

STARTING OVER AT 70



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Just because you can't do what you've always done, doesn't mean that you can't do wonderful things. This is my motto at GetHealthHelp.com. My clients are people who may be challenged in some way or whose life work is just not the same as what they thought it would be. Now more than ever, many of us fall into this category. Since these articles have been read, other people have told me their stories. This month's interview is someone really close to me, my brother.



Richard Berson

was learning something totally new to me rather than sharing and teaching what I knew to others. My new golf buddies were 15-20 years older than me. Each one had a successful career and went on to own diverse businesses. But each one was already passing the baton on to their children. What that did was give me an example or glimpse of my future 15-20 years down the road. And I was able to see that they still were viable, engaged and alert to the goings on in the locale and the world. So, there was hope for me to do the same. I'll know in 10-20 years if it was helpful. It gave me validation that I was on the right path and focused on what is important in the long run and what I have to look forward to as I hopefully live through my seventies and eighties!

Caryn: In 2008, after a long career as upper management in the hospitality industry, with a wonderful wife and son and another child on the way, the financial crisis turned your life upside down.

Caryn: How are you doing now in the time of quarantine?

Richard: First it took me a while to adjust to a new role. Turning 54 when I no longer had a steady job and my wife became the primary source of income, my role became the primary care person for our children. This dramatically changed again when we moved to Mexico and I was very dependent due to the lack of language knowledge.

Richard: Wherever you are or whatever activity you're doing, relax and realize you've worked a lifetime and deserve some time to just enjoy what you're doing. As I got older, I looked to hang out and keep up with the younger people in my life. I am less resentful of my wife being the primary earner, enjoying the time I am with my kids, that I missed with my older kids as I traveled while working to get ahead, and of living in a foreign country where language is still sometimes a barrier to express myself exactly as I want to. But I count my blessings as each day comes. I'm a very lucky guy.

Caryn: What did you do to overcome this?

Richard: One thing I did to "overcome" these new circumstances was to take Spanish classes. It was the first time in a long time I

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