



AGING TODAY

What is your Epiphany?



By Bob Roth, Managing Partner of Cypress HomeCare Solutions

What does a new puppy, folklore, and a virology podcast all have in common? Taylor Swift of course, and most importantly seeking inspiration during a pandemic. Let me explain:

My daughter, who lives in Washington D.C. mentioned she was listening to Taylor Swift's new album, Folklore, on repeat. Not seeing her since March and missing her terribly, I literally wanted to hear what was inside her head. I thought this was a novel way to spark a long-distance connection.

Best intentions are just that and I listened to Folklore once and went back to the podcasts and news in my headset. Next enter a high-spirited puppy to shake us out of our routine. Ruby, our 8-week-old Labrador Retriever is boundless energy with an ear-piercing bark. We drowned out the craziness with the soulful artistry of Taylor Swift's new album. No exaggeration, this actually worked.

Now, Folklore was literally on repeat in two Roth households and our mutual admiration for this collection of songs lead to a shared joy and meaningful conversations. In a perfect world we would be listening in the same room, but I will take the silver lining of going outside my music bubble. My daughter thinks I'm cool and I have a puppy who seems a bit more relaxed.

I dug deeper into the genesis of Folklore, when Taylor Swift's lyrics to Epiphany, a song from this album, were read at the beginning of the Podcast, This Week in Virology. The virologists and epidemiologists often quote scientists and historic figures not 30-year-old pop culture icons.

The fact that this song, Epiphany, is a tribute to health-care workers is the exclamation of the bigger point I would like to make. In all likelihood, Folklore would not exist without the pandemic. Summer 2020 Taylor Swift should have been on tour, instead she was

forced to isolate, regroup, and change her routine. Her well-choreographed career upended; the creativity flowed without the usual pressure.

How have your routines changed? Is it possible to use the time formerly slated for with pre-pandemic activity as a springboard for positive change? What have you always wanted to try or to do better? This is your moment. How will you emerge from your cocoon?

Perhaps you have less free time, homeschooling your children from your home office. That meditation practice that you have been putting off is looking like a lifeline right about now. Look for the silver linings, that if not for this moment in time, would never happen.

It does not require exceptional talent to learn a new skill or figure out how to connect with your family in a new way. It takes creativity and the will to break out of a rut. Taking the well needed break to ponder what stirs your soul? What ignites your creative spark that can lead you to new heights?

I would like to offer my sincere condolences if you are mourning the loss of a beloved friend or family member. I know that grief can be paralyzing. Acknowledge this and tell their story in time, using this time.

The challenges and inspiration of the pandemic will become our folklore, the collective memories that groups and families will one day tell and retell.



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