



Living 50 plus

Rite Of Passage

All couples and families pass through predictable developmental portals. However, every couple and family encounters these passages as "first time" events. These transitions are indeed rites of passage which we expected to be joyful and predictable, but sometimes are neither. Marriage and family life is really about riding the waves of life; the crests as well as the troughs, which include memorable peak experiences and discouraging losses or challenges, both of which can appear within the span of a single day or week.

Some of these first rites of passage occur as we prepare to launch our kids from the nest or when we retire. We look forward to these passages with expectancy but

are often surprised to discover that once the kids are gone we have to take out the garbage. After retirement we may have our first experience turning "grey;" our first experience seeing ourselves disappear from the conversation. Then, as often as not, our adult children may require more rather than less from us, but since they are overloaded with parenting and work, our help must be delivered in the background of their busy lives. Although none of these things are new, the complexities and demands of transitioning to an empty nest, caring for aged parents, being good sheppard's of our own marriage, or moving gracefully from parenting to sage grand parenting require accommodations we don't

expect and may not be prepared to make.

Everyone rides the wave of life, no one escapes; life washes over everyone. If we're lucky enough to be together for twenty-five or fifty years we will be both the recipient and provider of care. When these things happen it's never convenient and we may not feel equipped or prepared to do it. Although our lives have been defined by our caretaking tasks, we may think we're not emotionally or physically ready. Nonetheless, we will transition to the other side; what is unknown is whether we will make the transition with joy and grace or whether we will be miserable.

We will all have pain at some point, but misery, is to

a large extent, optional. Nonetheless, we are not required to make these transitions in silence or alone. Although we're seasoned helpers, when we're expecting to see the crest of a wave and trough appears it can discourage and isolate us. It's often in these moments

we must recognize that the crests are formed in the troughs of our caretaking opportunities. The journey out of misery flows through our commitments and connections to others.

Stronghold Counseling Services in Yankton is anchored in a spiritual and

therapeutic approach to these rites of passage. We believe that hope must be actionable, purposeful and future and solution focused. Solace and joy flow from expectancy, plans, and actions for tomorrow.

■ Editorial provided by Strong Hold Counseling

Planning Makes Sense

Planning makes sense to ensure your wishes are met, and to relieve your loved ones of the burden of making difficult decisions at a time of grieving. If you or a loved one is considering preplanning, we invite you to schedule a no obligation consultation with our pre-planning specialists.

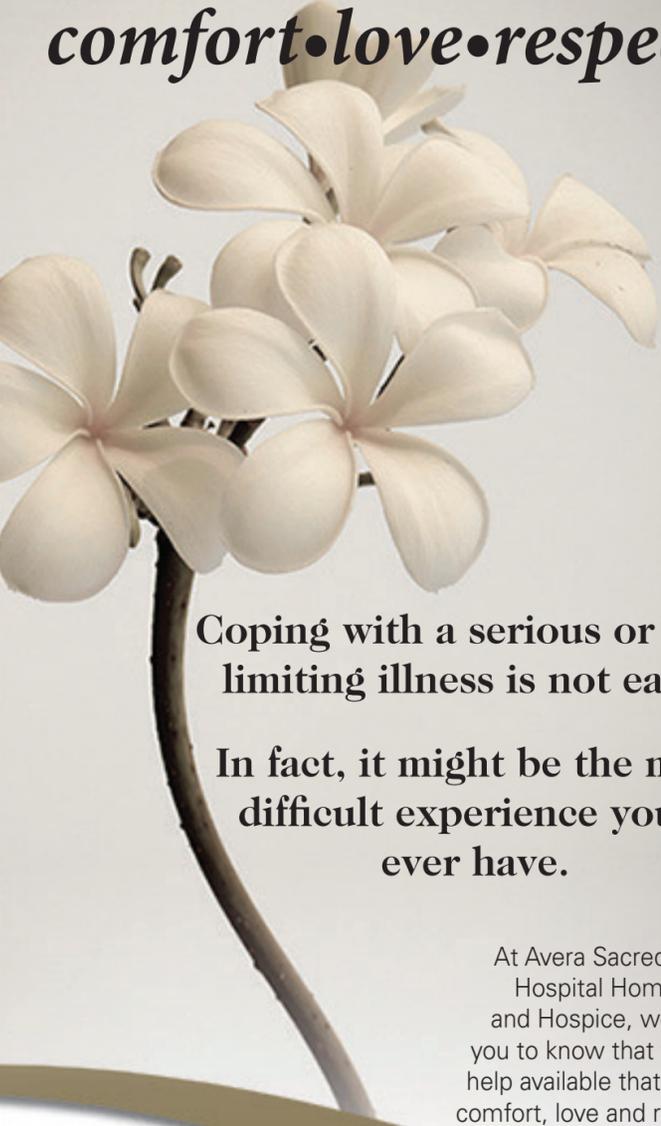


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