

Elder Circles March 2018

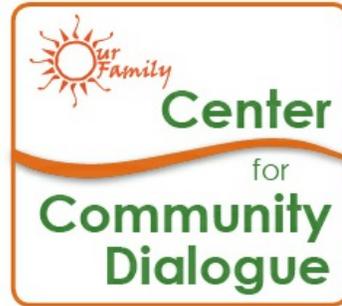
*Travel Guide for the
the Wisdom Journey*

- * **Blog: "Growing Older Means to Me: Thoughts from Gather the Elders 2018"** by Deb Knox
- * **Advance Care Planning Conversation, March 21**
- * **Elder Circles Schedule for March**

Elder Circles Blog

'Growing Older Means to Me' Thoughts from Gather the Elders 2018

Bravo!! We are aging well in Tucson. By sharing our stories and our wisdom, we are accomplishing two of the major tasks for **life integration** - claiming our authentic voices and addressing the issues of ageism by creating a



Honoring a Life: Advance Care Planning Conversations

**Wed., March 21
9:30 - 11:30 a.m.
Our Family Services
3830 E. Bellevue
FREE**

**How do you hope to spend
the final stage of your life?**

Have you planned adequately for any medical situations that might arise for you?

Who else needs to know what your wishes are so that you can receive what you want?

Attend this free two-hour workshop and learn:

- Why deciding what kind of healthcare you want late in life is important.
- How to talk to your loved ones and healthcare professionals about what you want.

new vision as we are living it.

The January 26th, 2018, Gather the Elders event was inspiring and reinforcing for the more than 70 participants committed to sharing life's experience and learning from it. We gathered at the Jewish Community Center to celebrate the wisdom of aging, as supported by the creation of Elder Circles in 2007 by our founder Del Jones, who passed away June 2018.

This annual celebration provided information from panelists on Living with Change, and the Elder Circle format provided participants the opportunity to share their stories about the topic. We are becoming "experts" at living with change and we are ready to share our wisdom. I couldn't be more inspired.

Below are just some of the comments generated by participants recording their responses to the following phrases: **ONE OF THE GIFTS OF AGING IS...** and **GROWING OLDER MEANS TO ME...**

ONE OF THE GIFTS OF AGING IS:

- feeling life all around and with an open heart
- forgiveness and acceptance
- developing and growing
- humility in a changing body
- cultivating silence and reflection

- How to document your decisions so your wants will be known.
- How to revise and update any existing advance care plans.

Because seating is limited, registration is required for this free event.

[Register Here](#)



This project is supported in part by funds from the Shannon Keat Endowment

Oro Valley

Oro Valley Public Library

1305 W. Naranja Dr.
Second Wednesdays
March 14, 10:00 am

North Tucson

St. Francis in the Foothills

4625 E. River Rd. (at Swan)
Second Fridays
March 9, 10:00 am

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd (Wetmore & Romero)
Third Wednesdays
March 21, 10:30 am

Central Tucson

Jewish Community Center

3800 E. River Rd. (at Dodge)
First Sundays
April 8, 1:00 pm

Note: Because the first Sunday of April is Easter, the Circle will meet on the second Sunday in April.

- being listened to
- choosing "my own way"
- Honesty - truth with oneself
- sharing LOVE MORE

Individually, each statement is an expression of one individual's authentic voice stating one of the gifts of aging. Collectively, they represent the wisdom of the ages which we are quietly but increasingly claiming. Our voices are being heard. Maybe it's because we are finally listening to ourselves and each other. We take time to hear each person's story.

As one woman said to me "I felt so welcome at the circle table I sat with." And I asked "why was that unusual?" And her response was, "usually people see me as a white-haired old lady who doesn't have anything to say." (And she just happens to be one creative woman of many, in her 80's, living alone, being independent, who is creating her memoir because she feels she has something of value to offer). The joy of transforming that belief into being recognized as a person of value and worth inspires me and all the other realizations that occurred that day. Wahoo!!! We're on our way.

GROWING OLDER MEANS:

- deepening friends and family relationships
- deepening spirituality
- Healing the wounds of a

LGBTQI Elder Circle

Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays
March 17, 1:00 pm

***New!* Solo Seniors**

Our Family Services
3830 E. Bellevue (Speedway and Alvernon)
First Mondays
April 2, 1:00 pm

East Tucson

Udall Senior Center

7200 E. Tanque Verde
Second Mondays
March 12, 1:00 pm

Sierra Del Sol Senior Living

8151 E. Speedway
Second Wednesdays
March 14, 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

cmedvescek@ourfamilyservices.org

Green Valley

Casa Community Center

780 S. Park Centre Ave.
Fourth Mondays
March 26, 3:00 pm

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.

lifetime

- being grateful
- becoming fearless
- honoring time and its passing
- giving to others

These statements acknowledge the value of family, friends and community; our connection with others and the healing of wounds caused by simply being a human being. We all have them and they can all be transformed into learning experiences or life lessons we can pass on to others, as we harvest their intrinsic value for ourselves.

The one I love the most has to be "Less drama!" Finally, we can learn to roll with the punches as we realize we've been here before and we do have the coping skills and the tools to take care of ourselves emotionally as well as practically.

We "take time to make today count" to "get my affairs in order," "to pass on what I know" and "being able to discern my truth" Now, that's a lot of wisdom.

We hope you'll consider joining an Elder Circle near where you live and is convenient, so you can begin to experience the wisdom of aging.

~ **Deb Knox**

In a facilitated group setting, Elder Circles focus on topics related to four cornerstones: Life Review, Life Repair, Mentoring, and Leaving a Legacy.

For more information email [Chris Medvescek](mailto:Chris.Medvescek) or call 323-1708 x122. Elder Circles are a project of the Center for Community Dialogue, a program of Our Family Services.



Blog author **Deb Knox** is the owner of Life Work Transitions, a career and midlife coaching company in Tucson, AZ.

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