



Dave Taenzer <dtaenzer@gmail.com>

Friday Lunch and Learn Discussion Notes: December 4, 2020

2 messages

Monyett Ellington <mellington@oats.org>
Bcc: dtaenzer@gmail.com

Sat, Dec 5, 2020 at 8:00 AM

Growing Old is a Gentle Art

A Lunch and Learn Discussion

87-year-old Jane Friedman, a resident on the Menorah Park Campus, sings her heart out with a smile about the perils of aging.



<https://www.youtube.com/watch?v=kGE2wAbGx-M>

Warning: there are a couple of cuss words in this song presentation

Discussion Thoughts

- Gaining weight during COVID; definitely a shared experience by many of us
- Sharing experiences and memories from "when I was younger" are sometimes well received and appreciated, other times not so much -- but not always for the reason you may think; a coworker wanted to learn lessons (whether failure or success) by engaging in the experience rather than be 'saved' or 'rescued' by hearing the story of a better or different way
- Sometimes surprised by the requests or type of help family and friends may prefer and be

- grateful for having received from you; like a job tip/introduction instead of college and a car
- Our life experience isn't balanced; you spend a couple of decades growing up, work 3 to 4 decades (maybe in the same career or job), while you are spending 3 to 5 or more decades getting older and/or in retirement (depending on when you retire)
- Alcohol is not a health food -- and those who avoid it have various strategies (a few with no strategy at all) to navigate the social (and commercial) pressures to drink; one strategy, acting tipsy along with those who are drinking, even though you stealthily replaced the alcoholic beverage with water; another strategy was to carry the same one drink all night long
- Our bodies seem to age differently than our minds and spirit; "My body might say I'm getting old, but my mind & heart still feels like I'm in my 20s"
- Aging and having special dietary practices and needs -- are support services like assisted living homes with a common meal service getting better at handling that?
- Cooking for one can be uninspiring and/or time-consuming -- how to eat well?
- Appliances for singles or smaller meals
- Meal delivery services, especially ones that has easy to prepare (no fuss) microwaveable meals that actually taste good.
- Scaling down, reducing, and minimalizing as one gets older; curious about tiny houses

Suggested Links

Sharing Your Experiences

- [Creating a Story Circle](#) -how-to guide by Working Narrations. *Working Narratives is a non-partisan social justice organization dedicated to challenging injustice by empowering communities to address issues that affect their lives. We are narrative and story strategists, artists, and community organizers dedicated to advancing social justice and equity.*

Organizations That Promote Storytelling

- [StoryCorps](#) -StoryCorps is an independently funded 501(c)(3) organization. Whose mission is to preserve and share humanity's stories in order to build connections between people and create a more just and compassionate world.

We do this to remind one another of our shared humanity, to strengthen and build the connections between people, to teach the value of listening, and to weave into the fabric of our culture the understanding that everyone's story matters. At the same time, we are creating an invaluable archive for future generations.

- [The Diverse Elders Coalition](#) -A non-profit founded in 2010, the Diverse Elders Coalition (DEC) advocates for policies and programs that improve aging in our communities as racially and ethnically diverse people; American Indians and Alaska Natives; and lesbian, gay, bisexual and/or transgender (LGBT) people. Stories change minds.

One of the most effective ways to educate the public and build momentum for diverse older adults is to describe our lives and the elements that shaped them. Stories tell leaders about our struggles and triumphs in ways that facts and numbers cannot do alone. And your story can be the story that leads to change.

- [I Am Denver](#) -hosted by the Office Of Storytelling - Human Rights & Community Partnerships, City and County of Denver, PH: 720 -865-9084

A first of its kind communitywide storytelling project, I Am Denver recognizes the individuals who have made this city. In the same way that historic preservation efforts honor and protect

buildings, we honor and protect Denver's history, culture and vision by recording and archiving in video, audio and photo the faces and voices of the people who make Denver the place where we are proud to raise our children and build our lives.

Meal Delivery Services & Ideas

- [Senior Meal Delivery Services](#) -general information article from US News & World Report
- [The Best Meal Delivery Services of 2020](#) -Review article with links, from Good Housekeeping that includes a highly rated microwavable meal service called Factor (has plan for singles) and the Purple Carrot for vegetarians (where the attached and one of my favorite recipes comes from)
- [Alone in the Kitchen with an Eggplant: Confessions of Cooking for One and Dining Alone](#) (Amazon Book Page) -*Part solace, part celebration, part handbook, Alone in the Kitchen with an Eggplant offers a wealth of company, inspiration, and humor—and finally, solo recipes in these essays about food that require no division or subtraction. A delightful and much buzzed-about essay collection from 26 food writers like Nora Ephron, Laurie Colwin, Jami Attenberg, Ann Patchett, and M. F. K. Fisher invite readers into their kitchens to reflect on the secret meals and recipes for one person that they relish when no one else is looking.*
 - [AARP Book Review](#)
- [AARP/Betty Crocker Cooking for Two](#) (Amazon book page) -*The perfect cookbook for retirees, empty-nesters, and other twosomes with plenty of practical advice on organizing and outfitting a kitchen for two, how to shop for two, and how to eat right for a long, healthy life.*
 - [AARP Book Description](#)
- [Convection Oven vs Microwave: Pick the Best for Your Kitchen](#) -brief explainer article from Gadget Review__

Meet the Virtual Holiday Fair Entrepreneurs

[Holiday Fair](#) -Article about the event on Senior Planet

Event Date: Monday, December 14th from 12:30 PM – 2:30 PM MST, (Check for your local time zone)
Senior Planet will host its first Virtual Holiday Entrepreneur Fair over Zoom!

Contact: Aaron Santis, Program Manager - asantis@oats.org

Holiday Break Zoom Calls

The holiday break Zoom calls are in the planning stage: [contact the volunteers with suggestions](#), and we will follow up with you as we firm up details.

- [Lead Zoom Volunteer: Dave Taenzer - \[dtaenzer@iname.com\]\(mailto:dtaenzer@iname.com\)](#)
- [Lead Call Coordinator Volunteer: Monyett Ellington -\[mellington@oats.org\]\(mailto:mellington@oats.org\)](#)
- [Lead Call Organizer Volunteer: Paul Lowry \(contact through Monyett\) - \[mellington@oats.org\]\(mailto:mellington@oats.org\)](#)

Activity Suggestions:

- [Usual Lunch and Learn time slot for the week of 12/21-12/25](#)
- [Share pictures, stories and memories](#)
- [Use Padlet for interactivity](#)
- [Play a group game](#)

Misc: Tiny Houses, Tuna Fish and Tofu

- [Tiny Houses Are Becoming a Big Deal](#) -Article from AARP Livable Communities section
- [Living Big in a Tiny House](#) YouTube channel -one of the most popular and one of my favorites
- [Swiss Army Knife Tiny House](#) -Video by Kirsten Dirksen, another popular tiny house videographer
- [WeeCasa](#) The Worlds Largest Tiny House Resort (Lyons, CO)
- [Caravan, The Tiny House Hotel](#) (Portland, OR)
- [Minimalism at Seventy](#) -A guest post on the Becoming Minimalist blog
- [10 Best Canned Tuna Of 2020 – Tasting Tuna Can Brands](#) -Review article by Lucky Belly
*They rank *Safe Catch* as #1 (A brand that Costco carries)
- Falafel Spiced Tofu Salad (vegan) recipe attached

SENIOR PLANET COLORADO INFORMATION LINKS

Colorado Gives Day 12.8.20

Colorado Gives Day is an annual statewide movement to celebrate and increase philanthropy in Colorado through online giving. Donations are accepted through [ColoradoGives.org](https://coloradogives.org). Schedule your donations in advance starting Nov. 1.

Feedback Survey for this program:

We would love to hear from you any positive or negative feedback you want to share with us about this program. Click the link [Senior Planet Survey](#) to share. Thank you.

Interested in Getting Involved in Senior Planet - there a variety of ways:

- **Become a national member**
 - <https://seniorplanet.org/get-involved/membership/>
- **Senior Planet Member Voice Campaign**

We want your feedback. We would appreciate hearing your overall thoughts about your online experience with Senior Planet. Click on this link: [My Online Senior Planet Experience](#) to share. Thank you.
- **Get the Colorado weekly newsletter or from any other Senior Planet location**
 - <https://seniorplanet.org/get-involved/newsletters/>
- **Follow Senior Planet on social media**
 - Post on Facebook Campaign - flyer attached
 - [Follow us on Facebook](#)
 - [Follow us on Instagram](#)
 - [Follow us on Twitter](#)
 - [Follow us on YouTube](#)

Cheers! (and thank you for your participation)

--

Monyett Ellington

Technology Trainer

Older Adults Technology Services (OATS)

Senior Planet Colorado

mellington@oats.org

201.373.6318 mobile

7585 E. Academy Blvd

Denver, CO 80230

www.oats.org | www.seniorplanet.org



2 attachments



Falafel Spiced Tofu.pdf

1220K



Share a FB Post.pdf

1867K

Dave Taenzer <dtaenzer@gmail.com>

To: Monyett Ellington <mellington@oats.org>

Sat, Dec 5, 2020 at 4:36 PM

Thanks. I love the tiny house video.

Thanks... Dave

[Quoted text hidden]