



VIEWES Conversations on Aging Discussion Topics

VIEWES (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.
- ❖ **Creating Home As You Age (2017)** Many of us don't think about where and how we will live as we age. Although we have strong feelings about what we would like, we often wait until our health or social needs change and then, sometimes our home needs to change as well. This may include anything from installing grab bars in the shower to hiring care or looking at retirement communities. Join us for a facilitated discussion about the things that are most important to you regarding your living situation, how things might change as you age, and some of the options available as you plan for creating home in this next stage of life.
- ❖ **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.
- ❖ **Forgetfulness: Where Did I Leave My Glasses? (2016)** Have you ever walked into a room to get something, then forgot why you were there? Do you find yourself spending a lot of time looking for things like your glasses or your keys? Do you ever struggle to find a thought or word that's "right on the tip of your tongue"? While these situations may be concerning, they may just be a normal part of aging. Come join others in a lively discussion about your experiences as well as your concerns. Share ideas about ways to strengthen memory as well as how to cope with forgetfulness.
- ❖ **Giving Up The Keys (2016)** 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.
- ❖ **Holiday Wellness (offered only in November)** 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.
- ❖ **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.

- ❖ **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.
- ❖ **Who Am I Now? (2016)**
Who am I now? Our roles and responsibilities change throughout life, as we take on new roles and give up others. Explore who you are at this point in your life and what brings meaning to your life. Join a group of your peers to discuss the pros and cons of these changes and to bring clarity to how you will define yourself during this stage of life.
- ❖ **Let’s Talk About End of Life Decisions (2016)**
We live in a culture where, for many, considering end-of-life realities is an overwhelming challenge and easily set aside. This Conversation on Aging is not intended to provide legal advice, but rather to create a safe environment for you to talk with a group of peers about this topic. Explore and share your feelings, fears, and thoughts that surround the task of making plans and asking questions about end-of-life decisions.

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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