

Elder Circles August 2018

All aboard for the Wisdom Journey

- * Guest Blog: "An Updated To-Do List" by *Sue Wonder*
- * Elder Orphans Facebook Group
- * Elder Circles Schedule for August

Guest blog: This month's blog is actually a long comment left by Sue Wonder on the elder blog site TimeGoesBy.net

An Updated To-Do List

After making the life-changing decision to free myself from the "shoulds, if onlys, maybes, and probably shouldn'ts," I DID!

Yes, I decided, at my age as a "Senior" that I could do anything I chose to do without asking my parents or teachers, or employers for permission. I've followed the rules and taught my students to follow the rules all my life and it's time I chucked that entire rule itself.



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

'Elder Orphans' Personal Support/ Market Research

Elder advocate Carol Marak has created a resource for those who, like her, are "solo aging" - and also for those who need to understand the special needs of this group.

Marak - who has studied, researched and written on the topic of solo aging -- defines an "elder orphan" as an "aged, community-dwelling individual who is socially and/or physically isolated, without an available known family member or designated surrogate or caregiver."

The biggest challenges for elder orphans are:

- * To remain safe and independent at home,
- * To find affordable housing through co-housing and sharing homes,
- * To have access to transportation, especially for medical treatments,
- * To avoid isolation and loneliness and easily make connections and receive support,
- * To help resolve helplessness and find ways to thrive and enjoy life.

To help address these needs, Marek created the Elder Orphans Facebook group, www.facebook.com/groups/elderorphans/.

The group offers support to nearly 8,000 members.

Elder Orphans members also help healthcare, technology, housing, financial, and transportation companies fully understand the distinct needs and concerns of those aging alone, as compared to elders who have consistently available support. Developers, entrepreneurs, innovators and researchers can get feedback on their

I have begun a mental list, which I probably should put to paper now since unexpected distractions sometimes keep me from my string of thoughts, of all the adventures I want to experience; it's now or never folks.

I promised myself I'd ride every train in Colorado, bird watch-yes- and photograph every doggone goose in my hometown parks, talk to a homeless person resting on the street and ask their first name and where they were born and what their own talents and experiences in earlier life was like and ask if they are hungry.

I want to learn how to play the piano by sight-never could train my Dyslexia to master the notes along with the keys; learn to play a small harp and rock out on jazz tunes for long periods of time, regain my American Sign Language skills, teach myself Spanish; visit with my new neighbor to listen to her play her piano-she lights up when I arrive and could play all day with someone to listen; adopt a fat, fuzzy cat but not become a "Cat Lady," and plant a hanging garden of herbs, vegetables and flowers.

I'd grab a canvas and paint the sky with fluffy, floating clouds and play a flute and learn to dance a gig. I'd sit and listen to someone older than myself and marvel how

ideas from Facebook group members via polls, online interviews, and surveys.

"It's heart-warming to experience the support given to one another and each person in the group feels less lonely and socially isolated," Marak writes about the group. To learn more, visit her site, Carol Marak - Insights into Elder Orphans, www.carolmarak.com/.

Elder Circles August Schedule

Oro Valley

Oro Valley Public Library

1305 W. Naranja Dr.
Second Wednesdays
Aug. 8, 10:00 am

North Tucson

St. Francis in the Foothills

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

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd (Wetmore & Romero)
Third Wednesdays
Aug. 15, 10:30 am

Amber Lights

6231 N. Montebella (near NW
Medical Center)
Fourth Tuesdays
Aug. 28, 3:00 pm

Central Tucson

Jewish Community Center

3800 E. River Rd. (at Dodge)
First Sundays
Aug. 5, Sept. 2, 1:00 pm

LGBTQI Elder Circle

Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays
Aug. 18, 1:00 pm

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East Tucson

Udall Senior Center

someone else came through life alive against perhaps greater odds than I. I'd give thanks to God for His grace first of all and for the experience of seeing life through others' eyes.

Then, I'd grab a rich, warm, frothy cup of coffee, put a small dab of vanilla ice cream into it and eat it along with a chocolate Eclair and never allow guilt to consume the pleasure of doing it in the first place.

I'd live and live and live each day with joy, gratitude, and laughter; laughing at all the time wasted on regrets rather than joy. I'd remain in joy the balance of my time left.

That's what I'd do until a better idea came along.

Sue Wonder
March 2016

www.timegoesby.net/weblog/where-mother-blogs.html

7200 E. Tanque Verde
Second Mondays
Aug. 13, 1:00 pm

Sierra Del Sol Senior Living

8151 E. Speedway
Second Wednesdays,
Aug. 8, 11 am

Green Valley

Casa Community Center

780 S. Park Centre Ave.
Fourth Mondays
On hiatus until October



The August blog was written by Sue Wonder in March 2016, as a comment on the elder blog site **TIME GOES BY** www.timegoesby.net/weblog/. The site was created more than a dozen years ago by former CBS News journalist Ronni Bennett, who continues to host and maintain it.