

If You Were Busy

In any organization – business, church, civic club or sports team – gossip can be both disruptive and destructive, for individuals as well as the entity itself. It certainly is true for a skilled nursing, retirement or assisted living facility, where teamwork and respect among associates are mandatory. Gossip usually begins because a person feels some need for attention or revenge. A better way to get attention, however, is to speak and do good, in one's personal and professional lives. The best revenge is accomplished in doing good to one's adversaries.

I recently ran across this poem that addresses the subject. Its author is unknown, but its message is instructive:

*If you were busy being kind,
Before you knew it, you would find
You had forgotten to think 'twas true
That someone was unkind to you.*

*If you were busy being glad
And cheering people who were sad,
You'd soon forget to notice it,
Although your heart might ache a bit.*

*If you were busy being good,
And doing just the best you could,
You won't have the time to blame
Someone doing just the best he can.*

*If you were busy being true
To what you know you ought to do
You'd be so busy you'd forget
The blunders of the folks you've met.*

As you work in the centers of Life Care and Century Park and make visits with Life Care at Home today, choose to stay busy showing kindness, spreading cheer and doing your best. If so, you will have little time or temptation to gossip, and others won't have much to gossip about in your life.

--Beecher Hunter