



“Are You Pushing or Turning????”

January 2021

Wow! What a roller coaster ride 2020 has been. We have laughed a bit, cried a lot; have seen the world as we have never seen it before. And what we have also seen as we have never seen before, is how each and every one of you stepped up to the plate to 'serve and protect'. Days off canceled, furloughs canceled, your personal lives turned upside down and yet you came through. On behalf of ALL your Chaplains, we salute you and say, THANK YOU! , THANK YOU!,

THANK YOU! Our city and our citizens owe you a tremendous debt of gratitude. Thank you for your dedication and devotion to you call of duty, our City could not survive without you. Let us leave all the tears and heartache of 2020 behind us and let 2021 be one of our best ones yet. It brings to mind the parable” Are You Pushing or Turning”

Do you realize that the only time in our lives when we like to get old is when we are kids? If you are less than 10 years old, you are so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!" You are never thirty-six and a half. You're four and a half, going on five! That's the key. You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life. . You become 21. Even the words sound like a ceremony . . . YOU BECAME 21 YESSSS !!! (Finally can get a cold beer on your own!) But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk. He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed? You BECOME 21, you TURN 30, then you're PUSHING 40 Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50.. and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would! So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday! You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; "I Was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!" May you all make it to a healthy 100 and a half!!.....The end ...no pun intended Moral of the story.. Life is a journey not a destination; enjoy the ride even if you hit some bumps in the road.

Thoughts that help you stay young... 10 of Life's Best Suggestions.

1. Keep only cheerful friends. The grouches pull you down.
2. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
3. Take time to enjoy the simple things in life, a scoop of ice cream, a simple chat with a friend, or just a walk to enjoy some fresh air.

4. Laugh often, long and loud. Laugh until you gasp for breath. (And if you can't find anything to make you laugh, just look in the mirror...lol)
5. Tears happen, and it is okay to cry when we are hurting, (I do). Endure, grieve, and move on. The only person who is with us our entire life, is ourselves Be ALIVE while you are alive.
6. Surround yourself with what you love, whether it's family, loved ones, pets, music, plants, hobbies, good food, whatever.
7. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, it's o.k. to reach and get help.
8. Don't take guilt trips. Take a trip to the mall or a trip to someone less fortunate and share a laugh.
9. Tell the people you love that you love them, at every opportunity. Keep them precious. AND ALWAYS REMEMBER:
- 10) Life is not measured by the number of breaths we take, but by the moments that take our breath away.

On behalf of ALL the Chaplains, May G-d Bless you keep you safe and always keep you in his loving care. Amen Should you need an ear to listen, a shoulder to lean on or perhaps have some good humor to share, please do not hesitate to give us a call.

Chaplains unit 312 746 8458 available 24/7- 365 or look us up on the FOP Handbook.

Compliments of your Police Chaplain

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