

THE NEST IS FULL AGAIN

By Catherine DuBay-GM



In the 7 months my husband and I were empty nesters, we got real good at it. We had no problem filling our time and we quickly settled into a nice, quiet routine. We enjoyed when the kids came home for the holidays and we also enjoyed saying goodbye to them as they boarded their flights back to school. Does this make us callous and uninvolved parents? Judge us if

you must. We love our kids so much and loved our 18 years with each of them. We loved the hectic days of driving all over California and beyond for sports ([see blog on this subject](#)), family discussions, family fights, vacations, home improvement projects, we loved it all. We also loved that they both grew into independent young ladies who were ready to get out on their own and head out of state for college.

So when COVID-19 forced both kids to come back home to live with us, all of our lives were disrupted. Especially our college senior. Just a few weeks ago she was attending school in Boston, working as an intern for Senator Elizabeth Warren's office, ~~partying~~, I mean studying with her college friends and just weeks away from college graduation. And here she is today with no internship, no senior week festivities, no commencement, and sheltered in place with her parents in Santa Rosa.

This story is not unsimilar to many of your stories. We are all dealing with living and working closing with family members while distancing ourselves from everyone else. And we are barely a week into this with no definitive end time in sight. This is what makes the situation especially difficult. I can endure pain. I am a runner. That is what we do. However, runners know how long the pain will endure. There is a defined distance or time you will hurt. I wouldn't tell myself to go out and run as hard as I can without defining the distance. That's what's so

difficult about COVID. We simply do not know how long the spread will continue and thus, how long we will be confined.

The club is going to do everything we can to make your SIP a little less stressful. No, we can't reopen yet but here are a few offerings to help you in week 2 of SIP.

- 1) **Instructor videos:** Yep, you asked and here they come. Using proper distancing and sanitary measures, we will be filming instructor's classes this week. Follow us on [Facebook](#) and [Instagram](#) so you can work out at home with your favorite instructor.
- 2) **Family Meals:** If you are like me and suddenly must think about meals because the kids are home all day, you could use a break. The Flamingo is offering [FAMILY MEALS](#) that are affordable, delicious, healthy and easy to order. My family is challenging to feed with gluten free, vegan, dairy free requirements and Flamingo addresses all these needs. [Check it out today.](#)
- 3) **Renting out Equipment:** Need some dumbbells or a band to compliment your at-home workout? Maybe a yoga block or a bosu ball? The club is renting the equipment on a first come, first serve basis. [Details here.](#)

So, until my nest is empty again, I will enjoy a fuller house and bonus time with our girls at home.

Be well!