

ELDER CIRCLES

June 2020

Elder Circles Go Virtual

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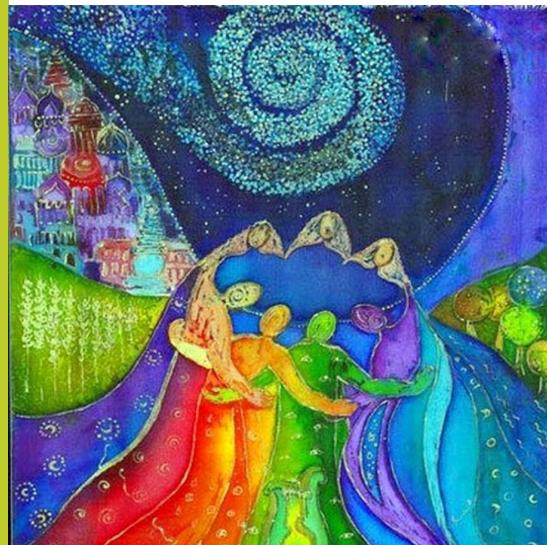
FLOWING WELLS ELDER CIRCLE VIA ZOOM: WE LIKED IT!

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



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



ELDER CIRCLES TRANSITIONING TO INDEPENDENT PROGRAM

For 16 years, Elder Circles have provided Tucsonans with opportunities for structured conversations that explore and affirm engaged and conscious living in the "third act" of life. Started in 2004 by Tucson activist Del Jones and others, the Elder Circles program became part of the Center for Community Dialogue & Training and Our Family Services in 2012. Throughout this time, the Circles provided a safe, respectful place to reflect and hear from others on the Elder Wisdom Journey, at no charge, assisted by the gentle facilitation of trained community volunteers.

Beginning in July 2020, the Elder Circles program again will operate independently, under the name **Wisdom Circles**. The Center will work with the Wisdom Circles Council throughout the summer and fall to ensure a smooth transition and is grateful for the committed volunteers who will ensure Circles continue to be available in Tucson.

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!

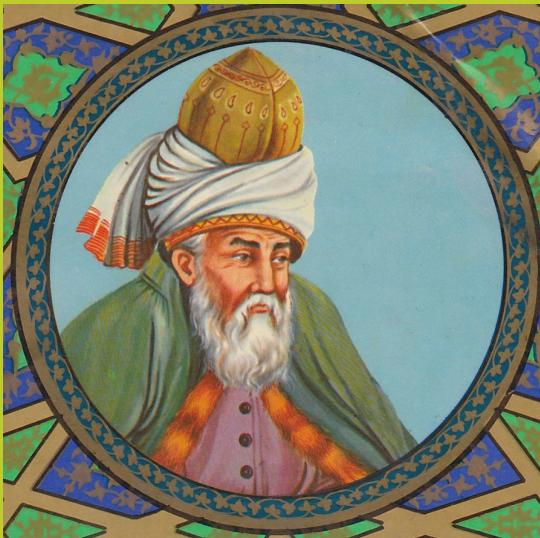
Flowing Wells Circle
Wednesday, June 17 at 10:30 am
Held via Zoom, a FREE online video conferencing program

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.

a link to the Meeting.

Note: This meeting **can be joined by phone if preferred**. Contact Melanie for information.

LGBTQI Elder 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 crowd 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?

NEED HELP?

Call 2-1-1 or go to
211arizona.org/pima/ to be linked



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.

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!**

