

## ELDER CIRCLES March 2020

*Let's Celebrate  
Maturity!*

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### CELEBRATE MATURITY!

*The Natural Process of  
Aging Well*

*"I have discovered an ancient path to human development that is all natural, subtle but transformative, and requires decades to experience fully. And we are on it! The path to longevity requires life and maturity, which we have."*

**"What are Old People For?"  
by William Thomas**



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



### MARCH 2020 ELDER CIRCLES SCHEDULE

#### NORTH TUCSON

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

4625 E. River Rd. (at Swan)  
Second Fridays at 10:00 am  
March 13

##### **Flowing Wells Public Library**

1730 W. Wetmore Rd.,  
Study Room C  
Third Wednesdays at 10:30 am  
March 18

#### CENTRAL TUCSON

##### **Jewish Community Center**

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

##### **LGBTQI Elder Circle**

Cornerstone Fellowship  
2902 N. Geronimo Ave.  
Third Saturdays at 1:00 pm  
March 21

***Now LGBTQI+ Elder Support  
Group (see details below)***

#### EAST TUCSON

***Coming Soon!***

How do you feel about the anti-aging sentiment that assaults us daily with products for addressing saggy skin, turkey necks, and seeking out early signs of dementia? I for one, feel mostly annoyed, intimidated or unmoved, but they nonetheless are there.

What is the solution to old age? The solution is to be grateful for the time we have and to make the most of it in ways that are meaningful to us personally. How do you do that?



Giving the gifts that come to us naturally comes easily to some people, while others can struggle with resentment wondering “what should I do next and for whom?”

Indeed, as we age, it seems as if more and more people in my sphere need assistance. For some it is short-term - a ride for cataract surgery and within days the person is back to driving again. Other requests can be longer and require more. Like the friend who develops a severe response to a major medical issue and really is no longer able to care for herself, and yet has not admitted it to herself or others. Her medical team seem unaware of her fragility and her support system labors over how to be of service. I struggle over wanting to help and feeling resentment simultaneously.

So finding how to give easily can be part of our life experience and maturity if we are able to harvest our feelings and our responses. I do

### **Udall Senior Center**

7200 E. Tanque Verde Rd.,  
Media Room  
Second Tuesdays at 1:00 pm  
Begins April 14

### **GREEN VALLEY**

#### **Joyner-Green Valley Library**

601 N La Cañada Dr  
Fourth Tuesdays at 1:30 pm  
March 24

### **ORO VALLEY**

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

1305 W. Naranja Dr.  
Second Wednesdays at 10:00 am  
March 11

### **ORACLE**

*New!*

#### **SaddleBrooke Ranch**

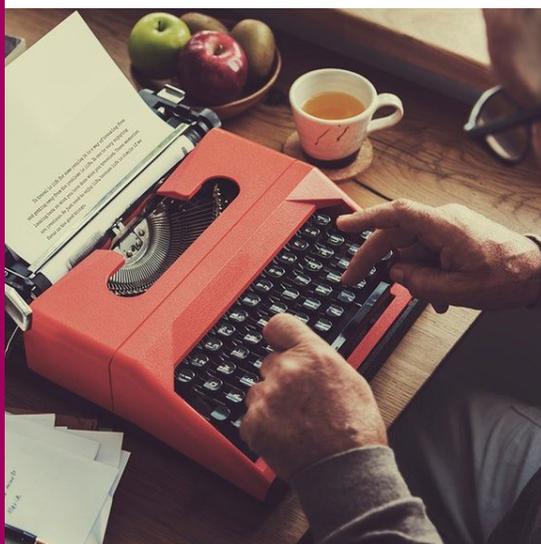
Fourth Mondays  
*For more information contact the Center*



### **LGBTQI ELDER CIRCLE TURNING INTO PEER SUPPORT GROUP**

Change is ahead for the LGBTQI Elder Circle! The Circle is turning into a peer-led support/discussion group for LGBTQI+ Elders to share about aging. The group will be sponsored by Southern Arizona Senior Pride and led by counselor and facilitator Claire Ellington. Meetings will continue to be held at the same time (third Saturdays at 1 pm) and same location. Drop in at no charge for the next meeting:

my best to stay in tune to my inner world, and do what I can on the physical plane for others.



Using the time we have to develop or practice our creativity is another gift of old age. The longer we live, the more we can grow and develop and practice that which brings us joy and even bliss. To be absorbed in what one delights in is indeed a gift of old age, regardless of how we look - but somewhat dependent on how we feel. The saggy neck I can live with, the pain in my hands is another story. And yet, when I put my fingers to the keyboard and start typing the pain dissolves - at least for the time being while my mind, body and heart get to synchronize to create what will hopefully be a meaningful blog. What is your form of creative self-expression?



So, instead of wishing we were younger, or de-crying the negative effects of old age, let's celebrate what the years of experience bring to us. Maturity is the fullness or

## LGBTQI+ Elder Support Group

Sat, March 21, 1 - 2:30 pm  
Cornerstone Fellowship  
2902 N. Geronimo Ave.

For more info, please contact **Claire Ellington** or visit the **Southern Arizona Pride Website**.



## TMC, PCOA TO HOST 33RD ANNUAL SALUTE TO CENTENARIANS

*Do you know someone who has been on this earth 100 years?*

Let's celebrate their life at the

**Salute to Centenarians**  
**Friday, May 1, 2020**  
**TMC Marshall Conference Center 5301 E. Grant Road**

Submit the individuals name by Friday, March 6, 2020 by calling Jan Baker at **(520) 790-0504** or emailing **jbaker@pcoa.org**. For local citizens age 99 and over.



ripeness of a fruit and also of our being.

How do you celebrate your maturity

- on a daily basis?
- in relation to others?
- in terms of self-care?

As we continue on the path of longevity, expressing gratitude and doing what we love to do, we are aging naturally. And the wrinkles and sags that go with it are just one sign of how truly ripe we are!

~Deb 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](http://www.lifeworktransitions.com) or contact Deb directly at [dlkcoach@gmail.com](mailto:dlkcoach@gmail.com) or (520) 780-3834.

## VIDEO: 20-MINUTE QIGONG ROUTINE

Would you like to be more active and mindful this spring? Wake up your muscles, joints and breath with this gentle Qigong routine set in a beautiful natural environment (chirping birds included). Click on the image below to access the clip.



## HONORING A LIFE: ADVANCE CARE PLANNING CONVERSATIONS

Tuesday, March 24, 2020  
6:00 - 8:00 pm  
Ward 6 office, 3202 E 1st St

*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?*

*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



**Arizona END OF LIFE  
CARE PARTNERSHIP**

Anchored at United Way of Tucson and Southern Arizona

