



Willow Valley
RETIREMENT COMMUNITIES



On Eagle's Wings

My daughter, Kelly, just graduated from college, and today she started her first “real job” at a public relations firm. Excited but fearful, she left for work longing for the comfort of her old college life. Yet, she knows this new path holds endless opportunities. It reminds me of a yoga saying: “Fear is just excitement without breath.” Take a breath and consider how life transitions release our potential and ultimately increase our happiness.

Sometimes change pushes us in a new direction — not unlike an eagle who slowly destroys the nest so it's no longer comfortable, forcing eaglets to use their wings. This once endangered species now thrives in places where it hasn't been seen in years, including Lancaster County. Maybe that's why we were inspired recently when a bald eagle sat perched on our 100-year-old silver maple tree near the Welcome Center.

Just like starting your career or learning to fly, retirement living requires one to move beyond today's comfort zone to tomorrow's possibilities. Willow Valley could be your launching point. Look around: nature nurtures us in unexpected ways, exactly when we need it. *Spread your wings and fly.*

Rosanne Macrina, Editor