

I will share what I've been doing for the past three years - not as a guide to anyone else - but rather to explain my confusion about how to now answer the question of this blog. I also am seeking your input on this perplexing question: **What do you and I do now so we can enjoy our world and stay healthy?**

I am north of 65 and have a lung scar from my youth, two factors which led me to be very careful and to modify my pre-COVID behavior. As a result, for almost three years, my husband and I have gone almost nowhere. We see only a few close friends in real life (newly termed "IRL" by the cognoscenti) and only after they've had a negative rapid COVID test the day we see them.

I have conducted all my therapy, POP Family Coaching sessions, Caregiver Support groups I lead and my other business over Zoom. By all reports, that works remarkably well most of the time and some people actually prefer it to in-person sessions.

We have had all our groceries and everything else delivered to our door. I try to keep myself "uplifted" by announcing "Presents!!" when Amazon delivers packages, even toilet paper.

When we need a different view of life, my husband and I get in the car and drive around sometimes and that actually does refresh me. Occasionally we go to a restaurant when it's warm enough to eat outside, we usually request a table at the distant end of the patio.