

I feel terrible for the front-line workers, sickness, and death due to the virus. I feel badly for all the businesses that are struggling and I pray about all these things. I miss that life was good but has changed for the worst around the world. However, experts are hopeful that there will be a vaccine for the virus maybe within months and that the economy will not be as bad as during the Great Depression.

However, on a personal level I have not missed that much. The only two things that I miss a little is eating inside a restaurant and traveling. We have cancelled all our trips but really my husband is more of a traveler than I am. So, it is a bit of a relief for me to travel less.

Things that have been positive for me during this time:

I am getting more sleep and I have lost weight. I was overloaded with activities prior to the virus and stressed out. Now I have more time for rest and relaxation. I am discovering new recipes that I want to try. In the beginning of this pandemic there has been less traffic. I love being able to shop with less people during Senior times.

I have really discovered and appreciated more of this great weather and love of nature. I walk outdoors more now. I can still see friends and family outdoors with a mask from a distance. I discovered a love of gardening which I thought that I hated. My husband and I have been assisting granddaughter Aspine with a community service project. It has involved pulling weeds and planting flowers around the church grounds. It has been wonderful feeling one with nature and with a sense of accomplishment.

During this time of isolation, I have discovered my love of writing and reading everyone's articles. In some ways I think I have enjoyed the reading of the articles via email more than the readings out loud. I enjoy it more because it is easier for my mind to absorb it. Then I can read the articles over again to get the full flavor of the writing. I have appreciated that our two teenage granddaughters are going to school remotely. I feel they are safe at home and less likely to get into mischief. One granddaughter I think benefits the most from remote learning. I am grateful our adult children and son-in-law kept their jobs, and can work from home or at work in a safe environment.

During this time, I have been able to catch up with some of my reading and TV shows. I might learn how to make crafts, draw, or paint.

I have had more quality time with my husband. It has also been a great time to reconnect with old friends via email and phone calls. I think this will be a good opportunity for me to learn how to use Zoom or Skype.

I have had a lot of time for self-reflection and for good memories. I think I have learned something about myself. I have been more energized during this time so I believe I might be more of an introvert than an extrovert.

Well, that about wraps it up. I guess there are more things that I do not miss and what I have discovered during this pandemic. I look forward to reading all your articles.