

How **12** Kawartha Lakes residents are getting through the pandemic

The COVID-19 pandemic was an unwelcome surprise in so many ways. For some of us, the virus has taken our loved ones and for others it made them seriously ill. For most of us, though, it disrupted the rhythm of our lives. It forced us to change how we live — at least for an extended time period.

We were asked by our country and by public health to do our part to stop the spread of the virus by staying home whenever possible. Staying home seems like a small sacrifice and yet we are creatures of habit. We are all forced into at least some level of introversion now, no matter our natural orientation.

So, what has gotten us through this pandemic so far? We asked 12 Kawartha Lakes residents that very question. Oh, and don't worry! Our own Sienna Frost kept a safe distance away and used her zoom lens, as did guest photographer Mark Ridout.



Photo: Sienna Frost

1 Dana Bowman

Dana Bowman was missing the company of a pet, something that became more pronounced whenever she'd visit her pet-owner daughter, Samantha before the pandemic hit. Samantha gave her mother a new puppy — which she named Bane — to keep her company. "I'm not a person who just strikes out to go for a walk, especially with the pandemic, so Bane gives me the incentive to get some fresh air and exercise. He gives me positives to focus on and the rewarding work of taking care of him. Maybe it's the trusting looks I get from him and the unconditional love that I found I need in these challenging times. I'm grateful for my new fur friend."



Photo: Sienna Frost

2 Dennis Geelen

Dennis Geelen's company, Zero In, was put on hold during the pandemic but he figured out how to do some charity work with webinars which supported local non-profits. He's been exercising each morning, reading a lot, and even writing his next business book. But it has been a goal of his for a long time to learn how to play the guitar. "After borrowing a guitar from a friend, I have been spending 15-30 minutes each day, teaching myself how to play. What a great treat it has been to have this to look forward to each day, see my progress, and have a new outlet to help relieve the pressures and anxieties that come with this new normal."

CONT'D ON PAGE 12