

Finding Joy and Calm Amidst Chaos and Heartbreak

One Roof-Whole Family

A downsize decision on our retirement, years past, now proven “a blessing in disguise!” Thus, us – grandparents, son #1 and family as well son -#2, a lost soul in today’s reality, but at least a roof over his head. The challenges obviously varied as we also span ages from four to the seventies, and Parkinson’s to our wee one with a rare genetic skin disorder, “simply” called E.B.

Our days vary, from the ravages and side effects of aging disease to caring for our youngest granddaughter, now nicknamed “butterfly babies” due to her extremely delicate skin. Us remaining family members, all endeavor to keep calm and focused and “in” the “each and every” day! The in-betweens, young parents busy as families must be, both to get ahead and survive in today’s crazy competitive world, as well as find balance in their own lives among the pain and angst with their wee ones. A Mom, aka grandma, as well as endeavoring to juggle all of the above and in between’s to keep a home running smoothly, in hopes of some peace and calm in the ongoing storm.

My own joy has always been partaking of nature and my gardens, thus “many thanks” to my own grandmother, as well my childhood years on the prairies. Her very guidance and teachings I know left an indelible mark for me. A mark I couldn’t previously do much with, having had two boys who were all into sports. Now it’s’ my turn with the wee gals to share and enjoy what I know and love, while also finding and nurturing my own solace. The girls I know do enjoy if only from my birthday not last year from the saying “I love you Babi because you love the birds and talk to the plants.” Precious and endearing. Between my garden, walks in nature, to this spring building a “fairy tree fort” with the girls under or big weeping Mulberry tree, we girls are thriving and enjoying! Equally I embrace any precious time with close friends, walking, reading or just enjoying a coffee in the garden. All seem to occur at just the right time, right place!

—Paula Hultman