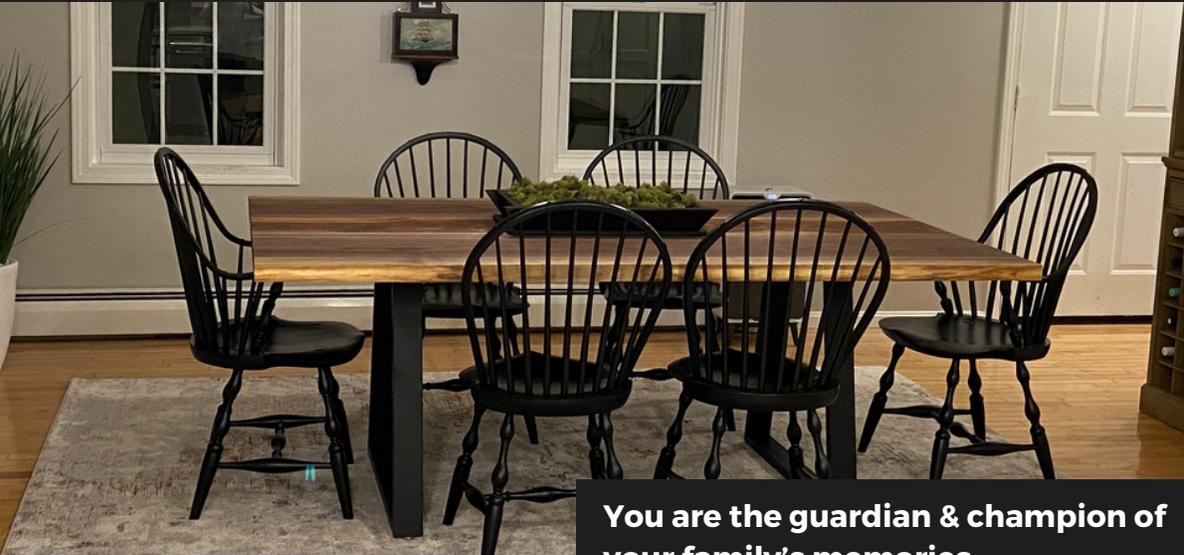


TABLE TALK



You are the guardian & champion of your family's memories.

The Old Family Table

In my youth, our family dinners were often enjoyed on TV trays while we gathered around the television to watch classic shows like MASH, 6 Million Dollar Man, or Love Boat. Special occasions, such as birthdays and holidays, were the exception, granting us the privilege of dining at the family table. This table was far from extravagant, with its quirky leaves and creaking cross-members when we propped our feet up.

As my mother transitioned to assisted living, I rediscovered this old table still in her possession. To my astonishment, it remained exactly as I remembered it, and a wave of nostalgia washed over me. For years, I hadn't given that table a second thought, but its sight rekindled a torrent of treasured childhood memories. The fact that it had remained within the family brought me immense joy and a deep sense of connection to our shared past.

There is strong power in those special moments. We don't realize it while it's happening, but our senses record everything. The smell and taste of the food, the sounds of conversation, laughing, singing, and blowing out candles; the feel of the table and setting; the sight of the gathered family, decorations, and lighting all contribute to a rich mosaic that is stored away. Later, any one of those elements can be a trigger that brings the whole memory back.

For me, it was just seeing and hearing the old table. It reminded me of my childhood and special moments. Yes, it's just a table, but isn't it so much more, too?