

Class of 1971 50th Reunion Survey

Reflecting On Life

Questions 41 through 50

Q41. What life-changing events have you experienced in the past 5 years (since our last reunion)?

Q42. Describe any other key defining/turning point or challenge in your life.

Q43. Have you had or do you have caregiving responsibilities? If so, what lessons have you taken away for your own life from those experiences?

Q44. Are you surprised about how your life has turned out? If so, in what way(s)?

Q45. What are you most proud of in your life?

Q46. What do you wish you had accomplished, and what do you still hope to do?

Q47. What are you planning or looking forward to at this stage of your life, and how are you preparing?

Q48. Have you been able to create pockets of joy during the pandemic? If so, how have you found or created that joy?

Q49. What gives you peace of mind?

Q50. What are your favorite sayings, mantras, or pearls of wisdom that you would like to share?

Q41. What life-changing events have you experienced in the past 5 years (since our last reunion)?

- I retired, relocated to a new city, and my newly-divorced sister moved in with me just in time to be a great Covid quarantine companion
- Became empty-nesters for the second time.
- Perhaps the fact that my daughter moved to New York almost 5 years ago and it appears as though she will continue to live there.
- Passing of family members and friends
- The death of my mom (and last surviving parent) was a big change, on with which many of our age can relate. I also became a cancer survivor. And I've developed arthritis, which is not as big a deal as the other two, but it has drastically restricted the type of hiking I previously used to do. I'm still active, but not hiking up mountains anymore.
- Several very close friend have passed away which has been heartbreaking and given me pause to think about how precious life is.
- Spouse's retirement, down sized and moved to a new town.
- Losing my 99 year old mother--my best woman friend--was a deep, aching experience. I emerged from my grief, though, a much more peaceful person. I see so many overwhelming challenges facing so many people these days that my life's hurdles seem rather small.
- Life is different since my fifth reunion.
- Not much other than the pandemic. The major changes of retiring and moving cross-country came right before our last reunion.
- the decline of my husband's health (he is 10 years my senior)
- The pandemic, which helped me to realize that it was time for me to retire.
- I retired from school work and was able to make my entire focus be my own art work.
- Death of spouse
- Deaths of friends and family members.
- Nothing that rises to the level of life-changing.
- Covid-19
- becoming a grandmother
- Just before our 2016 Reunion I suffered a concussion and I feel its effects. I also had breast cancer. It is early to tell how much my husband's recent retirement will change our lives.
- My husband's dementia, my first grandchild, approaching retirement
- Death and serious illness of family and friends - makes me so aware of the passing of time and the pressure to do what I want to/need to do NOW
- My daughter and her husband had two children I adore; my son married a woman we love and had girl/boy twins; I finally found what I wanted to do post-retirement and a happy alliance with a company in my field that is supportive and generous in sharing information
- My husband divorced me.
- Other than the pandemic (no work, no dancing) not much has changed for me.
- Death of a spouse, retirement, buying my first house, selling my first house, death of a parent.
- retirement
- parents' deaths
- none that I can think of
- Global Pandemic
- The pandemic
- Emergence of health issues that impact my daily life
- survival after years of being in relationships with abusive, malignant narcissistic men
- Parkinson's disease diagnosis and ongoing related challenges
- birth of grandchildren

Q41. What life-changing events have you experienced in the past 5 years (since our last reunion)? (continued)

- Retirement--January 2020.
- The COVID pandemic.
- The pandemic, the insurrection
- My mother passed away, and while I am no longer responsible for her care, and was able to (happily) retire shortly after her death, I now have primary responsibility for a younger sibling in need of life-long special help. Because of COVID, he's now living with me while we hope for and work toward a more sustainable arrangement.
- COVID has changed my life considerably. I've limited my travel and in-person interactions for my safety and that of others.
- Growing older
- I have developed a chronic illness which took me by surprise. Up until then I was very physically active...And now the pandemic of the past year has been very isolating.
- Retired Moved to west coast
- I was the sole caregiver for my mother after she moved nearby seven years ago. I soon realized that I needed to be with her every day and spent my time trying to keep her engaged as she became more depressed and less mobile. When she had a stroke last March and died soon after, I was the only daughter here to make decisions about her possessions and take care of her estate. It has been a big change not being there with her.
- My husband was diagnosed with Parkinson's Disease. It is under control for the most part but has changed our ideas about how we might spend our future. The pandemic, of course, has been life-changing. I decided to retire before I had originally intended after our university locked down and I was offered a buy-out. Not sorry I retired, but it wasn't the way I had expected to end my career at the university.
- Youngest child fully launched (graduate school completed, wedding planned)
- My grandson was born; and I have cancer.
- Having my partner move in with me and strengthening our relationship.
- In 2016 my father died at age 99; then in 2017 my mother died at age 95.
- I became a grandmother at 70!
- None really other than the pandemic which has delayed plans for travel. With the years advancing I want to get more major trips in!
- End of life care and death of parents
- I retired.
- The birth of our granddaughter, one year ago, and grandson, six months ago.
- I became a grandparent. I retired. I lost friends to cancer, including my MHC roommate.
- Cataract replacements! Working from home permanently due to COVID-19.
- Just retired.
- My husband was in a bad car accident 4 years ago and we've cut down on travel since then although he rehabed well. I'd say Covid has changed life more.
- Retirement!
- Birth of grandchildren
- It's undetermined how life-changing living during the pandemic will be. I was the first call for any childcare needs for my daughter who lives about 90 minutes away, I had at least a half dozen meetings a week (only one of which was conference call/Zoom) and I saw my best friend, who lives 35 minutes away, most weekends. Now it has been almost a year since I have been pretty much alone.
- Experiencing age-related changes in my faculties and abilities. A memorable trip to Bhutan provided an opportunity to reflect on how a shared system of core -- values and beliefs can contribute to good governance and social policies that focus on the well-being of all. Pandemic-related thinking about the future and opportunities of positive changes -- personal and societal -- when our 'new normal' finally arrives.
- Moving back to my childhood home. The destruction of the Derecho and dealing with loss of the beauty and property.

Q41. What life-changing events have you experienced in the past 5 years (since our last reunion)? (continued)

- Dealing with my husband's health issues
- Retirement 6 years in is an evolving process and I find I need to limit my activities as I age while keeping physically, mentally and spiritually active. I look forward to my child's impending marriage as another entirely new episode which I expect to thoroughly relish.
- The coronavirus pandemic
- Retirement
- The Covid pandemic.
- Divorce Trip around the country to cope with my despair over the 2016 election.
- the deaths of friends, the pandemic, the 2020 election and all that went on around it
- death of last parent and retirement
- Moved to semi-retirement and soon (this April) to full retirement.
- My mother died. I gained another granddaughter.
- Entered political office Starting to lose friends with illness or death
- Fear of our own government; Covid pandemic
- None other than the pandemic, which has changed all of our lives at least somewhat.
- Became a grandmother
- Acute leukemia (2015) which probably would have been fatal if I hadn't received a stem cell transplant from my brother.
- Spending a wonderful year in London, followed by retirement, cancer diagnosis and moving to Cape Cod, all at the same time.
- Trump. Covid
- Many!
- retirement from my career life and business, increased involvement and information about politics in this country
- retirement
- Unfortunately as we age we lose more people that we care about. These are events that I have experienced. On the other hand I have become a grandparent in the past 5 years, which brings great joy.
- None
- Trump
- NA
- Retirement (6/30/20). This is my third retirement and I expect it will be the one that "sticks".
- Contemplating retirement
- I relocated to California to be closer to family as I age.
- Retirement and return to Spain for 5 months with MHC fellowship Writing and promoting a book
- Realizing in 2018 that I had Coronary Artery Disease, even though I am mostly vegetarian! Having small health problems every year that force me to scale back my physical activities.
- surviving cancer
- Births of 5 more grandchildren including two sets of twins; Covid; breast cancer & radiation.
- A grandson (my only.) A house move to a 55+ community. My husband is now 81 so ageing is definitely an important topic. The whole Trump phenomenon made me realize how little I really understood the United States.
- Retired and moved from Boston to a lake/golf community in Georgia.
- I have grand children, and I see them a lot (although they are in a different country etc.) My husband is in less good health. (I had a hip replacement, but consider I am 100% again)
- Moved. Daughters married/engaged

Q42. Describe any other key defining/turning point or challenge in your life.

- My decision to give up law practice to deal with my kids' health issues and then my mom's declining health was the right decision at the time, but left me without many professional connections. I now regret that.
- Trying to decide if I will eventually also move to New York to be closer to her.
- Change of residence
- Over the course of my adult life, the decision about whether or not to stay in an unsatisfying graduate program, buying a house as a single woman in 1979, getting married in my late 30s, surviving a rough time in my marriage, the loss of my father, and the loss of several close friends way too soon were all milestones.
- My daughter finding her birth family. It has been a wonderful event for everyone. I can see traits she has that she definitely inherited from her biological parents - and I've learned to trust her instincts and let her go and grow in her own way. Hasn't been easy - but I'm doing all right with it.
- I/my point of view is more international and broad based.
- Giving up drinking.
- Having children was a turning point, my mother's death was another and being an elected official and becoming a public figure was a new experience for me (the introvert) as well.
- Being a single parent for many years
- MARRIAGE
- The concussion and COVID-19 are the main events. Not seeing our daughters or their kids for more than a year has been very tough. Not seeing my sister for longer has been very tough also.
- Becoming a grandmother has been a turning point. I have four grandchildren and I work hard to maintain deep bonds with each of them.
- My husband is now dealing with two kinds of cancer, both treatable, but resulting in a degree of uncertainty and also a long road ahead
- Moved into a life care community
- Not sure if I should continue working part time when I can return to work or not.
- returning to MHC after many years
- Divorce and remarriage
- Death of beloved family and close friends as well as births and new life.
- Decision to retire a bit earlier than anticipated. One of the best decisions I have made. Also returning to California a few years before retirement, which made it possible to retire here.
- My husband, my children, my grandchildren
- moving to NM in 2007 which significantly increased my happiness
- Sudden death of 56 yo husband in 2005
- Divorce--1993. Have not remarried.
- My move from the non-profit world to the private sector changed my direction early in my career.
- Having major depression in my mid-fifties, managing depression
- I turned down a critical promotion and took an early retirement, ostensibly because of conflicting family responsibilities. But in doing so, I found that my career wasn't nearly as satisfying as the new lines of work that I then created for myself!
- The passing of older family members with whom I was close has been a major challenge.
- Overcoming depression
- Married at 21 and divorced at 23. It really took me for a loop as I had set myself on a course of graduate school towards my master's degree - I was emotionally unprepared and it took a while to get back on course.
- Retirement
- celebrated 50 years of marriage

Q42. Describe any other key defining/turning point or challenge in your life. (continued)

- My children have had some successes but also some struggles as they have tried to make their way in the world.
- divorce, remarriage
- Growing up in a stressful family situation, and knowing that there was no-one who could change this, so I had to make sure I had a good path. Realizing that my marriage was no longer viable, and figuring out next steps. Becoming aware of mortality through the loss of friends and acquaintances.
- I was divorced at 31, had to close my tutoring practice after 15 years due to cuts in government funding for my low-income dyslexic adult students, and was diagnosed with breast cancer in 2006. But I have a second, positive marriage, have been cancer-free for 14 years, and had 10 years of being a mother taking care of my second husband's multi-handicapped brother.
- getting a divorce after 40 years of marriage wasn't any fun, but I'm in a much better "place" now
- This is personal: In March of 2008, my younger brother died unexpectedly. He was only 48, with a 10-year-old daughter and a 6-year-old son at home. Within the next five months, first my mother, and finally my father, also died. In 2008, I was just getting my business off the ground while also working my "day job" at the university, so this was an exceedingly difficult period for me. ... As if that weren't enough, my younger sister became (and stayed) enraged that I, rather than she, was left with personal representative duties for both of our parents. (I felt that I had lost everyone in my nuclear family except for one other brother.) That divide between us has proven to be insurmountable: Although we live only 25 minutes from one another, we rarely see each other or even speak. It's difficult to live with this day in and day out – certainly life-changing.
- Being married and having children were clearly defining experiences in my life.
- I've touched on the important points in my answers to other questions.
- Not being able to travel; not being able to hug my (adult) kids; not going to live concerts; not socializing with friends -- all due to COVID-19.
- Birth of daughter, divorce, partnership in law firm, becoming grandparent
- see above
- Caretaker for mother with dementia
- The deaths of my parents.
- Having a hip replacement made me realize I am not invincible and having to actually cope with the aging process.
- The loss of both parents over a decade. One never really recovers. I feel lucky to have my sibling. My marriage has become a friendship that is daily challenging for both of us. It's as if we are getting to know the different people we have become...
- Divorce and challenging time as a single mother in my late 20's and early 30's
- Surviving cancer
- Communication with my children Sadness over lack of a partner who cares about me.
- Having kids. Best thing in the world for me. Having a husband who was willing to stay home and bring them up so that I could pursue my career was incredibly liberating for me and important for our entire family.
- My marriage was a challenge, and my divorce was a turning point for the better.
- Divorce. A long time ago, but it drove me to be very solitary, and a little stubborn.
- Staying healthy
- Leaving a marriage with three children
- Deciding to get a divorce after about 8 years of trying to work things out through counseling.
- When my sister died at age 35, I came to realize that there are truly no guarantees in life.
- Challenge of relationship with my daughter
- adapting to widowhood
- Divorce
- So, many. This is way too big a question for a survey like this.
- First, infertility. Then raising one child. Then losing my husband when our child was 11.

Q42. Describe any other key defining/turning point or challenge in your life. (continued)

- Death of my husband 7+ years ago has had a profound impact. He was my best friend and we had big plans for our “golden years”
- Graduate school Unemployment Retirement
- Taking a UConn Extension Master Gardener program in 2018 required intense study and work learning new material - so great to have such a mental challenge at this age, and to make so many new connections as a result.
- Returning to graduate school for an M.S. in order to be re-certified to teach was so much fun, & so was teaching, until standardized testing was allowed to supplant teaching & used as a weapon against teachers.
- Over the past 50 years, there have been quite a few. Obviously marrying and having children. Retirement in 2007 was major, as I reconsidered-- and basically rejected-- the careerism on which I had built over 30 years of my life.
- Too personal to answer here.
- Moving to Texas and making it my home for work (2001). This leaves me far from all family etc.
- Father died in 2002 and left everything to the woman (my age) he married the year before he died.

Q43. Have you had or do you have caregiving responsibilities? If so, what lessons have you taken away for your own life from those experiences?

Yes — 66 (62%)

No — 40 (38%)

Comments — 68

- If I ever need help as I age, I will ask for and accept it.
- I do not as both of parents are deceased and continued to live in the Houston area after I moved away.
- Empathy. Importance of time.
- Although my mother lived in a retirement community for the last 10 years of her life, a lot of caregiving still fell to me, which steadily increased over the years and her mental and physical health continued to decline. I learned to be A LOT more patient than is my normal nature. And my husband and I have stepped up our efforts both at downsizing and keeping our health and estate plans up to date.
- Getting old is very difficult....
- Patience. You must have patience.
- I just hope to be half as generous, gracious and grateful as my mother was.
- To adjust the world to someone else's point of view and understanding.
- It's critical to take care of yourself if you hope to be able to be a reliable caregiver for others.
- My heart goes out to caregivers. It is hard, hard work.
- I learned that there is no script for such experiences and one must trust one's gut and take "free" (though well-intentioned) advice with a grain of salt at times.
- How precious life is. Live every day as if it were your last. Prepare finances and directives for the inevitable.
- The importance of universal design in your environment cannot be overstated: start NOW.
- Like my parents, make sure I am not a burden to others.
- We helped my late mother during a rough four years after her first stroke. I organized her care and served as her guardian for some of the time.
- Don't put off self care
- Aside from my children and grandchildren, I was also responsible for my mother and my two aunts. My mother had a debilitating stroke when I was in my 40s and for almost a year I had to care for her.
- (See 41)
- I have been a mother of two and am now a grandmother of four, in addition to having been married to my husband for 44 years. I have learned how to be generous with my time and energy and also how to lend support, mostly in a good (non-annoying) way
- I am concerned that I could be a burden to my family in my later years. It makes me determined to take care of my health, so that I will be self-sufficient for as long as possible.
- I mentored a teenager through DCF and we are still close and I have acted as a SSI payee for a person who I represented as a 13 year old who is now in his 50's
- I favor euthanasia.
- Love, care, patience, and thankfulness AND no two situations are the same.
- Have had them in the past. We do not want to saddle our children with these responsibilities if it is possible.
- It's exhausting and worth it
- parents
- Coordination of care for father with dementia for 3 years after mother's death from cancer
- After I finally talked my father into moving into assisted living, he commented "why didn't I do this earlier." I smiled without comment because it had taken years to talk him into the change. I hope I'll listen to my children if they are giving me advice.

Q43. Have you had or do you have caregiving responsibilities? If so, what lessons have you taken away for your own life from those experiences? (continued)

- Some care of my mother before she died with dementia, taking in my father from 90-92. I saw my father deal gracefully with dependency. I fear dementia. If I'm lucky enough to take after my father, I'll try to be accept limitations and be grateful to helpers.
- I'm not going to fall into the trap (that caught my mother) of stubbornly insisting that I can remain independent no matter what! That's hell for everyone. Instead, I'm starting early to build a support system for me and a younger (dependent) brother and will be realistic about seeking help as needed.
- Responsible for aging parents
- savor each day, who know what tomorrow will bring
- live every day fully
- I have taken the time to go through my belongings and have given away extra clothing and discarded mementos that would not mean much to my children. I have also consolidated financial assets to make it easier for my sons to access them after my death. I hope to stay active by embracing the present as much as the past.
- My father died in 1982, and my mother died in May, 2016, the day after I got home from our reunion. She lived close to my brother, in an assisted living facility, and it was he who had the heavier caregiving responsibilities, especially in emergencies. We found ways for me or our children to visit regularly, and to help out as we could. Fortunately, money was not a serious issue. My mother was 97 when she died. She was mentally alert until almost the end, but some of the physical issues she struggled with made me vow (among other things) to get regular exercise to keep as fit as I could, in case I also lived that long. I have stuck to that!
- From helping my mom after my dad died in 2003, I knew that she was not in good health and despite her being critical, I needed to see her every day and try to be as helpful as possible during a difficult time before she died.
- I was the full-time caregiver for my husband's multi-handicapped brother for 10 years, and I provided homemaker support services for 1.5 years for my mother before she died at 95. I learned from both of them how to live accept bodily limitations and live with joy in spite of those limitations--lessons which I can draw on if and when I face limitations of my own body as I advance in age.
- Hope to go sooner than later, while mental capabilities intact.
- Not any longer, although I have certainly lived through it. See above.
- In my fifties, my brother and I took responsibility for my mother during her steady 10-year decline with Alzheimers. Lessons? By doing what we were able to, we were not left with regrets.
- Not since the kids grew up.
- Only for my daughter before she graduated from high school.
- It ain't easy baby! I gave care because of who I am. My mother had troubled relations with everyone. No one deserves to die alone. (COVID made this impossible to correct) Part of our humanity is help those in need. A life value: in this world we all need to look out for each other.
- Shed stuff so my children are not appalled at how much I have stashed away!
- To be grateful for every day even if I can't go out or travel
- Parent with Alzheimers for 18 yrs evolving care activities from going part time at work to relieve the other parent from 24/7. I have learned how to speak "dementia" and how important and undervalued CNAs, LPNs, RNs and others involved in elder care are.
- It is ok to admit you are tired.
- For both my mother with Alzheimer's and my step dad (age 96) now - not full caregiving but emotional support for both. Primary lesson to absorb is prepare ahead financially and with legal documents for a time in your life when you may not be able to manage your own life on a daily basis. Secondly while you are still well and healthy, do all the things you would like to do. Don't wait if you don't have to.
- Taking care of my husband after a heart attack.
- I am including raising children as caregiving . I took away the lesson of knowing priorities and I am a better grandmother for it.
- Professionally, I do caregiver support but I only did long-distance caregiving with my family.
- do estate planning early and inform your children of details

Q43. Have you had or do you have caregiving responsibilities? If so, what lessons have you taken away for your own life from those experiences? (continued)

- All Moms have caregiving responsibilities and when I was stressed at work, my children provided me such joy that I was able to find the right balance in my life. I also looked after my Mother during her early stages of alzheimer's when she lived with us.
- I had to assist my mom from a distance with her finances, medical issues, insurance and more for nine years. I also had to clean out three of her homes! I resolved to try to organize or clean out as much of my "stuff" now.
- Never full time. But, I made frequent trips to manage care arrangements and visit my parents. Painful, expensive and emotional.
- Live each day fully.
- I handled my father's affairs for several years after my mother died, and would visit him weekly. It made me appreciate how much joy I got from our relationship and deepened my conviction of how important family is.
- I did for my father who died at 97 from Alzheimers. My sister and I shared responsibility. He was 8 hours away and I was working so it was terribly challenging. Not to be negative but getting really old and having dementia sucks. One of my favorite books is Atul Gawande's Being Mortal.
- What a shame to rush through life and then be left with "too much" time at the end.
- helping my grandchildren with zoom school has reinforced my utter lack of aptitude for elementary education
- My 18 year old son was diagnosed with glioblastoma multiform in 2004 and died in 2007.
- I'm currently the primary caregiver for my 94 year old mother.
- Although my husband was 12 years my senior, he died at the top of his game/too young. As a result, we avoided the care issue entirely.
- I cared for my father until his death at age 102
- I helped my mom during her last few months of life. She refused to see a doctor and died before she needed to. I hope I will not be that stubborn!
- Free time & exercise - but the caregiving will become much more part time as the two sets of twins get older.
- Not sure what is meant by "caregiving". I cared for and raised a son. I took care of my mother as she declined from Alzheimer's.
- I took care of my parents at various levels for a year long distance, and then for an aunt long distance for 4 years. It made me aware of all systems and issues around aging. Family and friends are critical; as it adequate funds for caregivers.

Q44. Are you surprised about how your life has turned out? If so, in what way(s)?

Yes — 33 (31%)

Somewhat — 48 (46%)

No — 24 (23%)

Comments — 63

- The death of my nephew at age 30 taught me that trouble can burden you at any time
- I never expected to be a suburban mom, but that's what I became.
- I am somewhat surprised at how my life turned out. I always thought, growing up, that I would marry and have kids, though definitely not have a dog and a cat and drive a station wagon. I had one child, my daughter, Alexis, but did so through donor insemination, as my two long term (7 years each, so I guess that was somewhat long term) relationships did not result in marriage or any children. I am surprised that, at the age of 61, I decided to retire from state service and become a realtor, although I am so glad that I did. I actually thought that I would retire, then live in Paris a year, then New York a year, then maybe Honolulu. New York may still be in my future, but Paris will just have to be a travel destination.
- For many years, I anticipated that I would live my life as a single person, so it was a delight to fall in love and marry in my late 30s. Also, when I was growing up and my single adulthood, I became used to being very frugal--not in poverty (although I did qualify for food stamps for a couple of years), but having to be very careful with money. As my career progressed and then I became part of a two-income family, I have enjoyed being more financially comfortable and secure than I expected in my youth. My husband is even more interested in travel than I am, so I travel more frequently than I would have thought, too.
- I would have been surprised by anything as I did not have a clue how my life would turn out.
- Life changes and adjustment must be fond and understood.
- Not really...I ended up in the career I'd planned, and married with one child. What would probably have surprised the freshman who arrived at MHC in 1967 was that she would end up with a lifelong friendship with a guy from an obscure west coast rock band upon whom the arriving freshman had a huge crush.
- I have spent time in the last few years with three close friends from childhood with whom I reconnected at our 50th high school reunion. The surprise for me was that my experiences have been much broader and more varied than theirs, even though they all went to college.
- I've been very lucky to have had a career that I enjoyed for 35 years, talented and successful children and a satisfying retirement.
- I've been very lucky
- I have had a great life. Wonderful Jim and our three daughters and their families, my sister, my friends here and around the world, and a fascinating career.
- Pretty much everything about my life is surprising.
- My career has most surprised me. I did not have a serious plan when I graduated but somehow I have been able to succeed in a field that I love..
- When I went to MHC, I expected I would be a mom, and originally partly chose a teaching career (first grade, then 5th grade, then high school English, then college psychology) so I could have summers off with my kids. SO - not having kids made me re-evaluate everything. I still am glad I became a teacher.
- Never expected the professional success I've had.
- I never thought of looking at it in that way. I had hopes that didn't come about, but I wouldn't say that I was surprised.
- No
- It's hard to have a life.

Q44. Are you surprised about how your life has turned out? If so, in what way(s)? (continued)

- I expected to be working in health care till late in life
- My life has been stable, for the most part, same house; same husband (in a tenured job until retirement); no major accidents; kids healthy and independent.
- I'm not sure if I had tangible expectations, so I'm not surprised in that sense. However, I think I had expected to have a fairly clear career path, and that certainly was not the case!
- I expected to marry, have children, enjoy family life, and have a meaningful career.
- After my divorce I believed that nothing was a given..and would have to roll with the punches.
- Not really. Have been very fortunate!
- I'm surprised that I lived in so many places when my husband was in the Army, law school, law firms, an appeals court, and now a law school. Living in different areas of the country has been good for me and taught me to be more flexible. I should not be surprised that I became a teacher. As the oldest of four girls, I entertained my sisters by pretending to be the teachers and by writing plays for them to act in.
- I did not expect ever to marry, but have been married to the love of my life since 1974. I had hoped to end up teaching in a small liberal arts college like MHC--and I did, but only as a fixed term or adjunct. I came to appreciate my position at the state university for what it offered--not only a regular salary but also some wonderful colleagues, and the opportunity to work professionally alongside my husband for many years. Neither of my children has ended up where I might have imagined. But then the world today is very different from what I imagined it would be for them. My expectations for the future are far more open-ended than they used to be.
- I didn't expect to have disposable income as an older person. I'm surprised that I am in a loving relationship with a man who is somewhat younger. I also feel better than I thought I would at this age.
- I am amazed by the grace of second chances I have had in my life: a second chance at committed love after divorce, a second chance to be a mother--at 53--to my second husband's multi-handicapped brother, and a second chance at life by surviving breast cancer for 14 years.
- Totally amazed at having learned so much interesting stuff from work that has been, and remains meaningful.
- I didn't think I would live in the same place (same house even) for 40+ years, thought there would be a little more variety to my life.
- I think I always expected the unexpected, so no.
- In high school I imagined myself as a successful career woman. However, when I was home on maternity leave with our first daughter, I absolutely loved every minute with her, and did not want anyone else to have more influence in her development than her father and I. So, much of my adult life has been as a devoted mother and community volunteer, and now a part-time fund-raiser.
- How did Joanie Schwartz from Brooklyn end up married (for 46 years and counting) to a nature boy from Wisconsin? How did she end up traveling the world and then retiring in a home on a river surrounded by birdfeeders????
- I did not expect to have kids, but having had them, I'm glad I did.
- I was surprised not to marry for life and wish that had worked out.
- Never knew what to expect although didn't realize I'd be enjoying retirement this much.
- I have gratitude for the life I lead - a far happier one than I thought possible at 21.
- I have always looked ahead to think about what I should do next. I never had a picture of what my life would be like.
- I did not expect to be an "expatriate," a non-parent, or a PhD. But I do not regret any of these.
- Never saw myself as a divorcee and making it on my own.
- Come now!! One doesn't have a crystal ball! I thought I had married into a loving family but when money came up things changed.
- Never married.
- I didn't expect to be divorced but I recovered from that and remarried. Survived as a much stronger person
- I thought I was going to live happily ever after. Apparently it wasn't in the cards.

Q44. Are you surprised about how your life has turned out? If so, in what way(s)? (continued)

- better than expected. Still very much in love with husband of 50 years
- I never expected to move around so much or to be so successful in my career.
- Somewhat. I did what I planned to do professionally, and I did have two children. I have been disappointed in not getting married again or having a longterm partner.
- I never had a clear "vision" of my life, but I certainly did not plan to live in Canada, have 3 stepkids and live in a rural lakeside community.
- I thought that I would be working full-time for longer (but it was my choice not to). I've done a lot more traveling than I expected to./
- I never expected to live in NYC
- Feel very fortunate
- I feel so fortunate. I have experienced so much more than I could have anticipated and been blessed with such love.
- Marriage to an incredible man has made me feel that someone always has my back.
- more financially successful than I ever thought would be the case
- didn't expect to be single in my "golden years"
- Not really. But in all honesty, I'm not sure what I expected.
- I would have liked to marry but no one came along at the right time
- Never expected to be widowed at age 60!
- Became an anthropologist; never married or had children; worked as a historian; chronically depressed
- I never expected to be divorced (age 50) and deeply contented with the exciting opportunities I've created for myself and those around me.
- Until ca. 1970, I expected to become a housewife. Until the mid-2000s, I expected to continue in my career. Now I live in a beautiful area and, minus covid-19 restrictions, can pretty much do what I want.
- I'm in a different place than I expected, and in better financial state than I might have thought.
- More wonderful than I could ever have imagined!

Q45. What are you most proud of in your life?

- My commitment to my work as an historian of women's history. My loyalty to friends.
- My husband and family. Coping with my husband's, mine, and my kids' health issues successfully.
- I am very proud of my daughter. I am proud that she is pursuing her dream and is able to do so on her own (with a wonderful group of friends, etc.). I look forward to seeing what she accomplishes. I am also proud of the life that I have achieved for her and for me. I also have a wonderful group of friends (Alexis was raised by an incredible village, mostly here, but also in other parts of the country and world), I have a lovely home, and I have been, very luckily, happy and successful in my professional life.
- Family
- Two things: doing my small part to help make the world a better place during my career in public service, and working hard create good & loving relationships as a friend/daughter/aunt.
- My two sons - one is a PHD and the other an MD, but most importantly they are wonderful, kind human beings that I am proud to call my sons. I am also proud that I advanced to being a leader among my Jewish community, as President of my synagogue, and have stayed involved on a national level.
- My family. I have a reconstituted family - my spouse, my daughter from a prior marriage, three step kids. We enjoy being together.
- I am proud of my children and my attempts to help make people's lives better ones. I have had such a rich life and others deserve that too.
- Helping people and cultures.
- Beyond raising a well-adjusted adult daughter, it would be how many students I helped during my career as a professor.
- My children. The work I have done to help others believe in themselves and to help open doors for them. Bringing people together in our community and state to work through differences to accomplish our goals. Legislation that I helped champion that has created opportunities for people in our state to live lives with greater dignity and opportunity.
- I think I am proudest of the fact that I was able to use my college experience to launch myself into a life of many and varied experiences. I learned to take risks, take advantage of adventures that were offered, and as a consequence I do not look back with a lot of "I wish I had's".
- My children
- Buying my first house at 29, with no help or guidance.
- My girls (29 and 27)
- Continuing to embrace challenge and risk with courage and creativity!
- Raising my two sons as a single parent - both exceptional men.
- Our daughters and their families.
- My children
- My sons (and now my grandson)
- My marriage, my three children, my four grandchildren and my work.
- My family.
- What loving and resilient fathers my sons have turned out to be, despite how their own father let them down.
- Continued good health
- My son and my step son. I'm also proud of teaching thousands of kids and hopefully, having affected their lives in a positive way.
- My intense and persistent work to develop into a fully functioning adult; happy and effective in serving people, not from having to do so but from wanting to do so. Most take that for granted I think; but seeing it and achieving it is an accomplishment for which I'm grateful to Mount Holyoke for starting me on a path of "I CAN..." do anything I want to do.
- my career and my marriage

Q45. What are you most proud of in your life? (continued)

- Making solid decisions on behalf of my children.
- My daughter Julia - a pediatric nurse practitioner specializing in palliative care. I don't know how she does what she does, or what I (and my husband) did to give her the strength and skill to do it.
- Having a sense of doing the best I know/knew had to do at any given time.
- My amazing family and that I have overcome serious generational difficulties to get to this point.
- Raising my two daughters to be active, engaged, and smart women. Also, developing a national model for helping homeless families back in the '80's when we were naive enough to think we could solve homelessness
- my three daughters
- Work in rural primary care in Appalachia
- Children
- my family
- my children, and my career
- Raising my kids. Two wonderful people.
- Years of marriage, independent children who are very different, successful career. Knowing that these are the same as I had pre-retirement but the order is reversed as I view my life from retirement.
- My marriage and my daughters; and not freaking out when I was hospitalized with large growths in my esophagus. I had faith in my surgeons.
- Having made a positive difference in the lives of people I've managed at work and those I've tutored, and having "stayed the course" in helping family members. Also, having supported myself and continuing to be open to learning new things.
- My successful adaptations to life's challenges.
- My kids still love me. wonderful children who are good people. Must have done something right!
- My daughter, born when I was 40 years old. No, she did not want to attend MHC. She values our earth, our planet and is involved in environmental work.
- Remaining a thoughtful person Accomplishments - career; long marriage
- my family
- Our daughters
- I am most proud of my family. My husband still loves his teaching job. My three sons love their jobs and have happy wives and children. I have done what I have wanted, staying home when the children were small and going back to teaching when I was ready.
- My marriage. My children. The scholarly and professional successes I have achieved (such as the fact that one or more of our textbooks has been translated into multiple languages over the years: Japanese, Italian, Bulgarian, Vietnamese, Turkish, Rumanian, to name a few. We have had the great good fortune to share our understanding of anthropology with students from around the world in ways we could not have imagined when we wrote our first book together.) The fact that I was able to strike out in a new direction in my most recent scholarly research on the extended evolutionary synthesis in theoretical biology, work with biological theorists and philosophers of biology, and publish work in Spanish and in English that suggests ways in which these new theoretical advances can help refigure anthropology for the twenty-first century.
- My children
- That I have been able to help others.
- Having three adult children who are motivated, thoughtful and have a good view of the world and their part in it. I'm also proud of helping kids in Hartford through recreational sports and garden education; and helping a younger MHC grad in her amazing life.
- I am most proud of how I was able to help the dyslexic students I taught by improving their literacy and how I was able to help the people I have served as a caregiver by improving their quality of daily life.
- My two boys, and my ability to maintain high standards in my work.
- Our two daughters and our son, all of whom are thoughtful, caring, responsible people. They could not have turned out any better!
- Relationships

Q45. What are you most proud of in your life? (continued)

- I wish you had asked these last six questions earlier in the survey (or that I'd gotten to them ahead of time). I've used all the time I have for this at this point, so must sign off.
- My children
- I am proud of being a good person who has helped many others in my life.
- Our two daughters are smart, kind, successful career women and devoted mothers -- one doctor and one lawyer.
- My family, my home, my business, my creative endeavors, and my deep long-lasting friendships
- My independence and ability to sustain myself without relying on others. I do have a husband who helps in that respect, but I know I'm capable of taking care of myself. I'm also happy that I have a job that is satisfying and capable of sustaining my lifestyle, that I'm working with good people who acknowledge my capabilities.
- My daughter and my professional success work to make life better for other women and disadvantaged people.
- My family first, my volunteer activities, my work, in that order.
- My marriage, my children
- Starting my own business
- I think I am most proud of helping in 1979 to found a food pantry for the local community. We were an all-volunteer organization until 1985. When we had to pay for our location for the first time in the fall of 1983, the board of directors decided that we had to become much more formal. I helped write policies about what a food supply should look like so we would know what always needed to be on hand, what criteria we should have about how often someone could come, and what training was needed for volunteers and board members who would be operating the program. Since I was a full-time teacher, we were opened Saturday mornings and Thursdays 4-7. We were rejected by United Way in 1984, but I worked very hard to get us accepted the next year.
- Maintaining valued relationships over a long period of time.
- Survival from times of darkness and thriving as a fully functioning and joyous human.
- My career, my successful and loving child, my restored antique home, my ability to help others even now
- Long term local friend.
- My personal resilience during challenging life events. Raising independent children, happy with their own lives.
- Having 3 kids that were successful and working in a field that helps people.
- I am most proud of my two sons.
- Professional achievements
- My children and grandchildren My ability to make and support friends.
- my two wonderful children, who are now amazing spouses and parents
- my two daughters
- My children. One has his PhD in planetary geology and is a post doc at the Lunar and Planetary Institute. The other is a product manager for a software company and is happily married and living in the Chicago area. They are wonderful human beings.
- I raised two wonderful children to adulthood, mostly as a single parent.
- My career and the influence I had on colleagues.
- My children and grandchildren.
- My career as a teacher allowed me to influence young people in positive ways.
- Our 3 children and our relationship with them. We all really like to get together when we can.
- My kids
- My relationship with my stepdaughter and her two sons. We got off to a rocky start, but over 30+ years she has become truly a daughter through love, not blood. When she asked if she could call me "Mom", my heart almost burst.

Q45. What are you most proud of in your life? (continued)

- My fantastic daughters. They are both really good people and stand up strongly for what they believe is right. They are both anti-racists and feminists. I am also proud of the work I have done to help further racial and gender equity.
- Three things: Ph. D. in psychology; completing several mini-triathlons; our daughter.
- My ability to survive and thrive after losing my parents soon after college and my spouse when I was only 36. Raising my children to the best of my ability and also working more than fulltime.
- My family
- professional accomplishments; earning respect and a place in non-work environments since retirement
- I'm proud of my daughter and her family. It was touch and go through the adolescent years, but I survived.
- Getting a doctorate Living internationally My children
- My child and the fact that they, all five living ones, are living meaningful, responsible adults lives and that my youngest lived his brief three years with cancer in such a noble way.
- A few things, I guess, but I'd rather not elaborate.
- I have loved raising money for deserving causes and mentoring good people. I have a big, loving family, thanks to my husband. They are my pride and joy.
- I have a beautiful home, great friends, and professional success including
- My daughter and son. They are fabulous, compassionate adults with wonderful families of their own.
- Two books Dissertation Maintenance of long-term friendships
- The vitality that I have at age 71 that is an example to my children, my volunteers, my fellow kayak club members and my neighbors.
- I have wonderful relationships with my three grown children who have married happily, are close to each other emotionally, & are very loving parents. I am proud of becoming a good parent & grandparent in spite of the difficulties of having a narcissistic mother & alcoholic dad - the narcissism being much more difficult than the alcoholism.
- My two adult children and grandson. Also, I think my values. I have a strong service orientation, but these days I express it on a personal level, not through an organization. I participate in some on-line forums where I dispense advice and "listen" to people.
- Being a good mother.
- My kids and their grown up selves. That all my exes and their kids talk to me. My self-reliance and ability to adapt over many circumstances, while taking care of all necessary business for those in my care.
- My daughters

Q46. What do you wish you had accomplished, and what do you still hope to do?

- I hope to continue to learn and grow, even when physical decline sets in.
- I wish I had placed some more importance on maintaining my career.
- I hope to do more travel and to continue to see my friends and close relatives and have new adventures.
- Although I am generally pleased with how my career turned out, I sometimes wish I had not dropped out of my graduate program. I don't so much have specific goals for the future other than hope to continue to make positive contributions as long as possible, and to continue to travel as long as possible. This may not be the most realistic goal at our age, but I'd still love to master a second language.
- I would like to become a grandparent - but that is not up to me! I have travelled to many places, but hope to venture to new ones as soon as covid is under control.
- Writing the great American novel. Haha. What do I still hope to do? Create things that bring some pleasure and comfort to others.
- I am continuing to get more involved in my community and help out where the need is greatest.
- Continue my professional work and benefit my clients needs.
- I hope to keep working and serving my community until the day I die. I also hope to spend more time with friends and family. I want to keep learning and growing!
- Playing the piano.
- I perhaps wish I could have made more of a difference in my different work settings, and making more of a difference is what i am trying to achieve right now.
- Travel for as long as possible!
- I was not cut out to write the great American novel so that's out. I hope to live long enough to see our six grandchildren graduate from college. They range from 8 to 3 so I have a lot of walking and pilates to come to help meet that goal.
- I want to publish more, probably on education and social justice.
- Continue enjoying my family and being a good wife, mother, grandmother; grow my professional life.
- I wish I'd expanded my dissertation and I still hope write more poetry.
- I wish I knew.
- I wish I'd had or adopted at least one child. I still hope to write a book demonstrating the path and the possibility of living to the fullest, our birthright as human beings.
- revising the history books - I hope to enjoy life
- I am working on a memoir about how racism cheated my white family out of a better life.
- I wish I had learned to play the piano - tried lessons for a few years, but just never got any good. I've been studying Italian since retirement and hope to develop reasonable fluency
- I have now wishes about what I could have accomplished. I intend to continue to do the best I can in all my endeavors, and helping others, for as long as I am able.
- I'm generally very happy with my life. I hope to continue to find a good balance between being an active part of society and being with my family.
- a conscious relationship with a partner in life
- Better skills as a cellist (took up instrument when I was 40)
- dozens of projects on the list
- I probably should have aimed for more managerial responsibility in my work. I enjoyed the content and goals of project management instead of taking on higher level positions. I hope to publish some things now that I am retired: possibly children's books, and also some scholarly articles in art history.
- I accomplished more than I wished. I hope and expect to retain that perspective and be grateful for what I accomplished and can now share.
- I don't have any regrets. I hope to deal with future problems sensibly and to enjoy my life.

Q46. What do you wish you had accomplished, and what do you still hope to do? (continued)

- I wish I'd read and learned a lot more, studied a lot harder, made and kept a lot more friends, been a better neighbor, organized photos as I took them, kept a diary, traveled a lot more, not been so afraid of conflict, and not let parents' expectations affect post-graduate decisions. I'd like to get back to tutoring and start taking a more active role in my community.
- I wish I had had a happy marriage and had children and grandchildren. I hope to resume international travel.
- Keep active and independent
- I hope to be useful until I die. I have no idea what that will entail. I will continue to write family stories, so they will not be lost to later generations and to maintain my writing skills.
- Try to be more helpful to others
- There is nothing that I wished I had accomplished. I still hope to stay active and give back to my community.
- I had always hoped to return to Guider, Cameroon, where I did my dissertation fieldwork, but for multiple reasons that never has been possible. But the future is still open--it could happen. Overall, I have to say that most of my hoped-for accomplishments have been attained, if not quite in the way I had originally expected.
- What I wanted to accomplish I have managed to do.
- Taking on more responsibility in the workplace. I hope to become a little proficient in Spanish; develop creativity in collage, painting and ceramics; create and promote curbside; learn more about healthy soil and organic practices; promote gardening at Hartford schools and grow more vegetables for distribution in Hartford.
- I have had disappointments and set-backs in the course of my personal and professional life, but no regrets--I am deeply satisfied with the accomplishments I have achieved. My hope is for me and my husband to both continue to have the gift of good health for as long as possible so we can enjoy the simple pleasures and relaxed pace of our (semi) retirement routine--and have many more years together.
- I wish I'd written more about the satisfaction that comes from investing in community stories. Maybe I still will.
- There are several scientific manuscripts that I should have published, but did not.
- I wish I had done a better job of organizing photos and videos. I still hope to do that and I hope to write some articles about various life experiences.
- It might have been wonderful to have read more books, learned more languages, and maybe to have had a third and even a fourth child, but really, I feel full and satisfied when I reflect on my life. Regarding what I still hope to do, see my next response.
- I would like to travel more -- see places I've put off for kids and job. Otherwise, I'm happy with what I *have* accomplished!
- More work on accessibility and equality.
- I'll take life as it comes.
- No regrets - a waste of time. You learn what you want and need to thrive. Still hope to enjoy this beautiful world with my husband. Hope to live long enough to see my young grandchildren off to college.
- I have been working hard on promoting climate legislation for 6 years. I am hoping that I will see more significant legislation passed.
- I prefer to focus on the present and the future. I hope to continue my creative endeavors, to maintain valued relationships and to return to a pre-pandemic level of physical fitness.
- Wish I had had a successful career I could brag about. I have a life full of beauty and love which is worth more. I plan on creating more beauty and love and live strongly.
- I wish I had conquered the evil forces I encountered in my professional life. I will continue to fight for the natural world and the other living things that inhabit this planet.
- I've had two carriers. Maybe time for one more.
- Wish I had gotten a PhD at an earlier time in my life Plan to continue to learn more about watercolor painting and paint more. Spend more time in my garden

Q46. What do you wish you had accomplished, and what do you still hope to do? (continued)

- See granddaughter more.
- I would like to learn to make jewelry. I hope to improve on the clarinet. I also hope to acquire the skill of using a sewing machine in our church sewing group (once it is up and running again.)
- Travel
- Don't want to think about that.
- post-pandemic, I hope to go back to the volunteer work I was doing
- pretty satisfied
- I'm good. I hope to find ways to make a positive difference in the lives of those around me and in the world in general. I will always be searching for better ways to do this. I also want some time to arrange all of the personal things in my life (pictures, documents, etc). That's what retirement is for. :)
- Clean out my basement! Complete everything on my to do lists! I hope to keep on learning and contributing to making the world better.
- Learned to play the guitar. Gone to circus school. Acquired a hobby. Written a book.
- Very satisfied with career accomplishments.
- Travel more/explore more cultures/ hike more mountains
- To be honest, I can't think of anything I wished I had accomplished. I still hope to be a source of love and support to my husband and my family.
- I'm really happy with my achievements.
- Still hope to gather scattered insights and memories to share with the next generations
- Wish I could still become a doctor Hope to continue to reach out with caring and compassion to the world around me in thankfulness for the gifts I've been given
- I hope to convert my mother's documentary films from VHS format into permanent digital form and make them available to those interested in Great Plains history. I also hope to finish 3 books she was working on when she died.
- I enjoy what I do and am still working with no plans to stop. I do enjoy traveling.
- Happy with my accomplishments
- Create a highly successful platform for independent local retail; continue to support the future of renewable energy.
- I'm not driven at this stage for new accomplishments (I guess I was never that driven). But I would like to die suddenly before I become a burden to myself and others.
- Clean out my closets and my garage. Seriously, I look forward to working more in my community, as a volunteer.
- I would like to travel more. I also would have liked a family of my own—but I have many who love me!
- I should have gone to law school when I was accepted at the University of San Francisco in 1974!
- Married and had children Hope to do: make a difference; write another book; travel; keep learning and developing; make new friends
- I wish I had majored in Botany so that I could have achieved more to help preserve and protect natural habitats. I am working as a volunteer leader to restore and improve wildlife habitat in my county.
- I wish I could have earned a doctorate & taught college English. I hope to be able to teach at least one adult to read.
- While I was more physically able, I wish I had done more wilderness recreation. I wish my career had ended without all of the strife and stress. I hope to be helpful to other people.
- I feel satisfied with the course of my life. I hope to continue to be a good friend, mother, and wife.
- Wish I had travelled more and visited friends/family more hoping to keep doing it once Covid is conquered at an adequate level
- Become a more proficient artist. Would have loved to be in a singing group again...

Q47. What are you planning or looking forward to at this stage of your life, and how are you preparing?

- I am reaching out to enhance my friendship network.
- I'd like to travel more and worry less. In a holding pattern right now.
- I am merely moving forward and glad to be able to do so.
- Simplifying
- I'm really looking forward to being able to live with less "stuff" and without the necessity of dealing with it hanging over my head. My husband and I have been increasing our efforts to sort, shred, toss, or give away, but it's slow going, especially as life keeps getting in the way. I'm already enjoying (before the pandemic) and look forward to continuing to enjoy spending time with and growing my relationship with great nieces and nephews.
- Being with family - and yet traveling and most important to be in good health.
- Using my time and skills to help others. Writing stories, painting pictures, sitting with the dying, helping new Americans acclimate to this country....
- It sounds so corny, but I look forward to almost every day. I have a list a mile long of things I want to accomplish in a day, and I always have to move some of it to the next day. I am never at a loss of things to do.
- Change with reality.
- Planning to simplify my living environment and looking forward to more travel with friends.
- I am trying to slow down now that retirement is approaching. I seem to just get busier and busier. I look forward to continuing to serve my community, spend time with family and friends, read more and take advantage of opportunities to learn and grow.
- Mostly I look forward to doing more travel and more art projects.
- More travel and spending time with family.
- Making new things and gardening till I'm gone.
- My husband and I need to start planning - we keep acting like we are 60 instead of 71!
- Having time to do the things that what I want to do when I want to do them.
- Keeping active mentally and physically is a major forward-looking goal and getting back to seeing family and friends for many years.
- Travel. I planned a 2020 family trip to Alaska to celebrate my retirement, but the trip didn't happen and I didn't retire. I might rent my house and travel a lot. I look forward to retiring in 2023 after two more years of part time work (this year the pay was half-time and the work full-time)
- More travel. More reading. More writing and illustrating.
- More of what I've been doing
- I'm looking forward to seeing my family in TX when it's safe enough (ha ha). I'm taking everyone to Brown County in IN. I had to get rid of my car because I can't stay awake so my trips will be pretty much non-existent. Lest I sound sorry for myself. though, I'm not. Just limited.
- Just trying to stay healthy and see what life brings.
- Still looking for my niche in counseling/coaching in the area of well-being.
- Yes- traveling and staying healthy
- I am working on a memoir about how racism cheated my white family out of a better life.
- I would love to live in Italy for at least a few months - hard to plan at this point
- Continuing to be productive in the ways that interest me most and that are important to my academic field, volunteering for social justice work, long walks in interesting places, and lots of family time. Oh, and reading lots of good literature.
- Enjoying each day.
- contact with my family. second vaccine shot this week!
- Not planning far ahead other than trying not to leave lots of loose ends where I die

Q47. What are you planning or looking forward to at this stage of your life, and how are you preparing?
(continued)

- Travel, travel, travel. Volunteer work--am exploring options. Also see answer to #46. I'm taking a course on writing children's literature.
- Options for spending more time with grandchildren who do not live close by. Preparing by being flexible and remembering what it was like to juggle family and career.
- When the pandemic is over I want to be with my family, take the train to Philly, go to the theater, and travel some. No preparations.
- I'm planning to move to a retirement community because I have no children or other support system. It's happening much more quickly than I had wanted because I need to get the sibling I'm caring for also settled (in the same place, preferably) as soon as possible. But I'm looking forward to less stress afterwards, freeing me to get back to my own pursuits.
- I looking forward to continued good health, enjoying the love and friendship of family and friends.
- Each day is a miracle..
- The love of my husband, daughter and family. I hope to learn something new every day.
- Retirement financial plan
- watching my grandchildren grow up maybe some traveling
- Look forward to more travel and more painting
- I am looking forward to seeing friends in person and make new friends.
- I am grateful for my health, and the fact that Rob's Parkinson's is under control and that we have friends and family with whom we stay in contact, despite the pandemic. Once it passes--assuming we are all successfully vaccinated and some new version of everyday life returns, we will be free to travel and visit again.
- A wedding, more grandchildren (I hope), traveling locally, keeping active mentally and physically
- I am looking forward to creating more art, and enjoying my family.
- Looking forward to spring and growing vegetables; enjoying the outdoors; visiting family and friends once Covid is not a barrier;
- My husband and I both plan on working part-time and not retire completely unless and until we develop age-related medical issues that prevent us from doing so. We plan on living in our home as long as possible, and to make that possible my husband designed and built a completely accessible bathroom on our first floor (originally for his multi-handicapped brother who lived with us for 10 years). The house is also wheel-chair accessible via a lift from the garage floor to the first floor that my husband originally installed when his brother could no longer walk.
- I am SO looking forward to introducing my grandson to the joys and rewards of looking closely, exploring broadly, playing with words and paying attention. I feel well prepared for this assignment.
- More time with out three children and three grandchildren and more traveling. Trying to stay in decent physical shape in order to enjoy the time we have left.
- I am hoping to travel more, once the pandemic is under control.
- I am looking forward to many, more healthy years ahead. To prepare for that I watch my weight, diet, sleep patterns and physical exercise routines. I plan to be a loving, positive influence in my grandchildren's lives; and I am reading about new ways of parenting and grand parenting since our children were growing up.
- I look forward to reading more, writing more, creating more art. I look forward to bringing some order to the writing and photography I've done in the past.
- Someday I'm going to retire from my job, but not yet ready. Am working on getting the financials to work out!
- Being able to be with my daughter and her family including my grandchildren more and perhaps living together. Travel.
- see above
- Post COVID: more travel, gardening, my children and grandchildren
- Travel, getting vaccinated
- Spending time with my husband, travel and continuing with my creative endeavours. Preparation is to stay healthy.

Q47. What are you planning or looking forward to at this stage of your life, and how are you preparing?
(continued)

- Taking care of and nurturing those I meet. Taking care of and learning to nurture myself.
- I have to be prepared for a life closer to home than I would have liked due to my husband's health issues.
- I want to pass on possessions in good condition to create as little disruption as possible in the life of my child. I hope to die peacefully and bravely with humor having avoided being a burden. I therefore try to keep myself in good health and my belongings in good order. I confess however that it's an uphill battle!
- Staying mentally and physically healthy for the next two decades of my life in order to enjoy my children and grandchildren and do some interesting travel with my husband if we can get out from under the pandemic restrictions. Also trying to do what small things I can do to keep the world tuning in peace.
- Preparing to move nearer to family
- I am looking forward to more traveling and seeing my grandchildren. I also look forward to more volunteering and continuing horseback riding and learning the clarinet. After Covid I plan to look for classes to learn jewelry making.
- Don't want to think about that either
- I am looking forward to more time with my grandchildren, and I am trying to stay in shape so that I can be active with them
- continuing to be creative, be a good grandmother- a good example of someone independent, curious and engaged in life
- See above.
- Trying to stay as healthy as I can, because that determines what I can do. Looking forward to doing more travel (since the pandemic torpedoed my travel plans) and seeing my grandchildren again.
- Learning ... Leading Writing
- The pandemic being over and being able to travel again.
- Physical & mental fitness to accomplish goals, and social outreach post-pandemic
- I hope to remain intellectually curious and active, learning new things through travel, interactions with others, reading.
- Given my health and the pandemic I am looking forward to tomorrow.
- I am enjoying learning how to relax. I am looking forward to remaining as physically fit as my body will allow and to appreciating the importance of social involvement.
- Just now looking to "re-pot" for the next 15 years
- more travel, more time to spend with my best friend who is just now retiring
- see above answer
- I'm hoping to remain healthy, enjoy my grandchildren and travel.
- Trying to go day by day and get through Covid
- I'm still working full time as CEO of a start-up and also consulting. I'd just like to sleep in three days a week rather than two. That's it.
- A bit more travel, when it becomes possible.
- Travel. I hope to stay healthy and agile enough to travel widely. We'll see how that goes!
- Contemplating retirement and seriously considering returning to my childhood home.
- Just hanging in a while longer in reasonably good health!
- Preparing for old age transitions; deaccessioning; making new friends; becoming more active in apartment building and profession
- Three of my children have yet to complete their families, so I look forward to being an important part of my grandchildren' lives. I am simplifying my home life and reducing commitments so I have more time for them.
- Planning to be an active grandparent, lose the Covid 20 pounds, & hike more.
- I truly hope that travel opens up again so that we can get back to camping in our little Airstream trailer. I would love just to socialize with friends and family in person. I am working on a Japanese courtyard garden.

Q47. What are you planning or looking forward to at this stage of your life, and how are you preparing?
(continued)

- I practice living in the present as much as possible. My life is simple these days. I focus on the people near to me in my family and community.
- More travel, friends, family fun. Saving money, having a time share, including people in my life as I can.
- More art, more writing! I wrote 11 ten minute plays this year; so much fun!

Q48. Have you been able to create pockets of joy during the pandemic? If so, how have you found or created that joy?

Yes — 105 (99%)

No — 1 (1%)

Comments — 97

- I've tried to remember that each quarantine day is as important as other days, so use it, enjoy it, learn a new recipe or skill or idea (even from youtube).
- Keeping contact with family and friends.
- I was very lucky to become part of two "pods", which started when Alexis was here. (And, I was very lucky that she and her sweet, little Maltese were here for 6 month; actually,, Tilli the Maltese was here for 7 1/2 months as Alexis went back to New York before she could move into her new apartment). The pods are both groups of people that have been part of our lives for years. That has continued. I also have some very wonderful folks that I have worked with with whom I am also very engaged. Some of this involves actual time together, and some is mostly via zoom and texting. However, it has been wonderful to have this during this otherwise dreadful year.
- Appreciating times together physically distanced outdoors.
- Since my schedule was generally quite full pre-pandemic, I've been surprised at how much I've enjoyed and now relish a slower pace. It's also been a joy to observe so much wildlife in our backyard, which I've enjoyed photographing. And I've made an extra effort to stay connected with family and friends and the FaceTimes, Zooms, and socially-distanced visits with all of them have been a joy.
- Talking to friends by phone
- Enjoying the great outdoors (living where I do makes that very easy)
- I have been fortunate to have a family bubble and we welcomed a new granddaughter during Covid. I was able to continue teaching people in Alaskan villages and some of our refugee population in Zoom
- Yes and no.
- My life has changed a lot less than most people's. What has been the biggest joy since lthe pandemic started? Trump not getting re-elected!
- Not sure I'd classify it as "joy", but I've found great enjoyment and peace from solitary walks while listening to a wide range of audiobooks.
- Reading, spending more time with my husband, connecting via zoom with family and friends I hadn't seen in a long time, walking.
- Joy might be strong. Sitting outdoors and drinking wine with friends has been perhaps the most enjoyable activity of the pandemic.
- I used this time to concentrate on eating healthy, exercising and losing 60 pounds.
- I've luxuriated in the solitude and silence.
- I've read a ton of books and have done much to improve the appearance of our weekend home (which has been our daily home during COVID)
- Connecting with family/friends and learning new things through Zooms, study and writing.
- Meeting with friends, walks or dancing in the park.
- Facetime chats, card games, and reading with our grandchildren.
- weekends with my grandson who was born in February 2020
- I've been sewing with felt and making penny rugs. It's like drawing with thread. I've also been making dolls for my granddaughter. Working with my hands keeps me sane.
- Sitting quietly with my husband in the evening, watching tv and doing needlework
- Through family and friends, mostly on Zoom
- My apartment looks out over a beautifully landscaped courtyard.From early morning until about 12 and then later in the afternoon it's a perfect place to go and read or meditate.

Q48. Have you been able to create pockets of joy during the pandemic? If so, how have you found or created that joy? (continued)

- Calling friends and taking walks.
- I rescued a dog right before the pandemic began. He is a source of comfort
- It's been all good; husband and I have a new relationship after 30- some years of dissatisfaction; I'm loving playing the piano after 50 years of not; I'm really enjoying people now.
- Would you like to see my knitting projects???
- I have a really good husband.
- Cooking - tried lots of new recipes (and have the extra pounds to show for it) ZOOM classes that allow for students from all over the world
- I continue to work with groups (DEI-type work); I continue to connect with family and friends via telecommunication, and I've enjoyed exercising daily with audio books.
- Spending time (such as it is on Zoom) with people I really care about.
- Being content with each day rather than fretting about the future.
- investment in a new cohousing community
- Zooms with family and friends
- connecting with friends and family
- friendships and creative projects. Also just solitary reflection.
- Spending time outdoors in all seasons.
- Reading funny, funny comments on Twitter; walking in my neighborhood and talking to my neighbors from 6' away; listening to audiobooks; Facetiming with my granddaughters; working with beautiful yarn, podcasts; and lately, watching Cocktails with a Curator from the Frick Collection on YouTube
- Music - singing, playing, listening, and dancing. Plus dark chocolate helps!
- I've reconnected with an important friend. I've enjoyed participation in area MHC book group.
- Whatsapp communications with kids, telephone calls, reconnecting with my MHC roommate
- I have found walks with my dog, reading and writing helpful.
- Friends
- I walk daily no matter the weather. Connecting with the natural world keeps me alive and awake to the wonder around me. Spending time with my grandchildren
- time again with painting and the natural world
- Once we decided that it was safe to be with my son and family in town, I have made pockets of joy by having my two granddaughters over for sleepovers. Their parents and teachers have worked hard to make them understand the need for masks but also feel safe. I can give them a safe space to be creative and have fun.
- When the weather was nice, we regularly walked around our neighborhood with good friends who lived nearby. Zoom contacts with MHC friends and university colleagues have been terrific.
- Zooming, getting closer to others
- Zooming with friends, and creating art.
- Walking alone or with others; watching movies; listening to music; zoom calls with family and friends;
- Surviving breast cancer gives me perspective in facing the Covid virus: I can actually feel joy that I am now dealing with a disease which, unlike cancer, I can elude with simple, inexpensive, cost-effective and pain-free methods like mask-wearing and social distancing--I can actually prevent myself from getting the virus rather than just respond to it once I get it, as I had to do with breast cancer by having bilateral mastectomy.
- I share a "Covid pod" with the young family, so the reliable joys of nature walks, water play, gardening and making useful things for loved ones are compounded a thousand - fold.
- Seeing one daughter and two grandchildren who live in the area by all of us staying isolated and therefore comfortable being together. Zoom groups with MHC friends, book club, and other groups.
- Staying in touch: a. motivating/being motivated for daily exercise, and b. exchanging giggles found on line.
- Often we have invited one or two older friends who live alone to join us for dinner. We have watched Netflix a bit, and are active in our faith communities in safe ways.

Q48. Have you been able to create pockets of joy during the pandemic? If so, how have you found or created that joy? (continued)

- Reflecting with my husband on our lives, our memories and all we have to be grateful for. Also, the things I mention in my response to the next question (with the pandemic-induced adjustments like doing our connecting with grandchildren and others either outdoors or online.)
- Communicating via Zoom with those we can't see in person. Listening to music and watching movies (CDs, streaming, etc.) to replace live concerts and theatre.
- Minimal, but was able to spend week with daughter and family on waterfront beach
- Learned to do so many things I hadn't done before. See my kids weekly through zoom.
- A neighborhood group of 5 couples met weekly starting last March until November. Outside, socially distant great conversations & life stories ensued. All younger than us. Would not have gotten to know them as well in preCOVID
- Keeping in touch with my daughters, one niece (who is my younger daughter's twin as they were born 2 days apart) and their children.
- Daily email exchanges with my best friend from childhood days. We have known each other since we were 10 years old. Forest walks with my husband. More time for creating art.
- Family zoom calls.
- Staying connected with good friends by phone and masked events such as hikes and cups of tea with chocolate (dark!). Watching sunsets and breathing deeply.
- Time to think.
- I love to bake so I bake for my step-dad, my granddaughters, neighbors, especially older neighbors who can't get out. They really enjoy it and it really pleases me to see their joy at a lemon pound cake or gluten free chocolate chip cookies.
- Family and church gatherings
- I have taken a photographic history of the small things that have defined life during this pandemic. I plan to make an album showing all of the small joys I found in staying mostly in one place. s pand
- getting out in nature, exploring our local area
- My daughter asked me to join her family during the first three months of lockdown. Such a gift.
- Zoom gatherings with family and friends, a lot of time outdoors, time to go through memorabilia
- spending time with husband, FaceTime visits with grandchildren.
- Zooming with friends and family. Zumba Zooming with my Zumba friends. Quiet time with my husband. Since I couldn't travel for business, we have enjoyed having more time together this past year. Having wine with neighbors and friends on our back patio.
- Yes, I talked more with my out-of-town friends and relatives more often. In good weather, I'd "take a walk with them" when we were on the phone. I learned Zoom and hosted some meetings for some older folks. I attended virtual religious services more often than I'd done in person.
- Formed a Covid Pod with my son, daughter-in-law, and 2 grandchildren in Rochester, NY
- Reading
- With all of our children and grandchildren on the opposite coast, we've had weekly Zoom sessions with our kids, so adult conversations, and all of us make that time a priority. That's been huge!
- Exploring my new community & state. Sharing with others
- Zoom calls with family and friends; Finally whittling away some of the home projects on my "to do" list.
- Once I got over the initial terror and summer brought the ability be outdoors I was able to paint with the group of women I am part of and to see my stepdaughter and her family outdoors. I try to live not even one day at a time but maybe one few hour chunk at a time. My day is structured around my two dog walks and cooking dinner and whatever else I do is a bonus. I miss my children and grandchildren terribly but enjoy facetime with them a lot. I also get hilarious videos of my little grandkids frequently.
- We are so fortunate to be able to hike in the Smokies all year long. I purchased a kayak last fall and have LOVED being on the water.
- Mindfully celebrate multiple times daily!
- Giving myself permission to read every afternoon and have my one allowed cookie
- Fortunately, I have been able to leave the house everyday. I talk with friends via Zoom.

Q48. Have you been able to create pockets of joy during the pandemic? If so, how have you found or created that joy? (continued)

- Zooming with others. Podding with my family
- We evacuated my middle son, his wife and two very young children from Brooklyn to California in March, 2020 and they were with us for seven months.
- The pandemic gave me more time to myself, since many of my volunteer activities have been cancelled.
- I am by nature a happy person. Staying in touch with friends has helped enormously. Also adopting two rescue poodles – 9-year-old sisters who had never been apart – has added fun and chaos to my life.
- Just taking life day by day and seeing the beauty of nature
- Baby watching great niece and nephew; contacting friends; reading a good book or seeing a good movie
- I am deeply satisfied with my "water family" - kayakers with whom I paddle almost weekly, and with the garden volunteers I work with every week.
- Grandchildren, lots of reading
- In general, I think happiness is a choice, not something that happens as good or bad luck from the outside.
- My son has temporarily re-located from LA to living with us--we have had a joyful time together as a family, discovering new ways to play and love.
- Friends and contacts via Zoom and facetime...keeping it up
- Painting and writing

Q49. What gives you peace of mind?

- Friends and family
- Knowing that the people I love are safe and happy
- I am healthy and Alexis is healthy.
- Family safe and well and happy
- My faith, my rock-solid grounded husband, support and love of family and friends, and having financial security.
- Friendships - remembering the past
- Getting out and moving in nature. Going where the wild things are....
- Oddly enough, I think the fact that my crazy stuffed life is well-balanced with family, work, volunteer activities, outdoor exercise and solitary pursuits affords me peace of mind.
- Knowing that I tried and accomplished my goals.
- Knowing that I have the financial and emotional strength to get through most any challenges in the years ahead.
- Being in the out of doors. Reading. Having leaders who are sincerely working for the benefit of the people they represent.
- Knowing that my kids are doing well and leading happy lives.
- Variety of experience and adventure.
- Nature, whether the Green Mountains of Vermont or the red rocks of Sedona. Planting - getting my hands in the dirt.
- Access to pertinent, accurate and timely information
- Gardening.
- Music
- Sometimes meditation does, but it is a scarce commodity
- Yoga. Art. Love.
- Love and meditation
- All that I have around me and near me in terms of affection and connections.
- to know that my children and grandchildren are well and to know that I've bought into a place where a place where I can live independently, until I need increasing levels of care and where I've made new friends I supposedly have enough money to live on.
- Denial?
- It's hard to have peace of mind when I look at the inhumanity of man toward mankind and the destruction of the environment.
- Meditative practice; playing piano; writing; David Whyte (poet); having great conversations with people. Also clearing up issues that come up with people places or things IMMEDIATELY and without blaming anyone!!!
- cleaning horse stalls
- the woods
- Knowing my daughter has found the love of her life and is about to become a mother
- Living life to the fullest every day. I journal daily and note appreciations. It's a wonderful way to end each day. There is ALWAYS something for which to give thanks.
- Well being of my family, long hikes, appreciation for my long , good relationship with my husband.
- knowing that my family is happy and safe, sleeping in the arms of my lover
- Meditation, worship
- Love of and from family, friends, neighbors. Gardens. Music. Art. Water - from oceans to ponds - light reflecting on the water.
- Just being satisfied; the dependability of my husband
- When I get anxious or in "fix it" mode, I find it freeing to know that when push comes to shove, the most that we can really achieve is the illusion of control — and that may be enough!

Q49. What gives you peace of mind? (continued)

- Eating and sleeping well; regular meditation and yoga; gardening and bird watching.
- A good book always. Enjoying the little things of each day.
- That Donald Trump is no longer our president.
- Random acts of kindness still exist
- the knowledge that the sun will come up tomorrow whether I am ready or not
- Meditation Writing
- I am lucky to spend the pandemic with my wonderful husband, who is patient, optimistic, and always interesting.
- Having tried to do my best, make the best choices I could, under difficult circumstances, and made my peace with the outcomes, even if they are not what I had hoped for.
- Family and friends, NOT current events!
- I know that I have had a wonderful life.
- Relaxing breathing; yoga.
- I am at peace fundamentally because I have "given it my best shot" in my professional work and my relationships with the people I love. I could not always control the outcomes, but I did everything I could to steer the course toward positive outcomes.
- It must come from a Higher Power b/c there's not much out there to be found.
- Reading, being outdoors, being with family.
- quiet meditation/prayer
- My Faith/religion
- Nature
- Prayer, scripture, journaling, and reminding myself that God is sovereign give me peace mind. Since my husband is a very solid, smart, loving and emotionally stable person, he often gives me piece of mind when I seek his counsel.
- Feeling healthy, feeling well-rested, spending happy time with grandchildren, feeling connected with all my loved ones, feeling connected with the beauty of the natural world, doing art Remembering that the younger generation is full of energy, talent and motivation to create a healthy planet and a kinder, more equitable world
- Knowing that my family and friends are safe and healthy; that my children are adults and living their own lives (jobs, living places) and independent of their parents.
- Knowing my kids are happy. knowing my husband and I have been vaccinated. Having so many good friends. It was very therapeutic to give political donations this past year to Democrats.
- Meditation Gardening Seeking laughter in life
- Nature
- A walk in the forest. Quiet times and connections with friends and family.
- The sure knowledge there is always more
- Spending time at the beach.
- See 48
- Friends.
- Yoga practice Walks in the woods or nearby parks
- My faith.
- When I achieve it I'll let you know.
- when I know my children are well and happy
- quilting
- Knowing that my kids are well and happy. Being with my husband and knowing that he is well. Knowing that the rest of our families are doing well.
- Meditating, dancing or singing.
- Being outdoors on the water or in the woods.
- Knowing my children have turned out well and having my grandkids want to spend time with me.
- Walking outside, yoga
- Knowing that the past 4 years are behind us

Q49. What gives you peace of mind? (continued)

- Nature. Family. Religion.
- When I reflect as I go to sleep on the joys of that day. When I find myself in a beautiful natural setting and sense awe.
- Having had a really rich and full life up til now. I think that makes it easy just to live from day to day. I also really appreciate the times when I feel physically well.
- The knowledge that I am loved in my family.
- hiking, walking, gardening
- My faith
- Good health and economic security
- doing my best to treat everyone fairly and with the respect each deserves
- I try to maintain a joyful attitude.
- Walking. Reading
- I wouldn't say I have peace of mind. I'm reasonably certain that with population growth and degradation of the planet, that human's will extinguish themselves within the next century.
- Adequate sleep and exercise. Then everything else falls into place.
- Having a new president, vice president and a Democratic majority in both houses of Congress. I hope they can repair most of the damage done in the last four years and make significant progress on returning the US to a position of moral leadership in the world.
- Bring with friends, religion, and knowing I am loved
- Knowing that I always acted with integrity and honesty.
- Family ties Reading novels Friends
- Watching birds, doing yoga, reading every night before bed. Living with healthy habits every day. Eating the food I grow.
- Hope that both political parties will become less extreme & less divisive.
- Wild nature.
- Adequate money and friends/family. Easy spaces to live in. Comfortable with travel and my choices.
- Meditation, family, new kittens...
- being out in nature

Q50. What are your favorite sayings, mantras, or pearls of wisdom that you would like to share?

- There's no time like the present.
- A cliché, but "Don't sweat the small stuff—and it's all small stuff".
- Take each day as it comes, keep an open mind, have a positive attitude, and keep moving forward.
- Appreciate the moment. Do what you want to do while your health is still good.
- My mother used to say: " You get too soon old and too late wise. " As I have gotten older, I now understand what she had been saying but it is now unfortunately a little late....I try to tell my sons this line but I think we all need to learn how to experience life as we plod along, mistakes and all.
- Don't tread on dreams, pick your battles, when the time comes, let it go.....
- Just do it right.
- Never, ever, ever give up fighting for a cause you believe in deeply.
- Don't sweat the small stuff.
- Acceptable at a dance, invaluable in a ship wreck!
- My mother took the view that the most dangerous people were those who did not know what they did not know -- so they never knew to ask.
- Be the change you want to see.
- At the moment, This too shall pass..."
- A bird in the hand is worth two in the bush. Fight fire with fire. Do unto others as you would have them do unto you.
- I look forward to reading the answer to this one from my classmates.
- Be Here Now! Stay in the Present; a Day at a Time; live and Let Live.
- I don't have any- sorry
- One attracts more butterflies with honey than with vinegar.
- can't think of any!
- Live, love, leave a legacy.
- Lately I have been saying that life is too short to read books that are not wonderful. So I do not...
- Tell me, what is it you plan to do with your one wild and precious life?, Mary Oliver
- There is no way to peace. Peace is the way. (AJ Muste)
- Peace.
- My mother-in-law used to say, be useful. Be kind.
- Three: One thing at a time, one step at a time! There are always options we haven't thought of yet. It's never too late to have a HAPPY childhood!
- I like good writing and always open to new examples.
- This too will pass
- When sick:. Abi =go away - to the bug Carpe diem seize the day Forsan et haec olim meminisse iuvabit - perhaps some day it will delight you to remember these things.
- Nothing is simple!
- If it's not nice and kind, don't say it. As a teacher, I had to explain to children that just because something's true, it doesn't mean that you have to say it.
- Don't let the bastards get you down. Take care of each other. One foot in front of the other.
- Abraham Lincoln's favorite: "And this too shall pass."
- Do what you can, where you can, when you can. Do what you gotta do. Life is like clay, you can shape it but it shapes you.
- We should reject negative labels that our culture applies to us because of our age; I invite you instead to apply to yourselves some positive labels that I apply to myself: we're "Queen-agers" and "1949 Classics" ! Also, I will share with you this quote from Marcus Aurelius, which reminds me that happiness is the result of not taking things for granted: "When you arise in the morning, think of what a privilege it is to be alive: to breathe, to think, to enjoy, to love."

Q50. What are your favorite sayings, mantras, or pearls of wisdom that you would like to share? (continued)

- Ohm, Shanti. People who say it cannot be done should not interrupt those who are doing it. You wonder that the fabric of our land doesn't tear apart, there are so many of us tugging on it.
- "It will all work out!"
- Hang in there. We can do this.
- Hang in there!
- "Worry about nothing. Pray about everything." Philippians 4:6 "Don't do just what is expected of you. Go the extra mile." (one of my father's frequent pearls of wisdom.
- There are many ways to get things right.
- Life is what happens to you while you're busy making other plans. -- John Lennon
- People plan, God laughs.
- Kurt Vonnegut poem: Joe Heller Get outside: enjoy this beautiful world
- Micah 6:8 is my mantra. "And what does the Lord require of you? To act justly, to love mercy and to walk humbly with your God,"
- I have been collecting and recording messages of hope since the outset of the pandemic. A recent favourite: "Even the iciest winters thaw eventually." from (Katherine May)
- Try to keep a positive attitude even when things are rough.
- Cut yourself some slack!!
- Always behave/act the way you want to feel inside. Outward behavior can really change your emotional state of mind. Smiling brings joy.
- From my grandmother - "Take the initiative!"
- Never give up.
- A decision is not ready to be made until it doesn't seem like a decision anymore.
- Don't let the perfect be the enemy of the good.
- so glad I'm not having to go to work!
- My Dad passed this one on to me: "keep plugging" It's worked for me.
- 1) I always have advice to give. It may not be worth anything, but it's free! 2) Serenity prayer: May I have the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.
- A woman can do anything she wants.... just not all at the same time.
- Life is short, eat dessert first!
- If you think something happened x years ago, it probably was 2x years ago. And a rule of thumb for whether to continue reading a book: subtract your age from 100 and if you're not into the book by the # of that page, feel free to not continue with that book.
- In 2021, my watchwords are patience and hope
- The sun will come up tomorrow. Ain't life grand.
- I love the Seamus Heaney quote based on his experience in Northern Ireland that was read at Biden's inauguration from "The Cure of Troy": But then, once in a lifetime The longed-for tidal wave Of justice can rise up And hope and history rhyme. And this from Angela Davis: "You have to act as if it were possible to radically transform the world. And you have to do it all the time."
- Remember what you have control over and what you don't. Stick to focusing on those things over which you do have control.
- "The woods are lovely, dark, and deep, But I have promises to keep, and miles to go before I sleep" Robert Frost
- the only thing we ever control in life is our own attitude
- If it doesn't kill you it only makes you stronger.
- Each minute counts. Don't waste one by grieving before you have to or agonizing over the future.
- I have always subscribed to the dandelion philosophy: Bloom where planted. A friend's late wife had an even better mantra: Everywhere you've been is on the road to where you are going.
- "Class" is Grace under pressure.
- Hang in there!
- Have the discipline to take care of yourself so you have the energy to help others.

Q50. What are your favorite sayings, mantras, or pearls of wisdom that you would like to share? (continued)

- “When you are going through hell, keep going.” Churchill
- "I can handle this." "Never confuse having a career with having a life." "Let go and let God."
- Better to have loved and lost, then never to have loved at all. Two roads diverged in a yellow wood...
Chacun a son gout.
- Look for the holy and beauty in the ordinary; all great art serves as a portal to the sacred