



Facing Forward Into the New Year

It's hard to be positive when the world looks so grim. From pandemic, to politics, to a never-ending string of natural disasters, the overwhelming temptation is to "crawl into a hole," figuratively if not literally. Most of us are retired which limits the amount of time and energy we are required to expend on the outside world. For those of us who are residents of a senior community this behavior seems to be encouraged if not mandated.

"The good old days" were pretty good for most of us. We had all the freedom of youth and the opportunity to develop a home and career. And yet, and yet. That temptation to dwell in the past and despair the future is just too easy. If you are reading this, you have been given the gift of maturity. Not everyone we've known has gotten this far. Like all gifts, this one is meant to be used and, like all divine gifts, no matter how much you share it the return always outweighs the effort.

This year is more than likely to include more difficult changes. Here's my thought. Embrace your age and experience. Rather than dwelling on the past, be thankful every morning that you have been given one more chance to reach out:

Always have something to look forward to. Whether it's a morning walk, a phone call to a special friend or relative, checking in on a neighbor, working on a favorite craft – have something on your agenda every day. Writing it down makes it real. Being able to check it off makes it an accomplishment!

Adapt any opportunity you are given. If the bridge has fallen, be prepared to ford the creek! I look forward to AAUW Book Group, which Zooms the first Thursday of every month. Whether the book has been completely read, given a glance, or rejected due to lack of interest or time, we have made this a gathering place. Sometimes it is largely a book discussion; but sometimes it is a group chat about whatever we want or need to explore, and we have become friends.

Remember the principle of risk analysis. We have become very wary of what we perceive to be dangerous behavior, not considering that every day has always been full of risk. Whether you meet friends in person for lunch or remain alone in your apartment all day, bad things can happen. Consider your possibilities based on whether the opportunity outweighs the risk. Proceed carefully and with thought, but don't deny yourself every time, out of hand.

CONTINUED on Page 4

Holiday Party, In Person!

The Hendersonville Country Club was the setting for our Holiday Party on December 8, 2021. Twenty-four members were able to attend! We enjoyed a wonderful buffet lunch and basked in one-another's company. Unwrapped gifts for children were donated to the Hendersonville Safelight, Inc. One of our servers thanked us for our efforts. She and her daughter had participated in the Safelight program and it helped her to move on with her life.



January 2022 and Beyond

January 25, 2022; How America Can Elect the President in 2024 by the National Popular Vote!; 6:30 – 7:45 PM EST

Branch Sponsored Event Asheville AAUW Branch

Registration in advance is required - [Registration Link](#) (click link). [Read the flyer for this event](#) (click link)

National Popular Vote is focused on passing legislation to reform the Electoral College at the state level, which will make every vote for President equal. It will guarantee that whichever candidate receives the most popular votes in all 50 states and D.C. will become the President. Fifteen states and D.C. have already enacted the legislation into law for a total of 195 electoral votes. Join AAUW Asheville NC and Eileen Reavey from National Popular Vote to learn how this legislation works, how close it is to reality, and how you can get involved.



The Social, Ethical, and Legal Implications of Senate Bill 8 (Texas Abortion Law)

Date: Monday, January 31st **Time:** 6 p.m. ET

Join us for a virtual panel discussion on Texas's SB 8,

its potential effects, and what is to come.

Free Registration at

www.sage.edu/about/community-resources/womens-institute/

Hendersonville Branch First Thursday Book Group will meet, via ZOOM, on February 3 at 1:30 p.m. This month's book is *The Vanishing Half* by Brit Bennett. It is the story of twin sisters, who grew up in a small Southern town very close to one another until they ultimately decide to live totally different lives, one in the white world and one in the black. Finally their lives come crashing back together in the persons of their daughters. This novel was named the Best Book of 2020 by the New York Times.

All Branch members are invited to join for one session or as a member of the group. To receive an invitation contact Mary Ann Bents at mabents@verizon.net or (667) 967-0147.

Susan Huff, Editor/Publisher

Thorazgirl@gmail.com

828 217-5944

Facing Forward, Continued from page 1

Try something new. Stepping outside the familiar is more difficult the older we become, but how exciting to develop a new interest or hone a long-postponed skill. Stimulation enhances brain function. Saying, “I can’t (or “I won’t”) only puts you farther out of touch. It all circles right back to that moment of waking up and anticipating the day. Be brave. Be as strong as you are. Look forward. It’s where your future happiness lies.

Susan Huff, Editor

The older you get, the better you get — unless you’re a banana!



AAUW Hendersonville Branch
c/o Susan Huff, Newsletter Editor
2746 Holly Hill Drive N.
Hendersonville, NC 28791

