Some of you know that I have spent much of my professional life learning from the wisdom of older adults. And, yes - helping them with technology. Decades ago one holiday season, a widowed SeniorNet member asked how to help make the house "feel good" over the holidays when she felt so lonely. She came up with the idea of baking - and making the smells we remember fill the house with warmth and comfort. As I recall, she baked brownies and invited her friends over.

This is my workaround.... I found my Aunt Peggy (godmother)'s Irish Soda Bread recipe. The notes say that she got it from Mrs. Dolan.

3 Cups all-purpose -flour
1 cup sugar
1 cup buttermilk
2 tsp baking soda
1/2 tsp salt
3 tablespoons caraway seeds
1 1/2 cup raisins

Grease a black Iron frying pan, put in a preheated oven/no cover at 350 degrees for approximately 1 hour. Take a toothpick to test.

Put on a rack to cool - like care and when cool - flip over.

I am sending our best wishes for all of you and those family members, friends, seniors, caregivers who are out there making the world a better place today. May the road rise up to meet you....