



Life's Surprises

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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When I moved to Medicine Hat twenty-five years ago, I had no idea that I would love this city so much. Over the years, I have been able to build good relationships with wonderful people and build a business. My first two residential purchases ever were made here. How I have loved the view of the river from my condo and the fact that I could travel to pretty much any destination in ten minutes. I usually describe Medicine Hat to others as “It’s just a big town”.

I never ever considered that I would leave Medicine Hat, but sometimes life surprises us!

Each of my staff members shared their dreams for the future and this made me realize that things were soon going to change in my practice.

My older son, Rob, is a businessman with expertise with computers. For some time, he had been encouraging me to switch to a paperless software program designed for and by professionals. At first, I was hesitant but then began recognizing how it would be great asset for a sole practitioner.

When my carpet at the condo started to roll a bit the professionals who came to stretch it said that I should consider installing new carpet in a couple of years. That led to thoughts of re-painting. I figured that if I had to move a thousand-pound piano and a full china cabinet, then I might as well do both projects.

Next the unpredictable COVID-19 arrived. I moved home for several months, tried returning to the office for a few weeks in the summer of 2020 and then ended up working from home again! The interesting part is that clients began asking if they could continue with virtual therapy after the office opened again. They liked the fact that they could have their appointments without having to drive or park.

This all led to a couple of weeks before Mother’s Day when I made a simple one-lined prayer. “God what do you want me to do?” Two days later, on April 28, my twenty-six-year-old grandson sent me a text with an attached video. It read “You should move here! Be close to us! It’s so nice and totally your style”. That’s when things really changed.

On Mother’s Day my son and his fiancé came to see me, and she helped me set up the JANE program which she uses in her Saskatoon therapy practice. My condo sold in nine days, and I purchased the one in Calgary’s Westman Village that my grandson had recommended. We downsized everything in the office and at home, giving, selling and moving items. There was sooooooo much paperwork to complete!

And now it is exactly two months later. I am writing this in the office of my daughter who lives in Okotoks. She and her family have been helping with the final packing and tomorrow we will meet the movers as it is my possession date for the new condo.

As I have been saying good-bye in the community, I have been asked many questions. Will I be retiring? Heavens NO! I love my work and the pandemic has just changed the way that I do it. Thanks to virtual options, my clients state that they will continue as clients. One said, “We don’t really know where you are anyway!”

Will I still be writing in the paper? Absolutely YES. (As long as the editors want me

What will change besides my location? Well, my new residence has many amenities and opportunities for fun and fitness. It's not just a condo but a lifestyle!

And will I miss Medicine Hat! Without a doubt!

Funny how life offers surprises when you least expect them.

Wonder what is waiting around the corner for you! Won't it be fun to find out?