

# Elder Circles January 2019

## *Another Journey Around the Sun*

- \* Last Call! Gather the Elders: is January 25
- \* Guest Blog: "Does 'Elder Wisdom' Exist?"
- \* Elder Circle Facilitator Training
- \* Elder Circles Schedule for January

### *Elder Circle Guest Blog*

## Does 'Elder Wisdom' Exist?

by Jeanette Leardi

*Condensed from an article in  
Changing Aging.org*

Is there such a thing as "elder wisdom"? Do older adults inevitably acquire a special kind of inner knowledge unavailable in their middle-age years, or is this concept a mere stereotype and illusion?

Wisdom is not an inevitable product of aging, but an ability that requires conscious and careful cultivation, says geriatric neuropsychiatrist Dilip Jeste. In an enlightening [TEDMed talk](#), Jeste asserts that throughout history as well as cross-culturally, wisdom is defined by the following traits: social decision making; emotional



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



***THE TIME IS NOW!!***

## **Register for GATHER THE ELDERS**

**January 25, 2019, 9 am-12:30 pm**  
**Jewish Community Center**  
**3800 E River Rd, Tucson, AZ**  
**\$20**

***Doors open at 8 am for breakfast  
and socializing; program starts at  
9 am***

Join us for a half-day of **ideas**,  
**information**, and **insight**,  
generously seasoned with  
**fellowship**, **food**, and **fun**.

**SHARING THE JOURNEY:**  
***Creating Connection,  
Enhancing Life,  
Accepting Death***

**Two inspiring presenters:**

stability; pro-social behaviors (e.g., altruism); insight; and decisiveness amid uncertainty.

These abilities can be found at any age, but older adults tend to exhibit them more often. Human brains change throughout the lifespan, and elders engage more of their prefrontal cortex (the planning, organizing, and judging area of the brain), than do younger people. In addition, the two amygdalae of the brain, sub-organs that regulate a person's emotions, are often calmer and less skewed toward negative feelings in older adults, which explains why people usually feel happier as they get older.

Jeste believes there's an evolutionary purpose to elder wisdom that explains why people live decades past their ability to reproduce and maximum level of strength. Older adults contribute to the intellectual and moral growth of younger members of society.

In his ground-breaking book [From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older](#), Zalman Schachter-Shalomi explains their significant contributions. "What do elders have to teach? They transmit what can't be acquired from books. They impart the wisdom of a lifetime (including the personal attitudes, moral and ethical judgments, and aesthetic appreciations that characterized



**Tani Bahti**, an RN, educator, author, and advocate for improving end-of-life quality, compassionately speaks to the questions, fears, and needs surrounding end-of-life discussions, and the value gained by accepting death.



**Enrique Feldman**, an educator, author, two-time Grammy-nominated composer and artist, and founder of the Global Learning Foundation, dynamically addresses the ways adults can keep learning, growing, and enhancing their lives in later years.

Following each presentation, **Elder Circle conversations** involving all participants will spark insights and create connections that last long after the event is over.

To sign up for the conference,  
please

[click here](#)

The requested donation of \$20 is collected at the door. (Lack of ability to pay is not a barrier to participation.)

Want to contribute to the sustainability of this vibrant annual event, and also share information about your important services? Thank you!!! Please see our [Sponsorship Package](#)

If you'd like to volunteer with the event, please let us know.

Contact Chris Medvescek at

them). When an elder fertilizes a young person's aspiring mind with knowledge and seasoned judgment, the student receives a living spark, a transmission that may one day blossom into wisdom."

Does "elder wisdom" exist? That's a matter of the older adult actively committing to become wise.

"We're not always elders; sometimes we're aging, crotchety, somewhat elderly people," writes Schachter-Shalomi. "But at any moment in the battle between the forces of aging and elderying, we can become conscious, snap out of the hypnotic trance induced by society and our own inertia, and do the inner work of elderying."

Perhaps the truest statement on elder wisdom is expressed by Henry Wadsworth Longfellow in his poem "Morituri Salutamus".

*For age is opportunity no less  
Than youth itself, though in  
another dress  
And as the evening twilight  
fades away  
The sky is filled with stars,  
invisible by day.*



Jeanette Leardi is a Portland, OR, writer, editor, and community

### Oro Valley

#### **Oro Valley Public Library**

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

### North Tucson

#### **St. Francis in the Foothills**

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

#### **Ellie Towne Flowing Wells Community Center**

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

#### **Amber Lights**

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

### Central Tucson

#### **Jewish Community Center**

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

#### **LGBTQI Elder Circle**

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

### East Tucson

#### **Udall Senior Center**

7200 E. Tanque Verde

*On hiatus*

*Please contact the Center if you are interested in this Circle*

#### **Sierra Del Sol Senior Living**

8151 E. Speedway  
Second Wednesdays  
Jan. 9, at 11 am

*educator with a passion for helping older generations identify and share their wisdom with others. She can be reached at [www.jeanetteleardi.com](http://www.jeanetteleardi.com).*

## **LEARN TO LEAD AN ELDER CIRCLE**

### **FACILITATOR TRAINING**

**Thursday, February 7, 2019**

**12:30 pm to 5:00 pm**

**Our Family Services**

**3830 E Bellevue St.**

**\$65**

Take your Circle experience to the next level, and join this highly experiential half-day training that prepares you to facilitate an Elder Circle.

**[To register, click here](#)**

*If you've participated in this training before, the price is \$32.50 to take it again. Contact Melanie Rudolph [mrudolph@ourfamilyservices.org](mailto:mrudolph@ourfamilyservices.org)*

**Green Valley**

## **Casa Community Center**

780 S. Park Centre Ave.

Fourth Tuesdays

(This month *only*, the Circle is being held on the 5th Tuesday)

Jan. 29, at 10:30 am

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***Wishing us all a  
joyful, healthy, and  
enriching  
2019!***

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