

# ELDER CIRCLES

## February 2019

### *Balancing the Wisdom Journey*

#### **Gather the Elders 2019: Wow -- What a Morning!**

The title of the 10<sup>th</sup> annual Gather the Elders event said it all: ***Sharing the Journey: Creating Connections, Enhancing Life, Accepting Death.*** Here's a look at how these many elements came vividly to life over the course of an enriching morning.

**Sharing the Journey:** On January 25, from 9 am to 12:30 pm, some 75 elders from across Tucson gathered in the beautiful ballroom of the Jewish Community Center to enjoy a delicious hot breakfast, get to know each other, gain new information, and share lessons learned during the "Wisdom Journey" of life.



**Enhancing Life:** International artist, musician and educator Enrique Hank Feldman provided an entertaining and informative session on brain health and staying mentally limber. Enrique led the crowd through several devilishly simple movements that challenged our brains to learn and grow, such as moving one hand up and down,



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

#### **In This Newsletter**

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***Are you an enthusiastic supporter of Elder Circles and wondering what goes into leading a Circle?***

Join us for the upcoming

#### **ELDER CIRCLES FACILITATOR TRAINING**

**Thursday, February 7, 2019  
12:30 - 5:00 pm  
Our Family Services,  
3830 E. Bellevue St.  
Fee: \$65\***

Take your Circle experience to the next level and join this enriching training that teaches you how to facilitate an Elder Circle. Graduates are eligible to facilitate Circles through the Center.

#### **REGISTER HERE**

\*Bring a friend and save 20% on both registrations. If you have participated in this training before, you save 50% if you take it again.

#### **Oro Valley**

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

1305 W. Naranja Dr.  
Second Wednesdays at 10:00 am

while simultaneously moving the other hand in and out. In addition to getting us all laughing at ourselves, Enrique shared tips on nutrition and other brain-healthy practices.



**Accepting Death:** The body's natural wisdom during the dying process was compassionately detailed and explained by author, nurse and end-of-life educator Tani Bahti. Tani's moving and well-received presentation demystified the stages and provided many with a respite from fear and anxiety about the dying process.



February 13

### North Tucson

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

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

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

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

### Central Tucson

#### **Jewish Community Center**

3800 E. River Rd. (at Dodge)  
First Sundays at 1:00 pm  
February 3

#### **LGBTQI Elder Circle**

Cornerstone Fellowship  
2902 N. Geronimo Ave.  
Third Saturdays at 1:00 pm  
February 16

### 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  
February 26

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## **HONORING A LIFE: ADVANCE CARE PLANNING CONVERSATIONS**

**Thursday, March 21, 2019**

**9:30 - 11:30 am**

**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 arise for you?



### **Creating Connections:**

Participants sat at nine round tables, each with a skilled volunteer facilitator who guided them in structured Circle discussions after each presentation. Participants not only created connections between the information and their own lives, but also between themselves and others at their table, as they reflected on such questions as:

- *What are you learning now that's exciting to you?*
- *In what areas of your life do you give yourself permission to be imperfect?*
- *How can thinking about death add to the joy in your life?*
- *With whom can you talk about your thoughts and feelings about death and dying?*

Many participants reported that the Circle discussions, and the connections created therein, were the highlight of the event for them.



**Plus!** Infusing the event with music, art and movement were retired physician and certified yoga

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

"Honoring a Life" provides a wealth of truly useful information on this critical topic.

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

**[REGISTER HERE](#)**



This project is supported in part by funds from the Shaaron Keat Endowment

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## **Healthy Nutrition for Your Body and Mind**

In his presentation at Gather the Elders 2019, Enrique Feldman spoke about the importance of nutrition for our physical and mental wellbeing. Here are some healthy snacks Enrique has found to be particularly effective at elevating and focusing one's energy:

**Raw celery with a tablespoon of raw almond butter**

**Raw red apple**

**Red Papaya**

**Raw broccoli dipped in a pesto sauce**

**Raw broccoli, arugula and cilantro "salad" with a homemade balsamic dressing**

Read more here:

**<https://enriquefeldman.com/snacks-that-improve-your-focus-and-performance/>**

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***"The key is the love we put into every action."***

**-Tani Bahti**

therapist Jessica Byron, who led were a brief-but- informative yoga stretch; musician and educator Twinfeathers, who provided entrancing flute interludes; and death educator/grief counselor Isabel Amorous, who displayed a thought-provoking photo collection called “Loving the Question.”

Also on hand were the Gather the Elders’ sponsors whose generosity made the event possible: Platinum sponsor Casa de la Luz Hospice, Gold sponsor Watermark Assisted Living Communities and Silver sponsor Pima Council on Aging.

The next Gather the Elders will be in late January 2020. We hope you’ll join us! Watch for more information beginning in October. Meanwhile, if you’re looking for more Circle discussions about “conscious aging,” check out the schedule of monthly Elder Circles to the right!

Read more here:

<http://pathwayseol.com/doing-it-right-how-the-experts-manage-their-own-dying/>

**Thank you to our Gather the Elders 2019 co-sponsors:**

