

A Note from Executive Director, Lisa Zimmers

Loving Your Era

We often hear about the good 'ol days. Pop star Taylor Swift has made herself an international sensation and a tremendous amount of money as a result of the profound commercial success of her "Eras" concert tour. One definition of "era" found in the Merriam Webster dictionary: a fixed point in time from which a series of years is reckoned. The event promoters encouraged attendees to dress in tribute to their favorite Taylor Swift album/era. They made the audience part of the show.

Music, fashion, architecture, literature, war, art, and politics are often characterized by notorious people, events or works from a specific time period. I can remember distinct eras from my own life that bring me significant joy or sadness when I recall them. People enter and exit our lives and their presence or lack thereof can often bookend an era.

When we think back on the eras of our lives, there is typically a slant from reality in our recollection. Even when the days were difficult or the workload was significantly challenging, that time and the fond memories and troubles associated with it are part of the story that built the person we are today. Remember March 2020? We were hearing faraway tales of a virus that was deadly to some, difficult to contain and mysterious. We learned a lot during that time. There are still unknowns. There were many very sad situations. There were also moments of unbridled teamwork, creativity, and compassion. That era was extraordinarily difficult.

Thinking back to stories of elders walking five miles to school, uphill both ways, in the snow is something we often chuckle about and say in jest. In reality, more people used to walk and walk further. They had to do so in all of the elements. The Gen Xers are often applauded for their resilience and the folklore of raising themselves because parents weren't at all concerned about children's whereabouts. Having been born in the middle of Generation X, I can firmly say there is some truth to that train of thought. It may not have been that way at other homes, but it was pretty spot on at my house. I enjoyed the independence, and it helped me develop skills that have helped me thrive over the years and some habits that I've had to refine.

I've loved every era that I've experienced but I truly feel the most satisfaction and appreciation today. Navigating life through the lens of my children and granddaughters and embracing new adventures with my husband invigorate me daily. Work/life balance isn't a goal for me because it feels too closely related to separate sometimes. I can't cut it off at the end of a traditional workday. I'm blessed that my family appreciates the joy I receive from working at Life Enriching Communities and spending time at Twin Lakes. I'm so grateful to walk alongside the people who live and work at Twin Lakes and all of LEC. Being part of your story is special to me and I thank you for being part of this era of my life.

-Lisa Zimmers