

Calm *in the* Hurricane

When the eye of Hurricane Charley swept across our nursing center in Punta Gorda, Fla., in August of 2004, the demeanor of our residents inside was hard to believe. There was no panic, but a sense of calm and confidence.

After reflecting on such behavior, the conclusion was obvious. Charley was just another storm in lives that had been filled with plenty, some caused by nature and others by the circumstances of daily living.

This incident in the history of our company ties in with an observation drawn by Willard Scott of *Today* show fame. He makes it a practice to visit the elderly, particularly centenarians, wherever he travels. In talking to them, he has found one common thread: Every centenarian, and everyone with a shot at reaching that milestone, is blessed with an easygoing nature.

Without exception, these people are calm and level-headed, and they take life as it comes. In the length of their years, they have learned to accept the cards they have been dealt.

Whether they were born that way or became that way over the years is not important. What is important is that they are that way now.

And we can all learn from them.

--Beecher Hunter