

## The Age of Corona Virus aka: Covid19

The sky is falling, the sky is falling! Chicken Little's voice cries out in my head. Not the way I want to wake up at 4:30 in the morning. A European folk tale of a little chicken who believes the world is coming to an end. Mistaken belief that disaster is imminent.

My feelings about Covid 19 are a mixture of disbelief and awe. In my lifetime? How is that possible? Running dangerously and uncontrollably in the Strongest Nation in the World. Impossible! Right? If you were to tell me that this scenario is going to happen, I'd laugh. Oh, I've heard those stories before....my parents, my grandparents, their parents, it happened to them, but us, in this day and age! No Way!! This happened to people that didn't have the knowledge, the resources, the capabilities that we have now. And yet here we are.

We are being told of how Covid 19 spreads, how dangerous it is, how expensive and how deadly. I won't get into politics, but in my opinion.....very early on the ball was dropped. "People that don't believe in science, medicine and the fact that if we don't take care of Mother Nature, she will fight back!

“Someone” dropped the ball, someone that doesn’t believe that science, medicine and our eco system are just as if not more important than politics.

In my Family, we hug, we give kisses, we see each other. This is one of my greatest challenges right now, not seeing my Family. Not holding my great granddaughter, whom I adore. Not hugging my 16 year old grandsons who tower over their Nani. Not holding my granddaughters, gazing into their eyes and telling them that they’re beautiful, to believe in themselves and that Nani will always be there for them. I’m also, missing my children, my three beautiful children, my heart and souls. I’m grateful for technology, we keep in touch that way, but the act of not being able to reach out and touch any of them, is not there. It’s a different kind of loneliness.

Money..hmmm. When you live on Social Security it’s a month to month issue. We all have money problems. We do what we must. These Covid days have brought us to such a frenzy that we’re storing more food than we know what to do with. We order our groceries, have them delivered, or we pick them up curbside. Now the greatest mystery seems to be the shortage of toilet paper! Go figure!

I believe your mind is the most powerful tool in your “well being arsenal”, it’ll save you or break you. One day my mind tells me “it should be over soon”, other days it tells me, “get ready, Chick, it’s coming for you!” I’m 66, kinda healthy, to my knowledge the only thing wrong is that I have a fatty liver. Does that make me strong enough to handle Covid 19? My worries are who will take care of me if I get sick? How could I possibly ask or expect a family member to take care of me knowing they might get infected. So many things that this horrible virus does to your body.....fever, headaches, breathing problems, pneumonia, eye infections, lesions like chicken pox, cough and the latest, strokes!! I’m sure I forgot one or two other things, but for now this is enough. Am I scared....You’re Damn right I am!!!

Heroes! Yes, we have heroes! In their invisible, angelic capes, they heal us, feed us and guide us. The Heroes are Doctors, Nurses, Physician Assistants, Nurse Practitioners, Lab techs, Diagnostic techs, X-Ray techs, Psychologists, Substance Abuse techs, Pharmacists, techs, everyone in the healthcare system, Firemen, Police force, Grocery workers, Restaurant workers, Delivery people, Teachers, Mail carriers and just

your every day laymen that go that extra mile for their neighbors. Thank You, we are Grateful.

FAITH, my Faith has carried me through my entire life. Everyone goes through their lives with adversity at one time or another. I've had my share, we all have, but I believe it's how you handle "your situation", "your adversity" that is important. I have decided to handle this virus with caution. I will listen to those that know more than I. Doctors, Scientists and other knowledgeable leaders. I will do my part in social distancing, I will wash my hands a zillion times and I will wear my face masks where I need to. I will do what I'm asked if it means bringing the day that I can hug my Babies again a little closer. I will do my part to make this world as normal as possible, again. Again and again, we need to try. These are all safety measures, like putting on your seatbelt. We didn't necessarily like it at first, but then we realized it saves lives, so it must be ok. Safety measures and Faith.

Unlike Chicken Little, I'm not going to run down the street yelling that the sky is falling. I am going to Listen, stay Vigilant and Pray. Thank You for letting me express my feelings. Pardon me if all the punctuation wasn't correct, but know that it was all

from the heart! Let's beat this covid 19! May GOD  
BLESS US ALL.....