

Eydie Do List

By Eydie McDaniel

Actual advances in vaccine science give hope for life after this virus. Caution has ruled my actions during this pandemic, clearly because I want to live. I wonder how viewing life through a strong caution lens will shape my social life going forward.

The meaning of “Live and let live” now seems smashed in rubble. Human breathing flows as a life-threatening weapon. More than ever before our survival depends on our cooperation. We are at once simultaneously very united and very separated. For me safer community has actually thrived through present-day systems. Though not in a room of group energy, my extrovert spirit revels with people.

I disallow anyone near me without a mask. Actual friends not only cooperate with that but appreciate it. Not even the best of friends will overcome the lethargy I have allowed during “Pan 2020.” I have to perform my own “Honey Do List” to honor my desire to live.

Common health advice to seniors resembles this list I adapted.

“Eydie Do List”

Exercise reduces risk of disabilities and diseases. Limber would be nice. Exercise might again give an energetic feeling. Using my house bike and post-surgery shoulder exercises becomes fun.

Eat Healthy. “Pan 2020” gave plenty of time and ideas for good nutrition in my pans.

Watch your weight. Dang it! I am so tired of the same annoying number on my scale. No fair! When will doing it all perfectly start to drop that number? I pig out just a little on rare holidays. I only split a bottle of wine with a good neighbor on November 7 and over our full plate Thanksgiving dinner in the sunshine.

Stop Smoking. No worries. I cook on low heat, never light candles, and ran out of incense. Someday with more green coffee beans, I will again smoke up my place. My dog Baxter hates coffee roasting smoke. I love it.

Quiz Yourself. I do puzzles, games, and writing challenges at an addictive pace.

Practice Wellness. Everyday pleasures delight me through phone, zoom, playing piano and lots of animal talk.

Get Sleep. Sleep became wonderful two weeks ago because of two friends. One dear friend turned over my box springs that got incorrectly placed on Labor Day after floor work when I could not move my own furniture. The other dear friend brought me a memory foam topper with a waterproof cover as an early Christmas present.

See your Doctor. OK, when the scale number goes down, or the vaccine goes in.

Drink only in Moderation. I thank God in that way, I am a total light weight.

Obviously, good habits require optimistic discipline. Onward and upward, here I come 2021.