

## **“LET’S KEEP THE “BEST” IN US GOING” - Sheila Warnock for LinkedIn**

One inspiring outcome, from the endless disasters and horrors on television lately, is that we see people helping one another in a crisis: volunteers carrying the frail elderly through filthy, dangerous floodwaters; strangers rushing wounded concert-goers to the hospital in the back of a pick-up; and towns people, in the aftermath of an earthquake, using their hands to dig through piles of rubble in search of signs of life. Tonight when watching the evening news, hold tight to that feeling that overcomes you as you witness how the simple act of one person comforting another whose home has been reduced to a pile of charred ashes is affecting you.

Might we take a moment and reflect about extending that empathy into our daily lives? We can't afford to shove those powerful calls to action onto the back burner of our minds just because they aren't happening to us in our hometown today.

We are teetering on the brink of another kind of disaster (some will say it has already arrived) called the Global Aging Crisis. By 2030 our aging U.S. Boomer population will double to 71 million and massive numbers of elderly will not have the benefit of the professional care experienced today. There just won't be enough healthcare professionals to go around and there will be fewer younger people available to take on the role of caregiver. Think about it, as this will impact each of us in one way or another.

So, no matter your age, our daily life and our future will be defined by how we relate to and treat one another today.

Thanksgiving is coming up soon and it's a perfect time to consciously thank and nurture our families, our friends, neighbors, teams, tribes, co-workers, acquaintances and all those who touch our lives in so many ways. It is from these connections and interactions where we will find people to “be there” for us during a difficult time or challenge. Just as we, in turn, can offer our support to them in their time of need.

Start small. Engage someone you encounter today and gift them with a smile. I bet they will smile back.