



The Future Within

Smoothing the way for women
who have lost a spouse
to chart a new course.



Patricia Muscari

Welcome to Fresh*Breezes: Thoughts and tips for life's transitions. Single Women Are on Top We are the mainstream. For the first time in U.S. history, single women outnumber married women, according to the U.S. Census figures. This hit me as I was laboring through the NYT crossword puzzle and occasionally glancing at interesting articles.

In a New York Times article of January 15, 2007, Sam Roberts writes, "Several factors are driving the statistical shift. At one end of the age spectrum, women are marrying later or living with unmarried partners more often and for longer periods of time. At the other end, women are living longer as widows and, after a divorce, are more likely than men to delay remarriage."

William H. Frey, a demographer with the Brookings Institution, a research group in Washington, described the shift as "a clear tipping point, reflecting the culmination of post-1960 trends associated with greater independence and more flexible lifestyles for women." "For better or worse, women are less dependent on men or the institution of marriage," Frey said.

OK, what I see is: We have:

- numbers
- freedom
- creativity
- intelligence

Do we have the inclination and energy?

It's in our nature...peace-making, care-taking, opening our hearts!

Our world needs to see more of us. It needs us in the schools, the government, the law--in all it's inner workings. It needs our intensity, our LOVE.

Joining with our married sisters, this is a perfect day of love to start making our kind of loving difference in our own communities.

This Is What Love Is All About. It was a busy morning, approximately 8:30 a.m., when an elderly gentleman in his 80's, arrived to have stitches removed from his thumb.

He stated that he was in a hurry as he had an appointment at 9:00 a.m.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound. On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, we began to engage in conversation. I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife.

I then inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's Disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, "And you still go every morning, even though she doesn't know who you are?"

He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is."

I had to hold back the tears as he left, I had goose bumps on my arm, and thought, "That is the kind of love I want in my life."



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Would you like more info at my website? Go to: www.TheFutureWithin.net

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Topic of our next issue on Wednesday, February 28:

I would love to hear what topics YOU would most like to see covered in upcoming issues. Email your ideas to: Patricia@TheFutureWithin.net

You can check out past issues of this newsletter on my website: www.TheFutureWithin.net at the Ezine Page Archives.

My warmest thanks to you for receiving this ezine. My true wish is that you have love in your heart

throughout the New Year and always!

With sincerity and love,

A handwritten signature in cursive script that reads "Patricia".

Patricia Muscari

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