

# March Update

March 2006

## Table of Contents

- [Housing Options Study Group Forms](#)
- [Seeking a New DWN Board Member](#)
- [DWN Film and Discussion Club](#)
- [DWN Special Spring Program Workshops](#)
- [Ideas in Action](#)
- [Name the Life Stage](#)

Dear Friend of Discovering What's Next,

DWN has had a very busy winter. Last month we had yet another standing room only Library Forum. This time the topic was Housing Options in the Next Life Stage. Quite a few people have already volunteered to continue the discussion via a DWN housing options study group. Our monthly afternoon and evening Transition Talks are attracting many new and continued participants as is the Film and Discussion Club. We introduced a Meeting Up at the Hub on Global Volunteerism Opportunities and our amazing corps of Transition Navigators continue to provide invaluable assistance to visitors of the DWN HUB who seek connection and direction. In this way and others, DWN continues to be a model of community volunteerism and involvement by midlife and older adults.

So get involved and stay involved. And tell your friends to visit us at the Hub. Please note that this issue features four new workshops specifically developed for DWN in collaboration with Newton Community Education. Check them out!

Looking forward to hearing from you soon,

Carol Greenfield

## • Housing Options Study Group Forms

### To join the Housing Options Study Group

Email Shirley Selhub at [selhub@rcn.com](mailto:selhub@rcn.com)

### Housing Options Study Group Explores Innovative Approaches

Inspired by the lively discussion at the February 16th Library Forum, DWN has formed a housing options study group. If you are interested in continuing the discussion and perhaps even beginning to craft some ideas to be explored in our own community, please contact Shirley Selhub at [selhub@rcn.com](mailto:selhub@rcn.com) to be notified of the group's first get together.

## • Seeking a New DWN Board Member

### Fundraising

A Great Opportunity to Get Involved

**Experience  
Wanted**

Be Part of Our Team

The Board of Directors of Discovering What's Next (DWN) is seeking to increase the size of our current 5 person board. Our immediate need is for an individual with demonstrated experience and expertise in fund raising, preferably in a nonprofit environment.

The successful candidate will be willing and able to attend regular monthly board meetings and important related meetings as well as to take the lead as chair of the fund raising committee for DWN. This is an opportunity to be instrumental in the continued growth of this exciting and vital community organization.

If you are interested in being considered for this position, please send a resume or brief bio to Cissie Klavens, Board Development Chair, c/o DWN, 492 Waltham Street, West Newton Ma 02465 or by email at [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com) by March 15th.

**• DWN Film and Discussion Club**

**DWN Film and  
Discussion Club  
Seeks Planning  
Team Members**

**What's Next for the DWN Film and Discussion Club**

The Film Club is about to enter its third year. We have seen some wonderful, provocative films and have had lots of enthusiastic participation.

It is time, now, to consider what's next for the Film Club. We need a few people who are willing to be part of a Film Club Planning Team to come together to think about, plan and implement an exciting vision for the Film Club.

To join the Planning Team, contact Marian Knapp at [mlknapp@ixl.netcom.com](mailto:mlknapp@ixl.netcom.com)

**• DWN Special Spring Program Workshops**

**Can I Afford to  
Retire?**

Jim Thompson  
Thursday, May 11,  
2006  
7- 9 pm  
NNHS Room 210  
\$30/\$40 per couple

**Can I Afford to Retire?**

Preparing for retirement should start early, but in earnest after the age of 50. Without a realistic picture of your financial health in retirement, your dreams and goals may be unattainable. This workshop helps participants project how much money they will need to maintain their standard of living in retirement. It will address retirement savings methods, investment strategies, sources of retirement income, and long term care planning. You will leave with specific steps for beginning or modifying your retirement plans. Ample time will be provided for questions and discussion.

Participants may be retired or planning for retirement. Personal financial information will not be shared with the instructor or anyone else in the workshop. Paper and worksheets will be

**Finding Joy in Spite of Loss**

Sally Kaitz  
Wednesday, May 3,  
2006  
7 - 8:30 pm  
NNHS Room 209  
\$30/\$40 per couple

provided.

Details can be found at [www.newtoncommunityed.org](http://www.newtoncommunityed.org) and selecting Special Programs as a category from the course catalog. Or call 617-559-6999

**Finding Joy in Spite of Loss**

Woody Allen once said, "Most of us are depressed, and the rest of us are just miserable." No wonder— we have all experienced varying degrees of loss and trauma in our lives, and we live in a world that seems increasingly out of control. Although finding true joy is among the most difficult of all tasks, this seminar will explore practical strategies for living a calmer, happier, and more peaceful life. Current psychological theories, spiritual perspectives, and the use of humor will all be explored.

Details can be found at [www.newtoncommunityed.org](http://www.newtoncommunityed.org) and selecting Special Programs as a category from the course catalog. Or call 617-559-6999

**Discover What's Next Using Creative Arts**

Sarah B. Dickman  
Tuesday, April 25,  
2006  
7 - 9 pm  
NNHS Room 210B  
\$31

**Discover What's Next Using Creative Arts**

This creative workshop will help you focus on past, present, and future aspects of your life path using collage combined with other art forms. The artistic process can often help you visualize and concretize your goals in unique and innovative ways. Whether you are interested in discovering how to enrich your life, or in ways to release creative energy during your retirement, please join us.

No previous art experience is needed—only an interest, and willingness to engage your imagination. A short materials list will be mailed to registrants.

Details can be found at [www.newtoncommunityed.org](http://www.newtoncommunityed.org) and selecting Special Programs as a category from the course catalog. Or call 617-559-6999

**Caring for Your Aging Parent**

Joan Ditzion  
Tuesdays, May 2 and  
May 9, 2006  
7-9 pm  
NNHS Room 207  
\$47

**Caring for Your Aging Parent**

Are you involved in the care of your aging parents, either locally or long distance, as you balance work and perhaps parenting responsibilities? With the aging revolution, the numbers of adult children coping with this life transition grows daily. We need support and information to cope effectively. In this workshop you will learn about the developmental process all families go through as parents age. We'll discuss a variety of caregiving options, and ways to facilitate open communication among family members as you renegotiate roles, responsibilities, and the importance of caring for yourself as you care for your aging parents.

**• Ideas in Action**

**We Welcome Your Ideas**

**Ideas are Taking Shape**

Email Corinne Schillin  
cschillin@yahoo.com

In the next month you will be hearing about some ideas that are taking shape for DWN. Thanks to the amazing volunteer efforts of Corinne Schillin who has organized a wonderful process of capturing the ideas you bring forward and nurturing them to fruition. If you have an idea related to DWN that you would like to develop, please email Corinne directly at cschillin@yahoo.com and she will get you started. Or stop by the Hub and ask a Transition Navigator for an idea template.

Some of the ideas we are currently working on thanks to Corinne and your suggestions include a travel discussion club, a DWN outreach program, and an expanded film and discussion club. We are excited to learn about your ideas of how we can evolve to better serve you and the community we care so much about.

## • Name the Life Stage

### Enter to Win a Great Prize

Deadline March 31st,  
2006

### Does Life Really Begin at 60

As more and more people enter their 60's, fewer and fewer people want to be called senior citizens. Can you think of a good name for this stage of life. Some have called it "the third age," others have called it "old age." What do you think we should call it? Send in your entry and you'll be entered into a drawing to win either one free course at Newton Community Education (see above Workshops), or a copy of "Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America," by Marc Freedman.

Send your entry by March 31st to  
info@discoveringwhatsnext.com.

### Discovering What's Next

c/o SOAR  
492 Waltham Street  
Newton, Massachusetts 02465  
617-969-5906 ext 299  
dwnext@comcast.net  
<http://www.whatsnext.eboard.com>

***Discovering What's Next: ReVitalizing Retirement (DWN) is a community collaboration engaging mid-life and older adults in creative exploration of their next life stage. DWN provides connection and direction and opportunities for learning and community involvement.***