



## Fall 2008 Newsletter

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### Dear Friend Of Discovering What's Next®,

For my whole professional life, each fall as the leaves begin to turn, I would look forward to a new school year and the excitement of new programs and challenges. As the Executive Director of Discovering What's Next®, that feeling continues. This year heralds some milestones for DWN. We are:

- Hosting our first major workshop and forum with Life Coach Richard Leider, in conjunction with a sister organization, the Life Planning Network. Join us October 20 for *"Living Life On Purpose: A Retirement and Longevity Revolution."*
- Presenting a series of MeetingUps, beginning with *"Creating Light Bulb Moments: Jump-starting Your Job Search"* on October 6.
- Expanding our Transition Talks. Rather than just drop-in, we'll have some closed multiple-session groups, as well as some that focus on specific career

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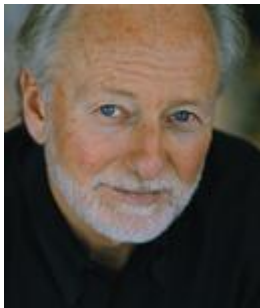
fields.

. Continuing to have our trained Transition Navigators available in the Hub for one-on-one conversations with those seeking new directions. [Check the schedule on our website](#). Call for an appointment or stop in.

Our database is expanding and we remain open to program ideas. Call me with your thoughts (617-796-1419). There's an [Idea Template on our website](#) to help structure planning and discussion. We always need new volunteers and encourage you to join us and help with programming, public relations, fundraising, technology and administrative work in the Hub. It's been great for me to get to know so many of you and I look forward to sharing "What's Next"!

Sincerely,  
Diane Boettcher  
Executive Director

**Discover Purpose: Richard Leider to lead workshop and forum "Living Life on Purpose: A Retirement and Longevity Revolution"**



On **October 20**, Discovering What's Next and Life Planning Network (LPN) will present an all day workshop followed by an evening forum with Richard Leider, renowned life coach, pioneer in the field of positive aging, and author of eight books, including the recent *Something To Live For: Finding Your Way In The Second Half Of Life*.

"We are living longer than generations before us," Richard tells us, "and it makes sense to press the pause button to explore what we will do with the rest of our longer lives. We often conduct a financial and health checkup. Why not conduct a checkup about the meaning of our lives?"

Let October 20, 2008 serve as just such a midlife checkup, kicking off with "*Working on Purpose in the Second Half of Life*," a workshop featuring 1-on-1 coaching by Richard that will explore themes such as passion, purpose, community, and identity. This program will be held from 9:15 a.m. to 4:30 p.m. at Regis College in Weston, MA. Registration is limited. The fee of \$159 includes a workbook and other materials, continental breakfast and lunch.

In the evening, at a free public forum at the Newton Free Library, conversation will

continue as Richard turns the focus to the message in his latest book (co-authored with David Shapiro), followed by audience questions and book signing. The forum presentation will offer insightful ways of thinking and being that help us find meaning and purpose in the second half of life. Doors to the Druker Auditorium will open at 6:15 p.m. for networking and book signing. Refreshments will be served. The talk begins at 7:00 p.m. As attendance will be limited, please sign up at [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com).

Reservation information and an application for the workshop can be found on the [DWN](#) and [LPN](#) websites.

### **Discover Work: MeetingUp on October 6: "Creating Light Bulb Moments"**

**Join us Monday, October 6, at our Fall Networking MeetingUp** for a facilitated discussion geared to guide you in developing key themes or brief statements that describe who you are and what type of work you're looking for. Come meet up with others discovering what's next on the work front and make connections to ideas and people who can make a difference in your search. This MeetingUp will be offered in two sessions (content is the same at each, choose one): 4:00-5:30 p.m. or 7:00-8:30 p.m. at the DWN Hub. MeetingUps are free, but we do ask that you sign up at [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com) or call the Hub at 617-796-1419.

### **Discover Volunteer Service: MeetingUp on November 6: "Connecting Through the Volunteer Experience"**

Want to make connections? Rediscover a passion? Expand your skills? Make a difference? Volunteering can be a path to change, self-fulfillment, new relationships, and a sense of purpose. **Come to our MeetingUp on November 6, 4:00-5:30 p.m.** at the DWN Hub and hear from SOAR 55 volunteers and others who are doing exciting things locally and globally.

SOAR 55 counselors will also be at the DWN Hub from 9:30 a.m. to 12:30 p.m. October 23 and November 13. For an appointment, call us at 617-796-1419 or e-mail [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com).

### **Discover Common Interests: MeetingUp on December 8: "When It's Time To Take The Keys"**

Dr. Michael Cantor will address the subject of **making difficult driving decisions** with aging loved ones on **December 8, 4-5:30 p.m.** Mark your calendar and stay tuned for further details.

### **Discover Legacy: The Furniture Trust**

Through the generosity of Karen Lewis, president and "Chief Listener" at The Furniture Trust, the DWN Hub is the beneficiary of comfy office chairs and much needed file cabinets. You'd never guess, but they're second hand. Through her charitable trust ([www.thefurnituretrust.org](http://www.thefurnituretrust.org)), Karen prevents corporation cast-offs from going to landfills and instead, arranges for them to go to nonprofit organizations. We were so impressed by Karen's big, beautiful idea, we invited her to [share her story on the DWN website](#). Thank you so much, Karen. Not only for the furniture, but for the inspiration you are to all of us who are looking into ways to create a legacy.



### Discover Financial Security

Given the gyrations in the financial markets, DWN is hoping to do a program in the near future to help us understand the implications of this situation to people thinking about and recently retired. If you have any suggestions for this kind of program or would like to help us plan, e-mail DWN at [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com).

In the meantime, the Boston Public Library will be holding a public event at 6:30 p.m. on October 6: **You Can Do It! An Evening with Jonathan Pond and the Co-hosts of MoneyTrack.** This is part of the BPL's series, *How Can I Afford Retirement?* The program is free and open to the public but registration is suggested at [www.affordretirement.bpl.org](http://www.affordretirement.bpl.org).

### Discover Community: Transitioning Together

**DWN Transition Talks have resumed.** These free, facilitated discussions are usually held the fourth Tuesday of the month, from 7:00-8:30 p.m. in Meeting Room A at the Newton Free Library. Check the [DWN calendar](#) for latest information.

At **Newton Community Education**, Life Coach Roberta Taylor will lead couples in an interactive class, *"How to Plan the Next Chapter of Your Life: Couples in Third Age Life Transition,"* to be held in 4 sessions, 7-8:30 p.m. at Newton South High School, starting October 23. Tuition is \$71/couple. Further details at [www.newtoncommunityed.org](http://www.newtoncommunityed.org).

On October 30, **The Consortium Gerontology Studies Program** will address the challenge of creating a livable community for all ages at a conference, "Re: Generation at 50+" at the Crowne Plaza in Worcester. Keynote speaker will be Marc Freedman, president of Civic Ventures, and author of *Encore: Finding Work that Matters in the Second Half of Life*. Learn more at [www.cowc.org](http://www.cowc.org); click under News

& Features.

Great websites and newsletters: Check out [www.comingofage.org](http://www.comingofage.org) and [www.encore.org](http://www.encore.org).

### MeetingUp FollowUps

Following our June MeetingUp on FAQs regarding **Social Security** benefits, Kurt Czarnowki, Regional Communications Director of the Social Security Administration, writes: "Social Security wants to make retirement planning as easy as possible. One way we're doing this is by introducing a new online financial and retirement planning tool, the *Retirement Estimator*, at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator) The Retirement Estimator allows you to get an immediate, personalized estimate of your potential Social Security benefits. It's convenient: since it's tied to actual Social Security earnings records, there's no need to manually enter years of earnings information. The Retirement Estimator is also interactive, allowing users to compare different retirement options by changing 'stop work' dates or expected earnings."

Brian Kurth, founder of **VocationVacations**, who presented DWN's forum in April, offers eight useful tips in planning what's next on the work front:

1. Define Your Dream Job(s)
2. Address Your Fears
3. Do Your Research
4. Find a Mentor
5. Test-Drive Your Dream Job
6. Create an Action Plan
7. Establish Thresholds
8. Think Big, Start Small

Brian's book, *Test-Drive Your Dream Job - A Step-By-Step Guide to Finding and Creating the Work You Love* can be purchased at the [DWN Bookstore](#).

### Discover Creativity: Aging Artfully

As part of our Artists Over 55 series, the work of Anne Marie Moore is currently on display at the DWN Hub.

Our friends at the New Art Center have invited Amy Gorman to give an encore presentation of her lecture, *"Aging Artfully: Learning from Women Artists Over 85"* and a screening of Greg Young's powerful documentary, "Still Kicking," which follows 6 of the 12 women profiled in Amy's book: Thursday, October 2, 7 p.m. in the main gallery of the New Art Center, 61 Washington Park, Newtonville, MA.

Admission: \$10 for adults, \$5 for students/seniors.

**DWN Calendar: Further details at our website**

**Fall Forum:** October 20, "Living Life On Purpose: A Retirement and Longevity Revolution" with Richard Leider

**Transition Talks:** Monthly, 4th Tuesdays

**JVS CareerMoves at the DWN Hub:** Monthly, 4th Thursdays

**SOAR 55 at the DWN Hub:** October 23, November 13

**MeetingUps at the DWN Hub:**

- October 6: "Creating Light Bulb Moments: Jump-starting your job search"
- November 6: "Connecting through the Volunteer Experience"
- December 8: "When It's Time To Take The Keys: Making driving decisions with loved ones"

Diane Boettcher, Executive Director

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