

Elder Circles May 2018

Guideposts to the Wisdom Journey

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Elder Circle Blog

EXPRESSING AND ACCEPTING MYSELF - FINALLY!!

(Editor's note: This is the 3rd of 3 blogs focused on written comments from participants who attended Gather the Elder, January 26, 2018)

The freedom to be and to express oneself is a theme that runs through attendees' responses to the question: "What are the gifts of aging?" For so many, the radical act of self acceptance - can be a life changer after so many years of feeling "less than." And for others



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

Elder Circle News

Solo Seniors Circle: This Circle was launched in February to focus on the concerns of those who are aging without a nearby support network. However, after consulting with those who had participated in the group, it was decided to lay down this Circle for the present, due to lack of attendance. There is a possibility the Circle will start up again in the fall, if there is sufficient interest. Please contact Chris at the Center with any concerns or suggestions, or to express interest in a future Solo Seniors Circle.

cmedvescek@ourfamilyservices.org
520-323-1708 ext. 122

Green Valley Circle: With summer on its way and snowbirds leaving for cooler climes, the Green Valley Circle will be on hiatus until October.

ECWOW: The Center would like to hear from those interested in Elder Circle Without Walls (ECWOW) -- basically an Elder Circle that meets by phone, allowing members to participate without leaving home.

Honoring a Life - Advance Care Planning Conversations: Join the conversation Friday, May 18,

the form of self expression only deepens.

One participant noted:

"I have experienced so many changes (in aging): physical and mental. How I think and what my thoughts are have changed; they are so different, so much more spiritual and emotional."

Another commented:

"I have experienced a huge change in identity; I have more wisdom and have made some great connections."

Accepting what is and allowing ourselves to face the changes with gratitude is just one of the gifts of aging. Another individual specifically expressed gratitude at being able to "express myself fully" and not having "to play by the rules." Learning to accept the changes in our lives is one of the best ways to experience the gifts of aging. Self acceptance can lead to increased confidence and a willingness to engage with others thus addressing one of the more difficult aspects of aging which can be increased isolation.

If we are able to laugh at ourselves and with our peers, we are more comfortable taking on new adventures and feel proud in speaking out more.

Basically, being free to say "whatever I want" is another one

from 9:30 - 11:30 am at Our Family Services, 3830 East Bellevue. Free, but registration is required.

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 May Schedule

Oro Valley

Oro Valley Public Library

1305 W. Naranja Dr.
Second Wednesdays
May 9, 10:00 am

North Tucson

St. Francis in the Foothills

4625 E. River Rd. (at Swan)
Second Fridays
May 11, 10:00 am

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd (Wetmore & Romero)
Third Wednesdays
May 16, 10:30 am

Amber Lights Senior Living Community

6231 N. Montebella Rd. (near NW Medical Center)
Fourth Tuesdays
May 22, 3:00 pm

Central Tucson

Jewish Community Center

3800 E. River Rd. (at Dodge)
First Sundays
May 6, 1:00 pm

LGBTQI Elder Circle

Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays
May 19, 1:00 pm

of the gifts of aging. "Knowing I don't have to play by the rules, I can express myself fully." Self expression comes more easily when we are able to accept ourselves and enjoy what life has to offer.

As another participant noted:

"I love creating a new life of new friendships, old friendships, feeling healthy, learning new skills (art, biking) and having new life experiences to share.

So, the questions you might ask are:

1. Are you content with your life?
2. Are you content with your place in life at this stage of the game?
3. Are you content with who you are?

Some call this the "end-game" where we gather about to reconcile what has been with what can be. Aging provides a time and place where we can express gratitude for what is. Whether it is adventure, such as trying something new, we can take advantage of allowing ourselves to make mistakes and decide something isn't right for us. Or we can engage in a new relationship and maybe find a true friend after all these years of going it alone.

One of the greatest gifts of aging is "telling stories, sharing mine

East Tucson

Udall Senior Center

7200 E. Tanque Verde
Second Mondays
May 14, 1:00 pm

Sierra Del Sol Senior Living

8151 E. Speedway
Second Wednesdays
May 9, 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

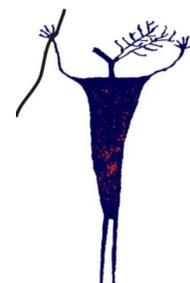
780 S. Park Centre Ave.
Fourth Mondays

This Circle is on hiatus. Please contact Chris Medvescek for more information
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Thanks to Elder Circles Sponsors

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- The Shaaron Kent Endowment Fund (a program of the Community Foundation for Southern Arizona)
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- Ellen Kaye, and
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We deeply appreciate their support of Elder Circles in our community!



Are You Interested

and learning from others" and Elder Circles are where that can happen. Meeting monthly with a familiar group of others that can include newcomers provides the opportunity to increase your confidence and self-acceptance. Being present to others who can laugh at themselves where before they might have felt fear and uncertainty is a regular occurrence.

And finally, as one other participant commented, the gift of aging is:

"Less worry, more wonder."

Let's all make that the mantra for May! And come join one of our Elder Circles. Some take time off during the summer months, so check out the calendar at right for the latest information!

Happily Aging, Deb Knox

in Starting an Elder Circle?

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



Blog author

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

Contact her at:

www.lifeworktransitions.com