

LAUREATE GROUP

*Helping older adults and their families
manage the challenges of aging*

Make a Positive Impact During COVID-19

The world is most certainly changing...not just day by day but moment by moment. That is likely to continue for some time to come. A reasonable person can see cause for anxiety. Every one of us will be impacted, in varying degrees, by the events of these times.

So do we sit back and wait to see what happens, or do we thoughtfully consider how we might be a positive agent of change amidst the crisis? What is our role? What positive impact can we have on the lives of those around us?

The other day in a virtual conversation with a long-time friend of mine, he shared some personal thoughts. "At this newest phase of my life, I merit a wellness membership at the "Y" in conjunction with my medicare/health insurance and so I signed up the other day. By the time I got home on my first day, an email reported that the "Y" was closed until further notice. Never mind that I was turned away last week from my daily visit to my 102 year-old mother in assisted living. Yup, the virus."

Our daily lives are most certainly being disrupted, some with inconvenience, others in much more dramatic ways including loss of a loved one. Whether we are impacted in a modest or dramatic way, it seems the question waiting for an answer is... what are we going to do with it?

We as individuals have incredible depths of potential. When we are moved to act, the possibilities are limitless. And if we should determine to engage others in our mission, the possibilities grow exponentially. Doesn't that sound like the kind of harnessed forces we are in need of today?

I have seen retired nurses and staff call my associates asking how they can help. Put me in coach! Neighborhood organizations in my area are gathering names of individuals who are willing to shop for those who are unable to step out and do it themselves. I have personally received numerous offers of support that fills my heart.

If you are sheltering in place, reach out by phone to touch someone who could use a kind word, or build your own list of those you want to hold up in prayer. Let them know they're on your list...it will warm their heart. Have a virtual cup of coffee with someone you care about. I have a group of amazing ladies that I meet with regularly that support me and feed my soul. I have a virtual gathering scheduled for one evening this week where I will have the pleasure of all their company. I know I will be laughing, which is something we all need more of these days.

Everyone has the ability to positively impact this moment. Maya Angelou said "As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others." There is nothing profound or newsworthy about my message. I'm very aware of that. My intent is simply to remind you that now is the time to think beyond yourself. Have a kind thought of someone, tell them. Wonder how someone is doing, ask them. ACT on your good intentions.

We can do this. We will do this. Let's make sure we do it with kindness.

*This article is a reprint of a blog posted by
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*For 50 years, Laureate Group, a local, family owned business has been helping older adults and their families manage the challenges of aging. Laureate Group operates eight senior communities throughout the Greater Milwaukee area. Additional resources can be found at:
www.laureategroup.com/blog • www.laureategroup.com • Laureate Cares: 262-832-7113
Careers for Caring People: www.laureategroup.com/careers*