

Elder Circles April 2018

*Celebrating
the Wisdom Journey*

* **Blog: 'TIME': Reflections
from Gather the Elders
2018"**

by Deb Knox

* **Elder Circles Schedule
for April**

Elder Circles Blog

'TIME'

Reflections from Gather the Elders 2018

Editor's note: Each table at the Gather the Elders event featured slips of paper with prompts related to the topic of growing older. The written responses were posted on the wall for attendees to read. Blog writer Deb Knox collected the responses and has been sharing their wisdom.

I received such nice feedback about the last blog commenting on the shared wisdom of attendees from the Gather the Elders retreat January 26, 2018, I looked forward to reading more of the responses from that day.

People's expression of what they are valuing these days is inspiring to me, and the topic of "time" seemed to be prevalent. Such healing activities that benefit not



Center for
Community Dialogue
& Training

A program of Our Family Services

Check Out an Elder Circle!

Join us at one of the many free Elder Circles held across town.

Our groups meet monthly and you are welcome to drop in.

Elder Circles are a place to explore life issues in the company of supportive, non-judgmental peers.

In a facilitated group setting, Elder Circles focus on topics related to four cornerstones:

- Life Review
- Life Repair
- Mentoring
- Leaving a Legacy

Elder Circles April Schedule

Oro Valley

Oro Valley Public Library

1305 W. Naranja Dr.
Second Wednesdays
April 11, 10:00 am

North Tucson

St. Francis in the Foothills

4625 E. River Rd. (at Swan)
Second Fridays
April 13, 10:00 am

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd (Wetmore & Romero)
Third Wednesdays
April 18, 10:30 am

only ourselves but others around us need to be celebrated.

In response to the prompt
"What I like best about aging..."

Several people commented on "time to reflect and enjoy more moments of freedom from a traditional schedule," "having time to appreciate the beauty in life," and finally the "richness of time to spend exactly as I want."

We are fortunate to be able to experience such freedom at this stage of life, and these comments indicate how highly we value it. After so many years of juggling work and family, careers, earning a livelihood, always "wanting to do more," we finally are becoming detached from some of that frenetic activity. And what surfaces is this delicious ability to appreciate beauty - something perhaps long denied - or simply to having the freedom to decide exactly what you want to do.

How do you "spend" your time?
What activities do you engage in?
How do they reflect "exactly what you want?"

One woman decides to create a volunteer organization to help people stay in their homes because she experienced the need first-hand, and knew she wouldn't be the only one. She could have passed on the idea and kept up with her tennis, her very active social life traveling with family and friends. But for 10 years now she has followed her passion and created a stable

Central Tucson

Jewish Community Center

3800 E. River Rd. (at Dodge)

First Sundays

April 8, May 6, 1:00 pm

Note: Because the first Sunday of April is Easter, the April Circle is meeting April 8.

LGBTQI Elder Circle

Cornerstone Fellowship

2902 N. Geronimo Ave.

Third Saturdays

April 21, 1:00 pm

***New!* Solo Seniors**

Our Family Services

3830 E. Bellevue (Speedway and Alvernon)

First Mondays

May 7, 1:00 pm

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East Tucson

Udall Senior Center

7200 E. Tanque Verde

Second Mondays

April 9, 1:00 pm

Sierra Del Sol Senior Living

8151 E. Speedway

Second Wednesdays

April 11, 11:00 am

Broadway Proper Retirement Community

400 S. Broadway Place

First Thursdays

This Circle is on hiatus. Please contact Chris Medvescek for more information

cmmedvescek@ourfamilyservices.org

Green Valley

Casa Community Center

780 S. Park Centre Ave.

Fourth Mondays

April 23, 3:00 pm

and growing nonprofit organization that will live on. It is part of her legacy. I wonder what she will do with her time, when she has more of those open windows?

And there is another actively engaged professional woman, recently retired, who cannot get enough time to do what she loves to do, which is to paint, paint, and more painting. She still juggles time because she values the professional resources and knowledge that she possesses and is happy to pass it on to her recipients. For her, there's never enough time to do it all, but she juggles and makes room for the creativity that is bursting through as she is "doing more of what she loves."

Are you doing things you love to do?
Is spending time appreciating the quiet moments part of that?

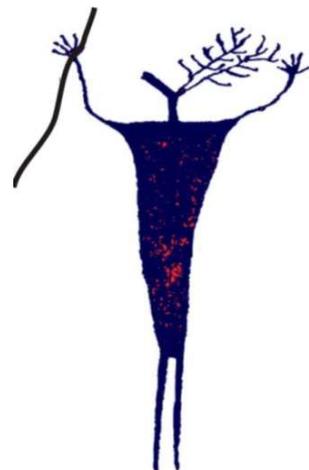
Others who are less certain about their wishes may experience conflict because they aren't quite comfortable living with all that freedom. So finding the activities that engage your interests and allow you to express and experience more of what you want and value out of life, can be found during these later years. Some people are threatened by the task of reflection, while others value it more than anything else. One participant commented that the gift of time allows her to explore her gifts for the next chapter.



We Couldn't Do It Without Them!

- The United Way of Tucson and Southern Arizona
- The Shaaron Kent Endowment Fund (a program of the Community Foundation for Southern Arizona)
- The Eliot T. Spalding Foundation
- Ellen Kaye, and
- private donors

We deeply appreciate their support of Elder Circles in our community!



Are You Interested in Starting an Elder Circle?

Taking "time to pause and pay attention" and "having less time for work, more time for... paying attention" seemed to resonate with many. We're finally able to trust ourselves to explore and simply see what we notice. After so many years of DOING, we are getting better and better at BEING.

And finally, one individual commented on "Growing DOWN - enjoying my 2nd childhood." What might that look like for you? For some, it might mean being less available for all the "shoulds" and crafting a life that includes others, but on your time frame.

Time is a commodity that we can spend wisely, in ways that are nourishing to ourselves as well as to others. Gathering with elders and learning about what is exciting, fulfilling, nurturing and healing in the lives of others can be a great place to start. We hope you will join one of the many Elder Circles in and around Tucson and share your treasures with us.

~ **Deborah Knox**

Elder Circles need a dedicated time, place and trained facilitator – and a group that's eager to talk about the rich topic of aging with grace and spirit.

If you would like to explore starting an Elder Circle in your area, please contact:

Chris Medvescek
cmedvescek@ourfamilyservices.org
or call 520-323-1708 ext. 122



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