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Friday Lunch and Learn Discussion Notes: December 11, 2020

1 message

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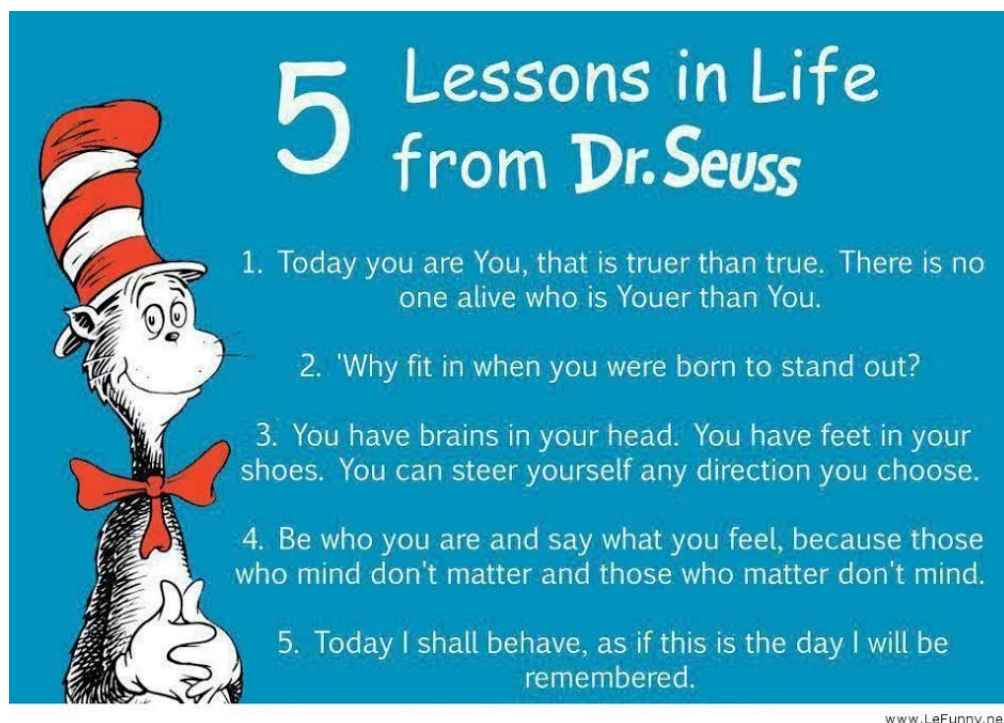
Thu, Dec 17, 2020 at 4:43 AM

What the Old Folks Know

A Lunch and Learn Discussion

Discussion Question

- What is the greatest life lesson you have learned so far?



Some Discussion Thoughts

- The greatest lesson: The most significant cause of creating relationship problems is the need to be right
- Learn to save money early
- IT'S BETTER TO BE KIND THAN TO BE RIGHT
- Swallow your pride. it does not NEED to be nurtured.
- Find many positive people and do things for others
- Forming close relationships. I didn't do that enough. Especially when you get older. You don't realize how hard it is going to be alone when you're older. Your body isn't as strong too. You need that "second pair of

hands sometimes. When you're young you just think you'll always be strong and "live forever".

- The greatest lesson that I've learned is to be thankful every day, grateful that I woke up this morning and that I have a new opportunity!
- I am positive and I find that is very helpful to me.
- If you see some bad behavior just resolve: I'm never going to do that.
- One of the main building blocks for developing a friendship is not only giving help but being willing to accept it.
- When you live in your comfort zone, no magic happens! Be willing to live on the edge so you can grow
- My life lesson is "if you think you can control the behavior of other people you should either get married or have children and that will fix the problem" 😁

Recommended Links

- From Marilyn Ellis: Starry is the internet service I told about. Phone number is 1-855-908-1416 for Starry. It is very fast, \$50 a month, not to be raised. If you get it from this reference and give them my name you will get 1 month free and I will too.
<https://starry.com/internet>
 - Intentional Communities database and search engine: <https://www.ic.org/directory/>
 - An example of an intentional community: a Kibbutz
<https://en.wikipedia.org/wiki/Kibbutz>
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Resources

From Judy Rough (former Senior Planet Facility Manager) regarding shared housing and long-term care questions

- **Annamarie Pluhar founder of Sharing Housing, Inc.** presented at April 13, 2020 Lunch and Learn (no recording)
<https://www.sharinghousing.com/>
- **Kelly O'Connor, MA, CPRS, CSA Elder Care Consultant and Care Transitions Director - Senior Care Authority Denver Metro**
<https://seniorcare-denvermetro.com/>
We know that navigating senior care options can be overwhelming for you and your family. As your advocate, we can do the homework for you. We'll help you sort through and understand all your care options, traverse a complex healthcare system, get accurate and up-to-date information, and connect you to vetted local resources.
 - **Link to Kelly O'Connor's Lunch and Learn presentation: Plan for the Future** https://www.youtube.com/watch?v=OGSIb1vKo_o&feature=youtu.be
- **Julie Groves, Attorney - Groves Law**
<https://grovesllc.com/>
At Groves Law, we emphasize comprehensive planning involving all aspects of our clients' lives. Our planning services include all elements of business, estate, and trust planning, as well as non-legal issues involving care planning and care management. We are here to provide assistance across the entire spectrum of issues facing our clients and their families.
 - Elder Law
 - Wills and Trusts
 - Advance Directives,
 - Powers of Attorney

- **Judy Rough's email** to request an invite to her monthly Zoom calls, held the 2nd Saturday of the month at 9:30am MST. (PS. I forwarded to Judy, the emails of people who requested me to on Dec 11th).
 - Judy gave me permission to share her email.
roughjm@gmail.com

Regarding previous Lunch and Learns

- **Link to Lunch and Learn Recordings and handouts**
https://drive.google.com/file/d/1ab6wsDxPE7V0_OAfL7QtCi6nMkA4dF-3/view?mc_cid=b8354dc171&mc_eid=6d3521a4ae

Regarding living and managing during the COVID pandemic

- **COVID Resource Guide**
<https://seniorplanet.org/coronavirus-2/>
- **AARP COVID Information and Guidance**
<https://www.aarp.org/coronavirus/>

Regarding starting in genealogy

- **New to Genealogy - Beginners First Step** website by FamilySearch
https://www.familysearch.org/wiki/en/New_to_Genealogy_-_Beginners_First_Step
- **Cyndi's List** -a comprehensive, categorized & cross-referenced list of links that point you to genealogical research sites online.
<https://www.cyndislist.com/>

Regarding tiny houses

- **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)

Suggestions

- Classes on 'How to Age Successfully' for young and older people
 - Beginner's genealogy class
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Holiday Break Zoom Calls aka Colorado Connects

Senior Planet might be pausing our programs in preparation for our winter quarter but we are keeping the conversation going. This is not a lecture or presentation. This open session is for people to connect with one another by sharing stories, anecdotes, and companionship during this holiday season. Join this group to hear how the Lunch and Learn members are doing at the usual 11:30 start time!
11:30a-12:30p MST

- Wed: Dec 16
- Thr: Dec 17
- Week of Dec 20th
- Mon:-Fri: Dec 21-25

- *Dec 27-Jan15 *Will have a different Zoom meeting id and link*

Click or tap to join this class by Zoom: <https://seniorplanet.zoom.us/j/165218752>

OR

Call in by phone: 1-646-558-8656

Meeting ID: 165 218 752

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

SENIOR PLANET COLORADO GENERAL INFORMATION LINKS

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**
 - [Follow us on Facebook](#)
 - [Follow us on Instagram](#)
 - [Follow us on Twitter](#)
 - [Follow us on YouTube](#)

Cheers! (and thank you for your participation)



Thinking warmly of each of you
and wishing your family an
extra measure of comfort,
joy and hope this holiday season.



Happy Holidays from
Monyett - Sr Planet Trainer

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Monyett Ellington

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