

How to stay sane when you and your spouse work at home

By **KATHERINE ROTH**
ASSOCIATED PRESS

Baby boomers moving into semi-retirement or new careers often find themselves working at least some of the time from home — and maybe sharing the space with their spouse or significant other. That might entail more togetherness than a couple originally bargained for.

Some delicate maneuvering and careful planning, however, can maintain peace, productivity and personal space all at once.

“It’s tough, and it definitely takes some figuring to make it work, but it can also be wonderful,” says Joy Parisi, co-founder and owner of Paragraph, a working space for writers in New York City.

Set boundaries

“The most important thing is to be very clear about each of your office spaces and

hours, especially if you’re both going to be at home working at the same time,” says Kerry Hannon, a motivational speaker, AARP jobs expert and author of “Getting the Job You Want After 50 for Dummies.” She works from home, as does her spouse.

Lori Leibovich, editor of RealSimple.com, says that if space is an issue, “designate separate office hours or take turns leaving the house.”

“Ideally, though, there should be a wall between your workspaces,” she says.

Good fences — and separate phone lines — also make good neighbors. “Be sure you set up your technology so your home and office are separate entities and you don’t have to fight over a phone line,” Hannon says.

Call a meeting...

... or take a walk. It helps to discuss the game plan for the day or week. If you’re in

different fields, but would like to have some input from your partner, figure out what time of day will work best and won’t interrupt anything.

Create work-free zones

It’s essential to have zones where you can focus on intimacy and leave stress-causing topics behind, says Pepper Schwartz, a relationships expert with AARP’s Life Reimagined, an online resource to help people navigate life transitions.

“You need to be sure you make time and space for yourselves as a couple, and also time as individuals to do yoga or meet friends or do something for yourself, so you don’t end up working a 7-day week and feeling like you’ve lost yourself.”

Consider alternatives

Many people who work from home are turning to various kinds of shared workspaces

to lessen distractions. Many shared offices are divided into quiet workspaces and a shared social area.

Compromise

“It’s important to make a policy about how you share the practical tasks or take care of the kids or walk the dogs,” says Schwartz.

Hannon said she had to compromise at times when her husband set up his work at the dining-room table instead of in his home office. Parisi said she or her husband sometimes head off to Paragraph to work when doing so at home is too challenging.

“Anecdotally, the whole economy is moving in this direction. We’re so plugged in now that even if you work from an office, you’ll end up doing some of your work from home,” Leibovich says. “It may take some creativity, and some compromises, to get it right.”

Jewelry raffle tickets to benefit NCLC are on sale

CANNON BEACH — Raffle tickets are on sale now for a 14-carat gold and pearl pendant by Cannon Beach jeweler Sharon Amber in support of North Coast Land Conservancy’s 30th anniversary.

All proceeds from the raffle will be donated to NCLC to support the nonprofit’s coastal conservation work. For its 30th anniversary in 2016, NCLC has made a goal to fundraise \$30,000.

Raffle tickets cost \$10 each, or you can purchase three tickets for \$25. A limit of 500 raffle tickets will be sold.

Tickets may be purchased at the Jewelry by Sharon Amber shop, located on the first level of Sandpiper Square in downtown



SUBMITTED PHOTO

You can buy raffle tickets for this oak leaf with pearl acorn pendant in support of NCLC.

Cannon Beach.

The winning name will be chosen in a drawing at the jewelry shop Nov. 6, the last day of Cannon Beach’s 29th annual Stormy Weather Arts Festival.

For more information, call 503-436-1494.

Learn computer coding at South Bend public library

SOUTH BEND, Wash. — A computer coding club is starting up at a Timberland Regional Library in Pacific County.

Learning to code can lead to a career in computer programming — but it most likely will help develop valuable life skills such as rational thinking, creative problem-solving, ingenuity and persistence. Plus, club members get to learn more about computers and how they work.

In October, the South Bend Timberland Library will start a Code Club for all skill levels, including beginners. The club is recommended for ages 8 and older.

The club meets from 3:30 to 5 p.m. Fridays on Oct. 14, 21, 28; Nov. 4; Dec. 2, 9, 16 and 23.

The Code Club software was created by a

company called Prenda for library-based learning. The application guides students according to individual experience levels and learning styles. The software also provides social links between students, encouraging a fun and motivating community experience at the library.

Participants may bring a laptop or borrow a library computer, while supplies last.

For more information, call the South Bend Timberland Library at 360-875-5532. The library is located at First Street and Pacific Avenue.

The Timberland Regional Library system is also launching two other Code Clubs at Elma Timberland Library in Grays Harbor County and Lacey Timberland Library in Thurston County.

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