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## *Making longer lives, better lives.*

Week of September 14, 2020

Dear Senior Center Friends – Curbside Meals Week Twenty-Six



### **THEME of the WEEK: PEACE Week**

I'm composing this piece on Friday, September 11, 2020. Nineteen years ago, at this very hour, is a time that I will never forget. I'm sure many of you remember what you were doing that very day when the "world stopped turning" and everything we believed in was called into question. The Senior Center was having our annual Luau on the Beach that day. We were expecting hundreds of seniors to gather for a festive celebration of friendship, a summer gone by of fun and goofy antics. This was a party anticipated by all of us every year. I remember clearly, hauling chairs, when one of our members approached me and asked if I'd heard what was going on in New York? I had not – so we went inside and turned on the television. Hundreds of seniors were arriving to the senior center, most of them, unaware of what was going on in our country. I recall, asking myself, "what do I do?" I opted to get everyone checked in and seated and when we were all settled in, I looked out among all of you, with the tranquil bay in the background and I shared what we knew. It was a surreal moment. None of us understood the magnitude of what was going on. We said a prayer, we comforted those who had loved ones in New York and we carried on. We shared smiles and friendship and when we all went home and events of the day unfolded, I was grateful to have had the chance to be with all of you that day. Now, nineteen years later, when again, we are surrounded by so much uncertainty and much of what we believe in, is being called into question, I am again grateful for the time spent with you. Sharing life with you brings me Peace, Joy, and Love and I hope that the friends you have made at the Senior Center does the same for you. Call a friend, send a card, go through old photographs, do whatever what brings you Peace, Joy, and Love.

### **NEXT WEEK'S THEME: Health Edition Part II – Fall Prevention**

Our thanks to Meals on Wheels for collaborating with us to prepare the Curbside Meal Services during COVID 19. If you are unable to get out or know someone who can't, please contact Meals on Wheels at 231-947-3780 to see about being put on the delivery route. Monthly, Meals on Wheels will send out statements indicating how many meals you picked up with instructions on how to make a **donation** to cover cost, if you are inclined to do so. Please understand there is absolutely **NO OBLIGATION** to pay for the meals. We understand this is a difficult time for everyone. We would be devastated to learn of anyone who wasn't taking meals due to cost.

*Lori Wells*