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

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
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...
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

**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]