



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

## WISDOM CIRCLES August 2020

### *Daring to Have Difficult Discussions*

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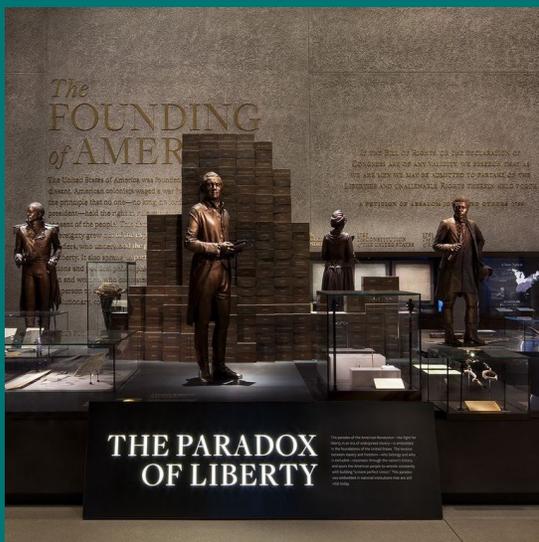


Exhibit at the **National Museum of African American History and Culture.**



Cloudy skies during Monsoon season in Tucson. Source: [thisistucson.com](http://thisistucson.com).

#### MEET MARGARET DYKINGA



Circles are not new to me. In my work, I used circles for business meetings and found that the meetings were more productive and participative. So, when I was introduced to Elder Circles by Del Jones, I looked forward to the process. Since then I have been blessed with a wonderful Elder Circle to facilitate in the Oro Valley Library—great people, great conversations. We have started using Zoom and enjoyed the results. Elder Circles—now called Wisdom Circles—has taught me the value of discussions about aging consciously, sharing personal stories and living through a pandemic. Circles are amazing, rewarding and a source of comfort and support.

Margaret Dykinga has been facilitating the Wisdom Circle at the Oro Valley Library since 2014. She is chair of the **Wisdom Circles Council**, which oversees all the Wisdom Circles in the Tucson area. If you are interested in joining a Wisdom Circle, email Margaret at [wisdomcircles1@gmail.com](mailto:wisdomcircles1@gmail.com).

The following article is a follow up on last month's blog by **Kathleen Roberts**.

## THE HISTORY OF U.S. RACE RELATIONS: A PAINFUL "BOTH/AND" DISCUSSION

As older adults, we may be pushed by concerns that are different from our children's, but right now, we share a lot of these with all Americans. I don't know about you, but I feel *more* challenged than ever to pay attention, stay awake, re-educate myself and use whatever wisdom I have to be active in the world. **So, I say to my fellow Elders – the world really needs us/you!** Needs our discernment, honest reflection, unsparing examination and ongoing conversations that can offer wisdom, experience and guidance.

**Here's a question to grapple with:** How do we hold and discuss the history of our country as both the ugly truth of slavery, genocide, theft of native land, Jim Crow laws, ongoing and systemic racism **along with** the aspirational vision that the founding fathers created – the ideal and idea of equality, a more perfect union?



That question looms large for me right now. I am committed to my own re-education – to include the history I was not taught in school but that was happening all around me. To include the history I knew



## REMINDER: SIGN UP FOR CONTINUED WISDOM CIRCLES UPDATES

Since the beginning of July, Elder Circles have been operating independently from the Center for Community Dialogue & Training under the name **Wisdom Circles**. The Center is working closely with the Wisdom Circles Council throughout the summer and fall to ensure a smooth transition.

Even though you may already be on the Center's Elder Circles mailing list, **[you need to actively opt in to the Wisdom Circles mailing list](#)** so that you may keep in touch with their activities. To do so, please click the button below.

Join the list  
now!

## AUGUST 2020 WISDOM CIRCLES SCHEDULE

Most Wisdom Circles remain temporarily closed due to COVID-19. However, **three groups now offer virtual meetings** via the free online video conferencing program **Zoom**. The best part: You can join these Circles from the comfort of

existed but chose to turn away from because it made me too upset. I realize, of course, that my brothers and sisters of color **never** had that luxury – they can't turn away from the truth of their lives and histories.

In general, it seems to me, white Americans have been addicted to holding only one perspective on our history – glossing over the parts we don't like and glorifying or building up the parts we do. It helps us maintain our power, our mythology and status quo.

But, I believe we are being called to expand our capacity to look squarely at the parts we don't like – acknowledge the consequences of our actions, inactions, blindness to the suffering of others and really work diligently toward true equality, making necessary course and policy corrections, lobbying politicians and working to release our tenacious hold on power.



Photo: Scott Heins / Getty Images

Resmaa Menakem, author of "My Grandmother's Hands: Racialized Trauma and the Path to Mending our Hearts and Bodies", points out how white folks really want to talk to their black friends about race and have them tell them what to do. *He says – don't talk to me – talk to each other!* White folks need to talk to each other about race, challenge each other's thinking, commit to their own education and transformation because **nothing** will change until we as white Americans are changed. We hold the reins of power – we can only unwind the

your home!

## Flowing Wells Circle

Wednesday, August 19 at 10:30 am | Held via Zoom

To register, please email the facilitator **Judy Francis** at [judyfrancisaz@gmail.com](mailto:judyfrancisaz@gmail.com).

## St. Francis Circle

Friday, August 14 at 10 am | Held via Zoom

Please send an email to the facilitator **Deb Knox** at [dlkcoach@gmail.com](mailto:dlkcoach@gmail.com) to register.

## LGBTQI Elder Support Group

Every other Saturday at 1:00 pm  
August 8 & August 22 | Held via Zoom

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](mailto:cb62xx@gmail.com).

## VIRTUAL EVENT PICKS FOR AUGUST

Here is a selection of upcoming online happenings ranging from fitness classes to educational opportunities to concerts.

### AARP: Fall Into Fitness

Every Tuesday from 6 - 7 pm until September 1

Fall into Fitness is an 8-week virtual summer fitness series sponsored by AARP and launched by FitPHX, Phoenix's healthy community initiative. For details and registration, please go [here](#).

### AARP: Caregiving During Uncertain Times: Finding Support & Connection

Wednesday, August 12 | 5 - 6 pm

Has caring for your loved one been more difficult lately? Join AARP Arizona for a virtual workshop filled with helpful tips and resources to support you plus the latest

systemic racism that has driven our economy and culture for so long when **we** are transformed and form a new culture truly based on equality.

Living in the age of Zoom, we have many opportunities to start these conversations with one another and without politics or partisanship, take an honest look at the inequality that has been created and how we can be part of both healing and action for a more perfect union.

~ Kathleen Roberts



*Katheen Roberts, a Tucsonan and Certified Professional Co-Active Coach, hosts the website **The Art of Aging**, which focuses on living your best life at any age.*

information about COVID-19. Learn more and register [here](#).

## "The Tucson Studio", a new program of UA Presents

### Ongoing (weekly-ish)

The Tucson Studio provides resources and performance opportunities for local musicians. You can watch the performances via live streaming or as recordings afterwards. No ticket purchase necessary. Please click [here](#) to explore the most recent shows.

An upcoming highlight we don't want to miss mentioning is **Enrique "Hank" Feldman** (presenter at our 2019 Gather the Elders!) performing original jazz compositions from his **new album Gitano (Gypsy)**. The show premiered on July 30, but continues to be available for you to enjoy it at your convenience. Please click on the video link below to go directly to Enrique's performance.



## PIMA LOVE NOTES PROJECT

## VIDEO: DANCE FITNESS TO OLDIES MUSIC

If you're looking for some inspiration for an in-home workout that is also fun, check out this great 30-minute dance fitness instruction geared towards seniors.

Prefer to dance to different music? Explore the [other videos on this YouTube channel](#) for many more dance fitness classes.

**Send a smile to someone who might need it during these challenging times**

Many people living in **long-term care and assisted-living facilities** are currently isolated from friends and family due to health restrictions because of the coronavirus. Staff at these facilities work in close proximity to those at very high risk, thus increasing their own risk as well as that of their families.

The **Pima Love Notes** project aims to connect the community with residents and staff at residential facilities by encouraging people to send them **uplifting, heartfelt notes that show that people are thinking about them.**

Those who like to be creative are invited to include a hand-colored picture, a collage, or perhaps even a drawing or painting in their note.

If you would like to send your own note(s), please visit the **Pima Love Notes website** for guidelines on messaging and safety, to download cards and coloring pages, and find a list of participating facilities.



## DIY AT-HOME FOOT SPA

Are you daydreaming of getting a relaxing foot treatment but your spa is closed due to the pandemic? Try doing it yourself at home!

### **You will need:**

- \* Big plastic/metal/wood tub
- \* Warm water
- \* Bath salt
- \* Optional: Marbles or pebbles
- \* Foot scrub
- \* Towel
- \* Moisturizer
- \* Candles, music (optional)

*Want to make your own bath salt and foot scrub? See recipes below.*

Pick a comfortable place to set up your chair and tub filled with warm water. Or use a bathtub if you have a safe and comfortable way to sit by it with your feet in the tub - it'll allow you to refill warm water as needed. Light some candles and play some relaxing music if you'd like.

Add the marbles/pebbles (optional) and bath salt to the warm water. Let your feet soak for 15 minutes or

What's your story?



## COMING NEXT MONTH

Deb Knox will provide the article for next month's newsletter. The title **"Writing your Way Home"** will speak of her use of time during the pandemic and how writing has been an inspiration to her.

She leads a Writing Group **Crafting**

**Your Spiritual Autobiography**, a six-session program with prompts for writing your autobiography recalling significant/spiritual events. Deb has been leading this for over 20 years and everyone always asks the question “What is Spirituality?” Over the course in time, people discover their own answers to that question. Some questions to think about in terms of getting started might include: *What is the story of your name and describe the time when you were born? Write about a significant experience from childhood?*

Deb will be offering a **new writing group starting in September** and you can contact her at [dlkcoach@gmail.com](mailto:dlkcoach@gmail.com) to receive notification.

more. Lean back and relax. Move your feet over the marbles or pebbles, if using, to get a nice massage effect.

Apply some foot scrub all over your feet and gently scrub for a few minutes, then wash off the scrub.

When you're ready, take your feet out of the water and pat them dry with a towel. Finish off your spa treatment by applying moisturizer/oil and giving yourself a nice foot massage.

**DIY foot soak for achy feet:**

Mix **1/2 cup Epsom salt** with **5–20 drops essential oil** of choice, e.g. peppermint or lavender (optional).

**DIY lemon foot scrub:**

Mix 1 cup of granulated sugar with 1/8 cup of coconut oil and 3-4 drops of lemon essential oil.

