

ELDER CIRCLES

April 2019

Resilience on the Wisdom Journey

This month we are sharing a blog by Marilyn Gustin, PhD, published on her website [Befriending Your Soul](#).

GROWING IN ROCK

The other day, walking in the desert, I came across something I've seen before, though not often. It's a short saguaro cactus, growing directly out of a rock, with no visible soil around its base and no shelter from the sun. I paused to reflect on this amazing thing.

Clearly the cactus has put down roots—however thin or fragile—that go deeper than what I can observe. And I'm guessing that the plant is smaller than another of similar age that has plenty of soil. Nevertheless, it's there, alive and growing at its own pace.

I'm inspired by such plants. They're a good analogy for life in the tough times. The teaching is not so hard to read: when life gets hard, put your roots down deep into any available crack. The challenges will affect you, it seems to be saying, but will not destroy you nor prevent your growing.

We know people like this. When adversity comes along, they know to settle in and seek inner resources—which we all have and often ignore. These are the folks who smile through illness or injury, who find ways to expand even when limited by circumstances, who simply keep going against the odds.

How do they do it? I've noticed a few common characteristics among such folks.



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

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- * Guest Blog "Growing in Rock" by Marilyn Gustin
- * Honoring a Life: Advance Care Planning Conversations on April 18
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ELDER CIRCLES TO FEATURE VIDEO SERIES IN APRIL, MAY

We're coming to visit!

As part of Our Family's End of Life partnership, an Our Family Services representative will be visiting all Elder Circles in April and May to share short engaging videos and lead reflective discussions.

The video series is produced by ACP Decisions, a nonprofit organization focused on advance care planning. We've been impressed by the educational quality of these videos and their ability to spark conversations that go beyond "you need to fill out your forms."

Check in with your closest Elder Circle to join the conversation and sort out any "what next?" questions you may be harboring.

For more information contact Chris Medvescek, cmedvescek@ourfamilyservices.org.

Oro Valley
Oro Valley Public Library
1305 W. Naranja Dr.

First, they don't complain. They accept where they actually are and what they are actually facing. Some of them have worked hard to come to this attitude. Second, they express gratitude. They're thankful for what is theirs and for the beauty and joy available. They express gratefulness for help they receive. Third, they cherish some kind of growth purpose: they want to create something, or experience something, or accomplish something. Whatever they must do or find to equip themselves for such growth, they simply undertake it and do it.

And they treasure the present experience. A story is told about Thomas Edison. His laboratory—the place and repository of years of work and records—caught fire. Watching the huge blaze, he said to one of his employees, "Go get my wife! She'll never get to see anything as spectacular as this again!"

I admire such people. And if I can't always emulate them, I can copy the little cactus: put my roots down through any available slot and say "yes" to growing in the sun.



Marilyn Gustin is a coach, inter-spiritual minister, and educator in Tucson who offers tools and caring companionship to help people make transformative changes and create what they want. She is also a trained volunteer Circles facilitator for the Center for Community Dialogue & Training.

Second Wednesdays at 10:00 am
April 10

North Tucson

St. Francis in the Foothills

4625 E. River Rd. (at Swan)
Second Fridays at 10:00 am
April 12

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd. (Wetmore & Romero)
Third Wednesdays at 10:30 am
April 17

Central Tucson

Jewish Community Center

3800 E. River Rd. (at Dodge)
First Sundays at 1:00 pm
April 7

LGBTQI Elder Circle

Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays at 1:00 pm
April 20

East Tucson

Udall Senior Center

7200 E. Tanque Verde
On hiatus - Please contact the Center if you are interested in this Circle.

Green Valley

Casa Community Center

780 S. Park Centre Ave.
Fourth Tuesdays at 10:30 am
April 23

HONORING A LIFE: ADVANCE CARE PLANNING CONVERSATIONS

Thursday, April 18, 2019

9:30 - 11:30 a.m.

Our Family Services

3830 E. Bellevue St

FREE

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

Have you planned adequately for any medical situations that might



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arise for you?

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

"Honoring a Life" provides a wealth of information, including an explanation of the importance of advance care planning, an introduction to methods for making decisions and conversing with others on the topic, and a review of the two kinds of documents accepted as legal and binding by the State of Arizona.

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

[REGISTER HERE](#)

