FLOWING WELLS ELDER CIRCLE VIA ZOOM: WE LIKED IT!

After one of my Elder Circle members volunteered to put together a Zoom meeting (an online video conference call) for our Circle on May 5, I decided to go ahead with it. I think it helped that recently I have participated in two Zoom calls with family members, one with my three siblings and their spouses, and one with the 11 cousins who used to get together in Mt. Gretna, PA, during the summer when we were kids.

I thought the Zoom Circle went well...
and all the feedback I received was positive.

Six of us participated, including me. The general topic was coronavirus-related because I had a feeling that whatever I planned, we would end up talking about the coronavirus pandemic in one way or another.

Most of the discussion was about physical masks and what wearing them means. Several people said they find themselves becoming judgmental when people aren’t wearing masks. We also talked briefly about how to normalize life with a mask, how to communicate with each other. And we talked about not going back to the "normal" that existed before the pandemic. For "normal," read "over-consumption." We also mentioned wanting to "move through" the current situation rather than being concerned with "getting out of it."

After the Circle, one participant said he’s very tired of talking about the coronavirus pandemic and he almost didn’t call in. However, he found that the structured format of the Circle prevented the discussion from devolving into individual horror stories. He was glad he participated.

We liked the format so much that we have decided to do it again in June – for our June 17 Circle, at 10:30 am to be precise. Please see the "June 2020 Elder Circles Schedule" for more information.

~Judy Francis

Join the Wisdom Circles mailing list: Even though you may already be on the Center’s Elder Circles mailing list, you will need to actively opt in to the Wisdom Circles mailing list, so you may keep in touch with their activities. To do so, please click the yellow button below.

Join the list now!

JUNE 2020 ELDER CIRCLES SCHEDULE

Most of our Elder Circles remain temporarily closed as a precaution in response to the COVID-19 pandemic.

However, we have some good news for those of you craving some Circle time: Two groups now offer virtual meetings via the online video conferencing program Zoom. The best part is: You can join these Circles from the comfort of your home!

Flowing Wells Circle
Wednesday, June 17 at 10:30 am
Held via Zoom, a FREE online video conferencing program

To register, please email Melanie Rudolph at mrudolph@ourfamilyservices.org or call (520) 323-1708 x422.

Registered participants will be sent
Judy Francis has been an Elder Circle facilitator since 2014, and helped develop the training program for Circle facilitators, as well as other courses. Prior to Elder Circles she was a participant in Peace Circles.

FOOD FOR THOUGHT: RUMI POEM

Many of you may be familiar with Rumi (1207-1273), a Persian thinker and writer considered one of the greatest spiritual masters and poetic geniuses in history.

In a recent newsletter, the aging-adult conversation program CircleTalk™ shared one of Rumi’s wonderful poems together with a set of thought-provoking questions, both of which we’d like to offer here for your enjoyment.

LGBTQI E�lder Support Group
Every other Saturday at 1:00 pm
June 13 & June 27
Held via Zoom, an online video conferencing program

Open and welcoming forum to discuss the experience of aging in the LGBTQI+ community, hosted by Southern Arizona Senior Pride.

For more info, please email Claire Ellington at cb62xx@gmail.com.

VIDEO: QUICK INTRO TO ZOOM

New to virtual meetings and events? Check out the video below for a great 1-minute introduction to the online video conferencing program Zoom.

Want to use your phone instead? Check out this Zoom tutorial: How to Join a Zoom Call by Phone.
The Guest House
by Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.

Welcome and entertain them all!
Even if they’re a crow of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Let’s Think About This:

Can you use this poem to engage
with others in a discussion about
feelings? Can it help you clarify
what you are feeling right now?

After reading this poem, think
about what guests may come
knocking at your “house”. How
many rooms inside of all of us
house the many feelings
expressed in this poem?

Can you recall a time when you
met an unwelcome visitor at your
“front door”?

Are there any visitors waiting on
your front steps right now that
you are not sure you want to
invite in?

What new delight came into your
life because of an unexpected
visitor?

UPCOMING AARP VIRTUAL EVENTS

Whether you are looking for some
fun, helpful information, or
community support, AARP has
some great virtual offerings coming
up in June. Below are some
highlights - all of them free of
charge.

AARP Movie Night:
HYDE PARK ON HUDSON
Friday, June 5
5 pm AZ time (8 pm ET)
Learn more and register here.

AARP Live Q&A Event:
The Coronavirus
Thursday, June 11
4 pm AZ time (7 pm ET)
Find out how to join online or by
phone (toll-free) here.

Avoiding COVID-19
Scams on AARP
Live/RFD-TV
Thursday, June 18
7 pm AZ time (10 pm ET)
Find out how to tune in here.

AARP Community
Connections
Ongoing
Across the country, people are
organizing online mutual aid groups
to stay connected, share ideas, and
help those in need. Mutual aid can
include grocery pick-ups, providing
financial assistance, or lending
emotional support. Check out
AARP’s Community Connections
page to find national or local groups
or even start your own.

NEED HELP?

Call 2-1-1 or go to
211arizona.org/pima/ to be linked
with services in Pima County.

Call 2-1-1 or go to
211arizona.org/pima/ to be linked
with services in Pima County.
to vital community resources for housing, health & mental health, disability, veteran and military services, and much more.

Summer heat is here
Stay cool, hydrated and safe, everyone!