

serious. SO, every day I walk what DH calls "The Route of the Confused Squirrel." In my house from one end to the other, through the kitchen, around the island, through the dining area, through the living room into the sun room, pivot, retrace my steps to the start and repeat. I average between 3 and 4 miles a day, in intervals of 12 to 16 minutes each. I have a set of hand weights that I use every other day. I maintain my stretching routine as well

## Mental maintenance:

We had planned to study "Language & Culture" at universities in either Slovakia or Lithuania this summer. Not possible now, but they are offering online courses and I have registered for those. I am using the materials from our previous courses there (2013 & 2016) to refresh my memory.

Slovakia was one of the 1st countries in Europe to lock down and their President and other officials wore masks to encourage the people to do likewise. Even their news people on camera wore masks. Slovakia has one of the lowest rates of infection and death in the world.

I also bought a puzzle from a local business - a map of our 2200 acre lake - 1000 pieces should take awhile. I ordered another of "Monuments of the World" to remember the past and plan for a better future.

So fellow Sparkers, that's my new normal. When I get discouraged, I remember trying times in the past especially WWII where ordinary men left their ordinary lives, went off to save the world and (the fortunate ones) returned to their ordinary lives. All I'm being asked to do is alter my routine and wear a mask.

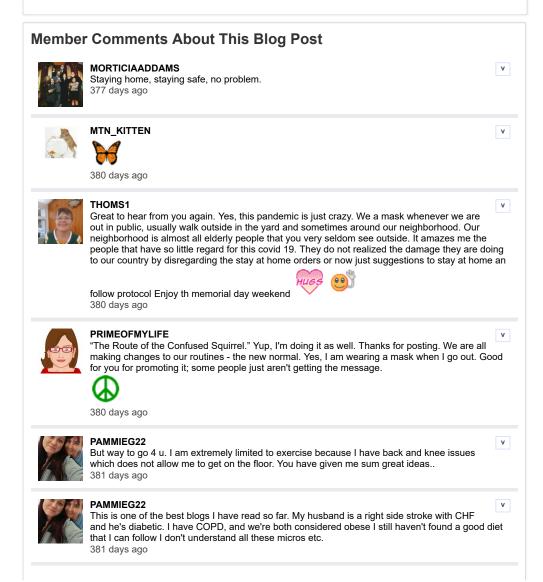
Stay safe, stay well, keep sparking.

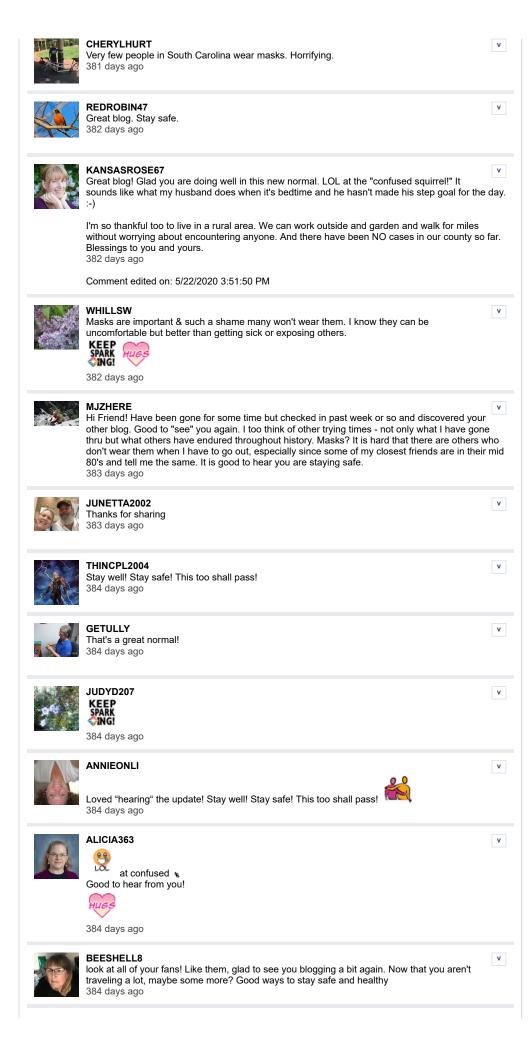
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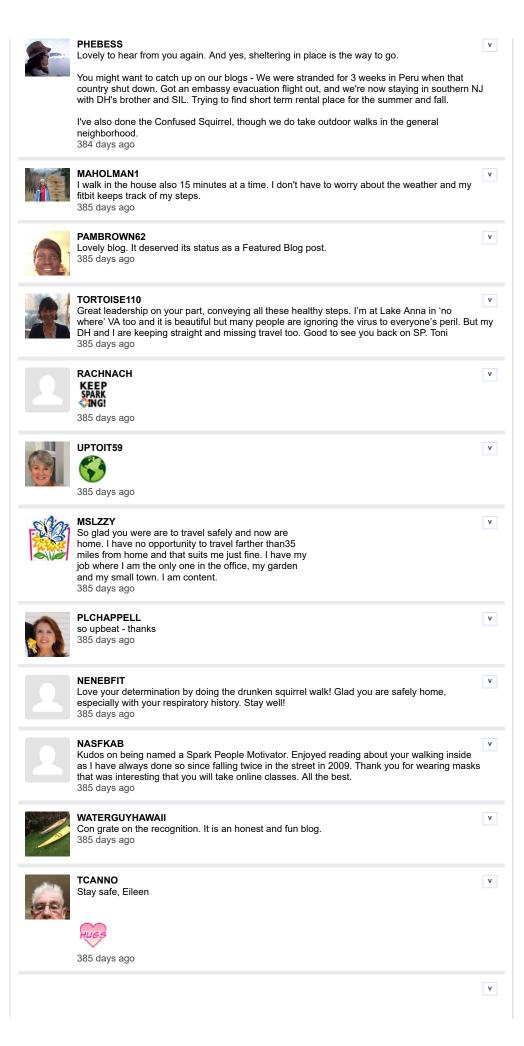
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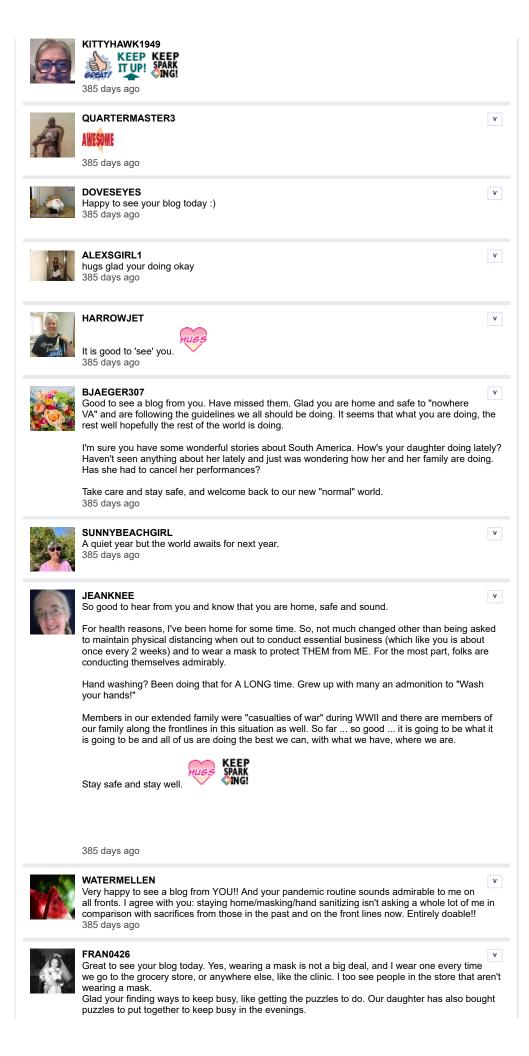
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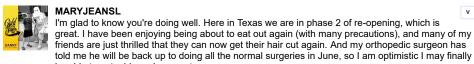








Walking though out the home is a great way to get your steps in, I have been doing some of that for the last several years. I too want to stay away from being outdoors when allergies seasons are upon us. Here in south Texas we get the industrial burning ash and smell, and burning anything is a trigger for my allergies. They say ( the weatherman ), that the industrial burning will be ending sounds like your trip to South America was lovely. Nice you were able to get one trip in before this pandemic began. Continue staying safe, you have been doing a great job of doing so. 385 days ago



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## MARYJEANSL I'm glad to know you're doing well. Here in Texas we are in phase 2 of re-opening, which is

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	be able to get a hip replacement.	
	The pandemic hasn't been my biggest priority, as I have had other things on my mind the past 1 months. Life is never easy, but, indeed, we will get through because we have no choice. 385 days ago	few
	HOLLYM48 Congrats on being a spark motivator and so glad to read that you are well! Life is interesting right now for sure! Hubby and I and 2 other couples were supposed to be heading for Grece thi weekend but that is not happening! It's ok, I am safe and healthy and there will be another time Greece. It will still be there either next year or maybe the following year. Stay safe, have fun trekking through the house and be well!! 386 days ago	
	SUSIEMT It was so wonderful reading your blog again! I enjoyed it! Glad to hear you are sheltering in place! Enjoy that confused squirrel walk! I can still walk outdoors without the fear of meeting others, of course I always have my mask at the ready! Fortunately I am not bothered with allergi at this time! (((HUGS))) 386 days ago	v
Ant	POLSKARENIA Great to see another blog from you and good to see the measures you have been taking in these trying times. Stay safe and healthy! 386 days ago	V
SVIS ATON	<b>DSHONEYC</b> Good to hear from youand how smart and careful you have been. Wishing we were more like Slovakia, it would have made such a difference. Glad I live in a state that cared a bit more about the health of its people (all it's people) and not political ramifications of caution.	V
	We will travel again in the future. It may be different. For me, I am retiring and probably going to a little part-time work until 2021a Baltic Sea Cruise on a small ship is scheduled for July 2021 truly hope to go. 386 days ago	
and a second	PHOENIX1949 Enjoyed the update on you. There is an oval route, "The Track," in our home that I walk "The Route of the Confused Squirrel" is much more creative. We have two 1000-piece puzzles await us a menagerie of hummingbirds & flowers plus one of a tree-surrounded log cabin facing a peaceful lake at sunset (my visual happy place when meditating). Stay safe & healthy.	
	386 days ago	
Ţ	<b>1CRAZYDOG</b> So glad you got back safely. And glad you're taking care of yourself, EVEN when others don't. Stay well, stay safe, glad to hear from you. 386 days ago	v
	RAZZOOZLE AVESNE 386 days ago	v
	NANASUEH	v

	<b>SPEDED2</b> Welcome back. A blessing that you returned safely and well. Sheltering in place is normal. I have only gone out for groceries 3 times and each time I wear a mask an who refuse to wear a mask have little regard for those that do.		
	Stay safe. Be well.		
Leave enco	pur Comment to the Blog Post puragement, a question, or anything else relevant to this post. All blog comments mu le's Community Guidelines.	ust abid	e by
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Member Com	ments Page (62 total):	1	<u>2</u> <u>Next &gt;</u>
	veight loss results will vary from person to person. No individual result should be se wing the SparkPeople program.	en as a	typical