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## COVID-19 Personal Reflection

Nancy Roberts Munson

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1959 Nancy Roberts Munson

For the first few minutes when I wake up, I forget. Then slowly the reality of the world hovers and then sets in. How unimaginable this is! Who would have thought three months ago this was even possible. I can't grasp the numbers but then I can't tear my eyes away from the headlines. Six months ago I moved to an independent senior living apartment, two hundred apartments here, people close by but still the isolation can be overwhelming. We have been ordered to stay in our rooms.

Surprisingly some days go quickly. There are many of our activities on Zoom, exercise classes, book clubs, lectures. Small things can be very important, a neighbor bringing me two homemade masks, little bags of candy hung on our door, watching the trees and flowers bloom, enjoying a walk in the sun (masks on even outsider). Contacts are wonderful, talking on the phone to friends and classmates, a Zoom session with family, very special. There may be lessons here, we are learning to slow life down, appreciate the simple things and above all cherish friends and family more.