

Elder Circles June 2018

*Tour guide to
the Wisdom Journey*

* **Blog: "Finding Financial
Wellness" by Margaret
Dykinga**

* **Elder Circles Schedule
for June**



Elder Circle Blog

Finding Financial Wellness

Do you ever wonder why some people are able to save their first dollar and other people spend every last dollar?

I have some thoughts about why people spend and others do not. I call it Financial Wellness.

"Wellness" is basically about making healthy decisions for ourselves. "Financial wellness" is about making healthy decisions for ourselves about money.

I believe that money (and our beliefs about money) affects every aspect of our lives---our



Center for
Community Dialogue
& Training
A program of Our Family Services

Check us out online: Past blogs, the Elder Circle schedule, and other Elder Legacy services can be found at www.ourfamilyservices.org/elder-legacy

Elder Circles June Schedule

Oro Valley **Oro Valley Public Library**

1305 W. Naranja Dr.
Second Wednesdays

No Circle. Library is closed in June

North Tucson **St. Francis in the Foothills**

4625 E. River Rd. (at Swan)
Second Fridays
June 8, 10:00 am

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd
(Wetmore & Romero)
Third Wednesdays
June 20, 10:30 am

Amber Lights Senior Living Community

6231 N. Montebella Rd.
(near NW Medical Center)
Fourth Tuesdays
June 26, 3:00 pm

Central Tucson

relationships, our work and career, our health and even our self-esteem.

We learn about money from the time we are very young and often take those thoughts and beliefs into adulthood. Those thoughts and beliefs are learned and therefore can be changed. When we change our thoughts and beliefs, our behavior changes as well.

Money also represents what we value—freedom, power, possessions or security. Learning about money and the healthy or unhealthy decisions we make, is really learning about ourselves. As we learn why we love money or hate it, spend it or save it, feel good talking about it or feel shame, we can begin to change and make healthier decisions about money.

So here is an exercise to try: Write a story or conversation about what you learned from your parents about money:

- What did they tell you or talk about when it came to money in your home?
- What was the message you got from those stories or conversations?
- Do you still believe or act on those stories or messages as an adult?

I read somewhere that it is never

Jewish Community Center

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

LGBTQI Elder Circle

Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays
June 16, 1:00 pm

East Tucson

Udall Senior Center

7200 E. Tanque Verde
Second Mondays
June 11, 1:00 pm

Sierra Del Sol Senior Living

8151 E. Speedway
Second Wednesdays
June 13, 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

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

cmedvescek@ourfamilyservices.org

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- The United Way of Tucson and Southern Arizona
- The Shaaron Kent

too late to have a happy childhood. What that means to me is that we can change those things we learned as a child and substitute thoughts and beliefs that are healthier for us as an adult. We change our mind all the time as a result of new experiences, or information or enlightenment. If you choose to create healthier messages about money, it just might help you move toward financial wellness.

Remember, your life is a work in progress---and so is your relationship to money!

~ **Margaret Dykinga**

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Blog author
Margaret Dykinga, M.Ed., R.N., facilitates the Oro Valley Elder Circle. An educator, facilitator and mediator, she is the owner of Dykinga and Associates, a training company.