



VIEWS Conversations on Aging

Discussion Topics

VIEWS (Volunteers Involved for the Emotional Well-being of Seniors) offers FREE facilitated Discussion Groups on topics important to people 60 years and above. The interactive Conversations provide a forum for discussion as well as an opportunity to explore new possibilities and resources.

Conversation on Aging: Topics

- ❖ **Bridging Life Transitions** Everyone's life includes transitions. As older adults, we want to manage these transitions effectively while remaining as independent as possible. Explore ways to cope with change using a lifetime of strengths and learned skills.
- ❖ **Engaging with Adult Children** Relationships with children change as we age. Examine current problems and foster greater understanding between generations. Be part of a discussion about relationships with adult children. Talk about some of your concerns.
- ❖ **Heart to Heart** We all have concerns about end-of-life care. However, it's easy to put them aside to be dealt with at a later time. This discussion will explore some of the life questions that may come up for you, and most importantly, your feelings about preparing for your own end-of-life care.
- ❖ **Holiday Wellness** The Holidays are meant to be a time of joy and sharing. As our lives change over the years, our holiday experiences may not always live up to our expectations. Join us to identify what is important to you about the holidays and explore ways to bring those things into your celebrations this year. Reduce stress and focus on the things that bring meaning and joy.
- ❖ **Learning from Grief and Loss** As we age, we experience losses of many types. Grief may become a more common experience. Your healing takes as long as it takes. Learn from others and yourself how to find your own unique path through grief.
- ❖ **Staying Engaged in Life** Ever had "the blues" or been "down in the dumps?" What is the difference between sadness, depression and grief? Learn from others and yourself how to help make the "dark" days a little brighter.
- ❖ **Talking with Your Doctor** Have you ever been anxious or frustrated by a doctor's visit in which your needs were not met? Are you in charge of your health care? Let's talk about what it would take to feel that you and your doctor are part of the same team.
- ❖ **The Elder Journey** What new perspectives have you formed through your life? What brings meaning and purpose to you now? Come and join us for a thoughtful discussion about the new roles that appear for you as you enter this next stage of life.
- ❖ **New Wisdom /Life Lessons** Along with the challenges that frequently accompany the aging process, increasing wisdom is an outcome as well. Join us for a Conversation about the wisdom you have developed over the years, and share with others what you have learned "the hard way." Talk with your peers about the lessons you've learned in your lifetime and the legacy of wisdom you might like to pass on.
- ❖ **Giving Up the Keys** We are familiar with the joys that driving has brought us, but how does it feel when it's time to give up your keys? Whether you have already stopped driving, or are just beginning to think about it, come and share your feelings and concerns with others. Explore ways to cope with the changes that come with giving up driving. Exchange ideas and resources. See how helpful a discussion with peers can be.

Conversations on Aging are facilitated by VIEWS volunteers who are older adults with special interest in the above topics as well as expertise in talking with seniors.

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