

## 6-5-20 Gratitude and Inspiration

While these certainly are very challenging times, it is still possible to be grateful and to find inspiration.

I am grateful for the teamwork we have in Halifax. The Halifax Covid 19 Task Force, consisting of the Fire Chief, the Police Chief, the Town Administrator, the Board of Selectman, and I speak daily, sometimes even on the weekends.

You cannot place a monetary value on teamwork. It is priceless. The town of Halifax and I are so fortunate that we have this.

It is not only teamwork in the sense of working together. It goes far beyond that. We are fortunate to have their knowledge and the particular personalities. We have kind and reasonable people sharing their experience with an informed and gentle approach. If more gusto is required, then I trust them that it was necessary, and I say mucho gusto to that!

I am grateful for being informed. While I have frequent conference calls with the Department of Public Health, others are having their own conference calls with Fire Chiefs, Police Chiefs, and Town Administrators and then we all inform each other.

Today I was informed that protests we have heard about in the news regarding other places, will continue. People have the right to protest and the goal is to have them all be safe. I learned that not only will they continue but they will not only be happening in cities. The protests will spread out into the suburbs and small towns. With safety of all being of the utmost importance, Health Agents are urged and warned to put aside enforcement of COVID-19 precautions and guidance, such as social distancing and the wearing of facial coverings.

While it is unfortunate that this will most likely create a resurgence of COVID-19 cases, we are doing the best we can to keep people safe in other ways. I am retiring on June 30th and I wish to retire alive. I am grateful to the Department of Public Health for recognizing and prioritizing our roles and responsibilities during these now extra difficult times.

We are recognizing the importance of people expressing their grief and outrage over inequities and injustices while trying to stay safe.

Please let your friends know that while you might have the best of intentions to have a peaceful protest regarding current injustices, also be prepared for outsiders arriving who turn a protest into a riot. Protests, if they don't block the sidewalk and if they don't block the road, are not only allowed, they are an expression of people's civil rights that do not harm anyone else's civil rights. However, a violent riot is not a right; it is a harmful travesty.

Yes, I have so much to be grateful for and I also find inspiration in unexpected places. My fractured right wrist and aggravated arthritis is more than

annoying. It is painful and prevents me from doing so many things. Yet I do see slow progress. I have recently placed a paper clip on two papers with my right hand and I recently succeeded in taking off and replacing a toothpaste cap. if you have never had those capabilities denied, you might be surprised at the level of frustration.

Because of these in abilities I frequently wonder what abilities I will have in the future. Will I ever draw again? Will I ever paint again? While I don't know the answers to those questions, as these recoveries are very slow, I know there is hope.

Recently, while driving around, I witnessed two different women, at two different addresses, gardening. They both were smiling as they enjoyed their outdoor activity with plants. What they had in common was more than their enjoyment of gardening. They both had serious physical disabilities, using canes and chairs to sit in while they gardened. And yet they smiled. They had no idea that they had inspired me and gave me hope!

Be on the lookout for inspiration. It is so worth it! And then be grateful for it!

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