

Remembering Hindy.....

I first met Hindy Nobler several years ago when she sat in as a guest at one of our CGPA all day council meetings. I recall that she came across that day as a respectful, warm and gracious guest and contributed to the meeting with encouraging remarks and information about her own U.S. context that helped us see we were not alone in the challenges we faced as an association .

Thereafter I encountered Hindy every year at the conference, always elegantly dressed and always open to reconnecting with her CGPA friends. I especially recall one drive I shared to the Calgary airport with Hindy where I had the opportunity to learn more about her - her background, some of the difficult challenges she faced in her life and her admirable commitment to group therapy. I must say that I thoroughly admired her spunk. Hindy faced significant physical challenges over the past few years but didn't let it stop her from attending the conference, even though doing so represented hours of airline travel. She demonstrated to me that connection was absolutely worth the effort. I also loved to meet Hindy on the dance floor at the annual CGPA gala . She seemed to light up when she danced and would always be one of the last to leave. As long as there was music it seemed she was ready to dance.

I was concerned when I didn't meet Hindy on the dance floor this past year at the conference in Halifax and I was truly saddened when I heard the news of her death . I am grateful to have had the opportunity to get to know her as I came to consider her a role model of graceful aging. I believe she demonstrated the importance of remaining fully engaged in life and proved that wholeheartedness is the key to staying young.

Contributed by Terry Simonik