

Silver Linings

by Colleen Heighington

As I am writing this in early January, things are pretty much the same. The malls are shut down, traffic is sparse, churches are closed and the streets are nearly empty except for the walkers and joggers like myself making full use of them.

I have realized that the mall for me has been my lifeline and being mostly a mall walker, I have really missed it and I know a lot of others that do as well. I so much rely on the weather these days for walking and because I am no spring chicken anymore, I need to walk with care. So far, so good as the weather hasn't been too bad and keeping my fingers crossed, I sure hope that it continues. Lately, I have been on the phone a lot talking to my family and friends as getting together with them is a big no no.

Things that we once took for granted have been taken away from us since the onset of Covid 19 and that in itself is so sad. My heart goes out to the seniors that are in lock down and feeling so isolated. My uncle who is nearly 90 has told me that he is very lonely so I have been calling him frequently to stay connected and help fill some of his lonely days. We are having some great conversations and enjoying each others company. Also, my heart goes out to the students. My two grandsons are staying at home and doing on line learning. So far, so good but they do miss seeing their friends and hanging out. My son has not been at his program since last March and to our surprise, he is doing very well. He keeps himself busy by going on his computer, listening to music and going on walks with mom. He phones his friends to stay in touch which brings much happiness into his day.

Regardless of the great concern over Covid 19, I have seen some small silver linings to it. I am now saving a lot more money since not walking in the mall and my husband is most pleased with this!!! I am now able to walk across the road with no problems since the traffic has condensed down so much and that is a treat in itself as I live right across from the mall and the traffic before was always so busy. I am getting a lot more fresh air these days which is so nice and refreshing and been able to do all of my three walks daily as the city has been on top in keeping the roads and streets safe for everyone. I feel a lot closer to my family and friends by talking to them over the phone on a more regular basis. Even though there are tight restrictions for the residence of the elderly, I have been told by my uncle that his nurses and staff have been most kind to him and been looking after him very well and with regards to schools, things seem to be going quite well and I salute the teachers, staff and of course the students for this. Great Job!!!

In closing ... we are still waiting for the Big Silver Lining to Covid 19. Sometimes it comes around quickly and other times, it takes time. So let us all continue to do our part

and to stay positive and to always have Hope and in Gods time and way ... it will be here ...

Because He has the Whole World in his hands!!!!