

THE VIEW FROM THE MARINA

Making it Home: Navigating the Road to Recovery

by

Barb Hansen

I have been watching various interviews with Benjamin Hall, the Fox News reporter who was almost killed in Ukraine one year ago when several bombs hit the car that he and his colleagues were riding in. His two colleagues died and Benjamin sustained serious injuries, including losing one leg and his foot on the other leg. He has a new book out now entitled: "SAVED: A War Reporter's Mission to Make it Home".

In the book he describes what happened to him, gives kudos to the people who helped get him to safety following the blast and his journey through recovery and finally making it home to his family. Each time I have heard Ben speak about his experience I have been moved by his courage, humility and positive attitude. What kept him going? He says that from the moments after the attack and all through his surgeries (at least 20 so far) he just kept his focus on going home. "Home" for him was back to England to be with his wife and three young daughters ages 3, 5 and 7! His strength and his optimism have inspired me even more to be grateful for all that we have been through the last six months after surviving Hurricane Ian.

While we lost our physical home, we have been on a journey to make it to a spiritual "home," if you will. That home would be a place of peace knowing that we had done everything we could to repair, renew and rebuild. How can we be grateful for a disaster that took our home, our cars, our boats and severely damaged our business? First of all, we survived! We, along with friends who were staying with us, all of our pets and our neighbors, emerged the day after the storm with stories to tell, but only a few scrapes and scratches. Moreover, we have a new appreciation for simplifying our life by doing without all the "stuff" we thought we needed to be happy.

Since September 28, 2022 there have been many extremely difficult and frustrating moments working through the repairing, replacing and rebuilding process to be sure. However, through the pain and heartache we have received many blessings that we never expected. We received cards and emails of support as well as donations to our GoFundMe page from friends as well as from people we don't even know. As I tell everyone who has reached out to us, their support has meant more than they know.

Six months ago I could not have imagined where the road from this disaster would take us. Now that we are seeing light at the end of the tunnel we are once again excited about the future. Having weathered the physical, mental and emotional storms that the Hurricane brought we know now that there is nothing we can't overcome. Of course there are many more challenges ahead, but we have faith that the good will outweigh the bad as we move forward. Personally, I no longer listen to the naysayers. Those are the people who bring only negative energy into our world. By focusing on the positive steps forward we are ensuring that we stay motivated toward reaching our goals and rebuilding our lives. My motto throughout this process has been to "take a step forward each week." There were times when those positive steps were few and far between; however, each time we were successful we

celebrated! Whether it was closing out one insurance claim, purchasing a car or finally getting our office phones repaired as we did just last week, each victory was a step closer to being "home."

Everyone goes through difficult times in their life. We are not the only ones who have faced a disaster like a hurricane. There are thousands of people dealing with their own "storms" each and every day. Whether you are facing an illness, the death of a loved one, a natural disaster or anything else you can navigate your way home through hard work and a positive attitude. Getting "home" may mean different things to different people. Some people may be working toward better health or a better relationship or even more financial security. If you are facing challenges in your life, continue to navigate the road to recovery with a hard work and a positive attitude and you will make it "home" as well.