



## *A Note from Executive Director, Lisa Zimmers*

### **Going South**

It's that time of year when students of all ages return to school. School buses will be on the roads in masses, school zone lights will be flashing, and schedules will be jam packed with activities for many households.

The start of the school year has always been one of excitement for me. I enjoy the structure of the day, the interaction with parents and teachers, volunteering for programs and attending many sporting events, art fairs and conferences. This year will be different. My youngest child is heading off to college and will be three and a half hours away. The excitement has been building along with some apprehension. She is well prepared and will do great, but it's going to be a big adjustment. Fortunately, with unlimited phone accessibility, Facetime, overnight deliveries and reliable transportation, the adjustment will not be as drastic as it could be for either of us.

I have many friends and colleagues who are also joining the empty nesters club. Each family is experiencing a similar situation but has their unique journey. We've joked about all of the money we're going to save on groceries, how quiet it will be and how clean the house will be. All of these things may seem like positives, but we all know there will be a big void. Fortunately, it is a temporary feeling, and they will be back soon for school break, and we will be wondering where the peace and quiet and all of the groceries went.

It's been decades since we didn't have kids home every night. My husband and I will have to be very intentional to make sure we don't fall into bad habits. Much of our evening schedule has been dedicated to various interests the kids have been pursuing. We will drive down to watch some soccer matches and have a few things planned for the fall season. It would be easy to live at work. Having an amazing workplace like Twin Lakes is a blessing. I have to be mindful that I don't spend so much time trying to get my work tasks done in a single day that I don't get things done at home. Inevitably, there will always be one more thing to do or one more phone call to make.

We have been thinking about new things we want to do. Independently and as a couple, we're exploring options and are excited about it. Pickleball, golf, cornhole, card clubs, volunteering and the list goes on and on. I'm hoping to learn a new hobby and explore various interests. There are many options. I'm also blessed to have my two granddaughters and older children close by. Although they won't be at the house every day, we're blessed that they're close enough that we can be a consistent part of one another's lives.

Although a big piece of my heart is heading south, things continue to look up for her and for me. We have the opportunity to venture out and do different things and then come back and share our experiences. I'm looking forward to seeing her soar.

***Lisa Zimmers***