



FAL RIVER HEALTH CENTER, LLC

Integrative Medicine

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Dear All,

In the midst of emergence from pandemic lockdown, it feels timely to share thoughts about where we have been & where we are going.

A few weeks ago, a family member sent me this NY Times Great Read article, The Lindy Way of Living:

<https://www.nytimes.com/2021/06/17/style/lindy.html>

The content of this article reminds all of us that time honored philosophies and paradigms serve as a strong foundation for health & well - being. As the world shifts, antiquity may be one of our most important teachers.

The author, a technology lawyer, Paul Skallaas, argues we should be gleaning more wisdom from antiquity. "Lindy," he wrote in [a 2017 post on Medium](#), "cannot be fooled: The only effective judge of things is time."

There are 2 different types of time:

- Chronos is quantitative. It refers to clock time that can be measured in seconds, hours, minutes, and years.
- Kairos is qualitative. It measures moments, not seconds. It invokes the right moment, the perfect moment. The world takes a breath & in the quiet pause before an exhale, fate can be changed.

During the pandemic we have been challenged by the slow movement of Chronos time and the emerging curation of Kairos time.

Perception of "normal" time has dramatically changed since March 2020. We are unable to move backwards in a time capsule to pre -pandemic days. Fate is directing us forward with steadfast momentum to something unknown & new. For some, the unpredictable nature elicits resistance and anxiousness. For others, an intrepid sense of adventure.

The "Lindy Effect" offers a strategy to discern evolving paradigms & create a plan that

focuses on health & happiness for self, family, community, earth and the greater world at large. The theory envelopes a philosophy of who I am personally & professionally.

Why is Lindy Good?

<https://medium.com/@simonvervisch/the-lindy-effect-an-overview-f246ca2a2848>

We don't know what we want.

We build for progress, that is far too fast for us.

We build concrete, but need trees.

We build for centralization, but need decentralization.

I created the *Lindy G Effect*, which advocates the bedrock of Fal River Health Center. Practice time honored principles with predictable outcomes to attain a sustainable, healthy, and fulfilling life. Look back with reflection and forward with creativity

LINDY G. EFFECT:

- *Embrace Integrated Medicine.* Homeopathy & Acupuncture have been around for hundreds to thousands of years.
- *Find micro moments of happiness each day.* Focus on what brings hope & joy vs. despair
- *Sprinkle kindness & pass goodwill forward.* Move past self & consider others first.
- *Ask questions, ponder, research before making dramatic life changes.* Defer impulsive decisions that bring immediate gratification.
- *Adhere to the principles of my Wellness Wheel Program:* prioritize nutrition, sleep, and mindfulness.
- *Exercise daily. Be in nature.* Perhaps one Paul Skallas's most significant coinage may be the "Lindy walk," which he came up with last year, seeking an escape from the quarantine doldrums.

Having adopted these principles during the pandemic, I am emerging with new ideations of how to offer more to others, while filling my own personal goals. Spending time with family / friends, volunteering with Nibezun & Homeopathy Without Borders on the Penobscot Reservation in Maine. Being in nature; biking, swimming, kayaking, hiking & skiing. My energy feels boundless.

To find this balance, there are changes at Fal River Health Center, effective August 1st, 2021. Appointments are scheduled on Tuesday & Thursday, 9:00am – 4:30pm. Other days by special arrangement. Phones are checked regularly and I will continue to be available for urgent calls.

I hold deep gratitude for all the people who challenged & supported me to evolve into a stronger *Lindy G* during the pandemic.

With hope to see many of you in the days & months to come!

A handwritten signature in cursive script that reads "Lindy". The signature is written in black ink and is positioned at the bottom left of the page.