

Today's Rainbow: Little Things

by jjill©2010

Little aches and pains had always seemed to plague Danielle, but as the years passed, she noticed them more in frequency and intensity. Being vigilant about her health, she committed to a few routine tests, recommended by her doctor.

The day of the testing finally arrived. She had visited too many hospitals and institutions in her time. Memories of family and friends who had passed, some after incredible suffering, snapped through her mind like the static shuffling of a new deck of cards.

As she waited in the preparatory room, she heard other patients speaking with nurses. Some joked anxiously, others whined or remained awkwardly silent while still others complained. A sharp antiseptic smell cleansed the room. Light purple curtains slid on metal poles to give each patient a semblance of privacy, but a soft hum of busy voices invaded the air.

A smileless nurse slid into Danielle's space behind the light lavender curtain with her statistical clipboard.

"Do you have any allergies, heart, lung, kidney problems, high blood pressure?" The routine questions rapid-fired at Danielle as she struggled to make eye contact with the nurse. "Here's a consent form stating that you agree to proceed with the test. Sign in two places please where indicated." She still had not released a smile as she looked up and spun around to finish her next chore - another form.

"Have you taken any aspirin, antacids, ibuprofen?" Still she gave no smile, but donated a brief glance in Danielle's direction as her hand checked the "NO" boxes in succession on the statistical form.

"Put on this hospital gown, opened in the back. Here's a bag. Remove any jewelry, glasses, dentures. You'll be getting some fluids and medications through this IV needle. The anesthesiologist will be here shortly." A feeling of singularity swept throughout her body. Her eyes circled the ceiling and the wall. A small photographic print above the cold steel bars of her bed showed a single tree in a misty fog. Underneath the photo spelled out the word, "SOLITUDE."

At once, an older nurse walked into Danielle's space. Short grey hair framed her ruddy complexion. Wrinkles cut deep into her growing smile and her hazel eyes sparkled. Her back had a slight bend tattling about her years of toil and dedication. Yet, a certain sense of presence committed from her gaze.

"Good morning, young lady!" Her eyes connected purposefully with Danielle's. A breeze of relief and serenity lifted Danielle's anxiety as she unconsciously felt a reciprocal smile grow.

Minutes later as Danielle waited on the gurney to be wheeled into the examination room for final anesthesia and procedure, the petite older nurse again meandered by and gave her another broad smile accompanied by the same deep glance. It was the final sign of reassurance as Danielle felt her body ease before her name was called for the procedure.

We have such power everyday to bring ourselves and each other happiness. This power to control even the littlest things in our lives shouldn't be underestimated. A kind word, a helpful deed or in Danielle's case, a mere connected glance may matter more than we could ever imagine. Pockets of peaceful, joyful acts can break the monotony of an otherwise hum-drum day. It might be a little chocolate kiss, a single flower or simple gift of a smile that surprises us enough to jolt our being into a smile.

Little things in our lives are like lilacs. The lilac is composed of many tiny flowers of fragrance in one cluster called a panicle. Each individual flower may seem to be nothing, but the many flowerets that create panicles on each branch combine together with a fragrance that is one of the most beautiful of all flowering perfumes.

Our little words of encouragement, glances of caring, kind words or support can reassure, pacify and embrace others who might just be waiting for that little moment of encouragement. (Contact and commentary are welcome at JJILL3@YAHOO.COM)

Wedding Bells Are Ringing



Stephanie Imm and Jason Monitto were married on June 27 at the Woodlands in Woodbury with the reception following. The Bridegroom is the son of Mr. and Mrs. Leslie Monitto of Farmingdale and the Bride is the Daughter of Ms. Lisa Imm and Mr. and Mrs. Kevin Imm of Bethpage.

Veterans Memorial Ceremony Held at St. Paul's Church



On Monday, June 14th, Nassau County Legislator Rose Marie Walker was pleased to attend the rededication ceremony for the Veterans Memorial at St. Paul Evangelical Lutheran Church on Stewart Avenue in Bethpage. US Navy Veteran William (Whitey) Beach spearheaded the project and spent countless hours volunteering his time to oversee and participate in the restoration. Legislator Walker extended her heartfelt thanks to all our US Military, past and present.

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