**CHANGE OF DATE FOR JCC ELDER CIRCLE**

Please note that the January date for the Elder Circle at the Jewish Community Center has been changed. The Circle will be held on **Sunday, January 12** instead of Jan 5.

**ELDER CIRCLES**

January 2020

* Welcoming a New Year and a New Decade*

**IN THIS NEWSLETTER**

* Blog: "The Concerns of the Moment" by Deb Knox
* Elder Circles Schedule for January 2020
* Invitation: 2020 Gather the Elders
* Elder Circles Facilitator Training on February 6
* Info: Suicide Prevention Lifeline
* Center welcomes new Program Manager Joanna Marroquin

**JANUARY 2020 ELDER CIRCLES SCHEDULE**

**NORTH TUCSON**

St. Francis in the Foothills
4625 E. River Rd. (at Swan)
Second Fridays at 10:00 am
January 10

Flowing Wells Public Library
New name and location!
1730 W. Wetmore Rd., Study Room C
Third Wednesdays at 10:30 am
January 15

**CENTRAL TUCSON**

Jewish Community Center
3800 E. River Rd. (at Dodge)
First Sundays at 1:00 pm
**Changed Date This Month Only: Sunday, January 12**

LGBTQI Elder Circle
Cornerstone Fellowship
2902 N. Geronimo Ave.
MOMENT…
(and a New Year)

Several days of feeling poorly. Cold and achy. I had not realized how much the cool moist weather affects my arthritis. Pain is such an interesting phenomena to track, when it sticks around for awhile, I’ve noticed. But then when it’s gone - and it mostly usually is these days - it’s as if it had never even existed before. I treasure those pain free moments and grateful when they do appear. There must be some wisdom in that, but I’m not sure what it is.

As the New Year descends upon us again, I ponder. What a contradiction - descends in terms of going downward, but already the hope is in the future up-on us. Three days of watching movies, eating, sleeping, reading - and yes - occasional expeditions to the magnificent outdoors. But there again lies another contradiction - it’s not supposed to be this cold in Tucson in the winter!! Right???

Some love it and others, like myself, surprisingly have a very difficult time, and then it takes a lot to love it. What do you do when you don’t have the will - let alone - the inspiration to do what you know

Third Saturdays at 1:00 pm
January 18

EAST TUCSON
Udall Senior Center
7200 E. Tanque Verde Rd.,
Media Room
Discontinued

GREEN VALLEY New
location and time!
Joyner-Green Valley Library
601 N. La Cañada, Green Valley
Fourth Tuesdays at 1:30 pm
January 28

MARANA
Wheeler Taft Abbet Sr.
Public
Library
7800 N. Schisler Dr.
Discontinued

ORO VALLEY
Oro Valley Public Library
1305 W. Naranja Dr.
Second Wednesdays at 10:00 am
January 8

11TH ANNUAL
GATHER THE ELDERS
“OUR STORIES, OUR LIVES”
needs to be done?

And therein, lies the need for connection with others, and a deeper connection with myself. Which leads me to focusing my intentions for, this New Year, which are:

A simple desire to be more mindful and grateful for this life experience; and the ability to reach out and connect with others in a meaningful way.

If you have occasional bouts of worry or mistrust, or find yourself wanting to meet new people to share the journey of aging, please join us for the 11th annual Gather the Elders on January 24th at the JCC from 8:30 - 12 noon. The connecting energy of the gathering that day has become a highlight experience for many, whether they continue to attend an Elder Circle or not! We have some terrific speaker this year to explore the topic: Our Stories, Our Lives,” they include:

**Penelope Starr:** Founder of Odyssey Storytelling, a monthly storytelling series in Tucson, and author of “The Radical Act of Community Storytelling: Empowering Voices in Uncensored Events.” and **Kathleen Roberts:**

**Friday, January 24, 2020**
8:30 am - 12:30 pm
Jewish Community Center
$20 at the door

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

The day begins at 8:30 am with a delicious catered breakfast and the program kicks off at 9.

We’re very excited about our two presenters! Penelope Starr founded Odyssey Storytelling, a monthly storytelling series in Tucson, and is the author of “The Radical Act of Community Storytelling: Empowering Voices in Uncensored Events.” Kathleen Roberts, a longtime certified personal coach and educator on personal growth topics, helps clients approach their lives “as the Art that you are continually creating.”

**Facilitated Wisdom Circles** will give you a chance to share, discuss and connect. Other highlights include gentle guided **Qi Gong** exercises and displays by **service providers** who cater to elders.

Whether you’re seeking to expand your circle of friends, spark new conversations or deepen your connection with others, the insights gained from this annual event are a true inspiration.

Register here for GTE 2020
“Think of your life as the Art that you are continually creating,” says this longtime certified personal coach and educator on personal growth topics.

Hope to see you there!!

~Deborah Knox

Deborah Knox is the owner of Life Work Transitions, a coaching and consulting firm supporting career, mid-life and end-of life transitions. For more information please go to www.lifeworktransitions.com for dates starting in January 2020, or contact Deb directly at dlkcoach@gmail.com or (520) 780-3834.

ELDER CIRCLES FACILITATOR TRAINING

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

Thursday, February 6, 2020
12:30 - 5:00 pm
5049 E Broadway Blvd
Fee: $65*

LOOKING OUT FOR THOSE WHO MAY NOT THINK THEY CAN GO ON

Suicide is a devastating event and an immeasurable tragedy that rocks the core of surviving family members, their friends, community and concentric circles beyond. Did you know that older adults are at particularly high risk for suicide?

According to the Centers for Disease Control and Prevention (CDC), adult males age 65 and up, were the group with the highest suicide rate in 2016. Older adults appear to have a unique set of factors that place them at high risk for suicide, including: brain injuries or disorders; prolonged exposure to stress; chronic pain; life and role transitions; social isolation; access to lethal means; history of abuse or neglect; and a family history of suicide.

Fortunately, there are some “protective factors” that can reduce the risk of suicide, says Rosalyn Blogier, public health adviser with the Substance Abuse and Mental Health Services Administration. The protective factors include:

- Assessment and care for physical and mental health issues
- Social connectedness
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

*Special Offers*: 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. Please contact Melanie Rudolph to make use of these offers.

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**CENTER WELCOMES NEW MANAGER**

Please welcome Joanna Marroquin, who has joined the Center as our new Program Manager! We are excited for Joanna to take over the Center’s leadership role, bringing her unique skills, experience and perspectives to our team! Here is a little bit about Joanna:

*Hello! I am an Arizona native, a*

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**HAPPY NEW YEAR!**

Wishing you a year full of love, peace, joy,
social worker, and a community advocate. I've been working for the past 13+ years to engage, connect, empower, and promote equity for all individuals in diverse urban and rural communities throughout Arizona. In my spare time I enjoy listening to true crime podcasts, reading, traveling and spending time with my family, friends and my dog, Frida.

And please join us in expressing a deeply deserved "Thank You!" to Catherine Tornbom for leading the Center for the past 9 years and growing it into the successful and multi-faceted program it is today! We are thrilled to report that Catherine will continue in a central role at the Center as our Senior Training & Development Consultant.

meaningful connections, and good health.

Your team at the Center for Community Dialogue & Training:
Joanna, Catherine, Chris and Melanie