A Different Kind of Gift

I know this is a busy time of year, and so I thought of a different way of sharing Fred’s timeless wisdom with you this month.

In all the years that I worked with Fred, one of the things I came to appreciate is that he encouraged us to be “mindful” – and that was long before it was a part of our everyday vocabulary. He helped us slow down, be present in the moment and savor it. So I wanted to give you a gift of a video that you can just sit back, watch and enjoy.

As I was thinking about what to offer this month, I was thinking about some of the wonderful guests we had over the years. Memories are so much a part of holiday times. I remembered this video -- it’s a delightful visit with the
legendary Tony Bennett.

To give you some background, the scene on this video (from 1975) takes place in the Neighborhood of Make-Believe, in Lady Elaine’s “M-G-R (Museum-Go-Round) TV Studio” where she interviewed and showcased guests. Watch these two great legends -- accompanied by the wonderful Johnny Costa trio -- having fun together! I hope you enjoy it, too.

Whatever this time of year means to you, I hope you can give yourself the gift of slowing down and savoring the big -- and little -- moments in your life.

Best wishes for the new year ahead,

Hedda Sharapan
M.S. Child Development
PNC Grow Up Great Senior Fellow
"We all have different gifts, so we all have different ways of saying to the world who we are."