

Do we go back to working out at the gym? Do we go to religious services? Do we return to supermarket shopping? In all candor, marketing was one of my least favorite of the domestic arts so I'll probably use Instacart forever.

Do we plan to host or attend events with others? Outside in the winter, even in Southern California - that can be a challenge? How many people is "too many" to be with? Do we still ask everyone to take a home test against positive COVID before we get together?

How would someone we love feel if they'd been out in the world and ended up giving me or my husband COVID? Terrible, but it still feels very awkward to ask our family and friends to test before seeing us.

And let's be straight with each other: NO ONE knows the long-term effects of COVID. Do we really know: will aging brains be further weakened against dementia?

Will older lungs be more vulnerable to the pneumonias so many of us get, especially living in senior living residences and not just skilled nursing facilities. What other things may be impacted if we get the virus? There is a lot of speculation in various medical articles and some suggest the possibility of pretty dire long-term impact particularly for seniors.