

By Lynda Arnberg

This past winter I joined the covid-19 task force to make phone calls to our neighbors in Florida who were alone and elderly. I learned so very much from them.

I learned compassion....being alone is very difficult when you are older and cannot get out of the house for medicine and food. Plus their children were far away and could not get on a plane to come see them. A phone call everyday lightened their days.



I learned kindness....some of my own extended family members were very much alone...a phone call made such a difference for them.

I learned to appreciate my family. I might not have been able to see them, but I never felt alone.

I learned generosity....that extra tip for take out food might not make a difference for me, but it just might help the person delivering the food.

I learned patience....I could sit and listen to friends who were depressed from this entire “new” way of life.

I learned tolerance....not everyone can agree on politics....but it doesn't hurt to listen. And, in some cases, I learned to be silent and JUST listen some more.

The Arnberg family have been members of TBT for 44 years. Lynda was on the board for 17 years and has made wonderful friends at TBT. She and her husband, Henry (z"l) have 4 children and 11+1 fabulous grandchildren. Lynda has a wonderful significant other, Stephen, who she refers to as her fusband, fake husband. She just celebrated granddaughter, Lola Arnberg's Bat Mitzvah last week in the Arnberg- Slater Sanctuary and in 2021 will be celebrating the Bnai Mitzvah of grandchildren, Samantha and Evan Block.