

Topic: What I Miss Most Right Now

Loss of Human Contact
by Liz Gibbons

I miss human contact the most right now. I cannot thrive in social isolation. From the beginning of this Stay at Home order I continued to go grocery shopping and browse through Target and Lowe's (the latter for garden supplies). I even went grocery shopping three to four times a week just to be out among people. On one of those early days I ran into Sprouts to pick up a few items and saw tape lines on the floor at the check-out area and signs to practice social distancing. I could hardly believe what I saw. I thought, "This is ridiculous. I will have to shop elsewhere." Silly me. Within days all stores had similar procedures. I don't think social distancing will protect us. Author (*Primal Body-Primal Mind*) and nutritional consultant Nora Gedgaudas, stated in a recent free e-book on her research on covid-19, "The human immune system is neither protected nor strengthened through sterile conditions, but rather through natural exposure."

With the health department requirement to wear masks I miss seeing the expression on people's faces. With my hearing loss I tend to read lips when I am having difficulty hearing clearly some people's voice range. I also like to see the emotions people express when they converse. Without seeing their expressions conversations seem more difficult and often flat.

I miss going out to eat with friends or family or just by myself when I get tired of my cooking. Eating alone in a restaurant does not bother me when I am enjoying delightful tasty food. I appreciate having someone serve me.

I missed seeing my son and daughter-in-law. They thought covid-19 was very contagious and did not want to risk inadvertently infecting me, so we did not see each other for many weeks. When those of us who have garden plots were allowed into our gardens two weeks ago, I took one look at the weeds in my plot and realized some digging and raking would be needed to prepare the soil. The access to the tool shed to use the community tools there is not allowed right now, so I called my son and told him I wanted to borrow a few of his garden tools and needed a little help. He came over a few days later and when we had the initial garden work finished, he stayed and talked for awhile. That was just what I needed.

I fear we are being given a subconscious message that other humans are dangerous. Businesses in Atlanta, where I used to live, began opening recently, and they had few customers. I assume the reason is that fear has been so effectively instilled in people. That is sad as I believe human contact and touch is as much a nutrient for us as is food, sunlight, and fresh air.

