



## Spring 2009 Newsletter

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### Current Artist Over 55 at the DWN Hub



***Line (Collage, 2007)***

In collaboration with the New Art Center, the [Artists Over 55](#) gallery at the DWN Hub is exhibiting the work of collage and mixed media artist Ruth Segaloff. [More about the exhibit and the artist later in this newsletter](#)

### Discover Connection: Meeting-Up

Register by email at [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com) or phone 617-796-1419. Unless otherwise posted, all events take place at the DWN Hub on the 3rd floor of

the Newton Free Library. To follow up on any recently held DWN event, visit our website [www.discoveringwhatsnext.com](http://www.discoveringwhatsnext.com).

**Wednesday, May 13, 3:30 p.m.**  
**"Lenses Through Which We Look at Transition"**

Transition of any sort is often unclear and difficult. At this free, interactive workshop, you will be introduced to active and creative approaches for coping with life's transitions. Miriam Maze, experienced Israeli clinical health social worker, will guide us with unique, imaginative, and effective tools for discovering strengths within ourselves.

**Upcoming Meetings-Up**

This summer, we will be getting together to explore a broad range of interests: how to negotiate a different working arrangement with your boss, the ABCs of downsizing, the work of Citizen Schools and how to become a volunteer, long term health care insurance, and encore careers. We send out notice 2-3 weeks before each Meeting-Up, so you'll have plenty of time to fit us into your schedule.

**Make your own Meeting-Up**

A Meeting-Up happens when someone has enough interest to start the ball rolling. You'll be surprised at how many people on the DWN mailing list share your interests and concerns at this point in life, and will jump at the opportunity to connect. Want to fire up a Meeting-Up? It's easy:

1. Come up with a topic likely to be of interest to the rest of us.
2. Find an "expert" (it could be you) to come and speak.
3. [Fill in and submit the idea template](#) that's on our DWN website.

Next thing you know, DWN sets it up. We send out word to 1,100+ fellow discoverers who receive our newsletter, and those who share interest show up. We convene at the DWN Hub, we meet each other, we get a little education. And best of all, we have a great time.

**Link In to DWN**

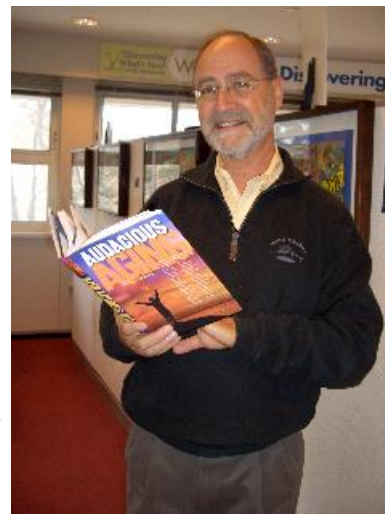
The greater DWN community now has a greater forum for discussion, job tip exchange, ideas for programs and events; you name it, the floor is yours. If you are LinkedIn, join [the DWN Group on LinkedIn](#).

**DWN Author Talks**

**Monday, May 11, 7:30 p.m.**  
**"Audacious Aging: An Approach to Discovering What's Next®"**

Doug Dickson, Vice President of Discovering What's Next® and member of our Board of Directors, will be our featured speaker.

**Audacious Aging** is a treasure trove of thought-provoking and inspirational essays on the topic of what is possible in the second half of life. There will be book signing and sales at the event, to be held in the Druker Auditorium at the Newton Free Library.



([More about Doug's book later in the newsletter.](#))

## **Thursday, June 11 "Project Renewment"**

Helen Dennis, author and authority on aging and retirement, will join us to talk about her new book, *Project Renewment*.

Co-authored with Bernice Bratter, the book outlines a process and offers a number of perspectives on issues people need to consider as they embark on this stage of life. This event promises to be an energetic discussion of what it means to transition in this era of longer lives, higher expectations of what it means to "retire," and our search for role models we can look to for guidance. Save the date; location TBD. For more information, call the DWN Hub at 617-796-1419 or email [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com).

### **What's Up at the Hub**

DWN's collaboration with **JVS CareerMoves** employment coaches and career professionals continues. Whether you're considering a career transition or just looking for something else to do, make an appointment for a free, private consultation. JVS advisers are usually at the Hub monthly, last Thursdays, but this month (May), make that Thursday the 21st, 9 to 11 a.m.

If you're interested in community service, DWN and **SOAR55** have partnered to help you discover the kind of volunteer experience that will best match your interests, talents, and time available. SOAR55 representatives are at the Hub one morning each month.

To meet with either JVS CareerMoves or SOAR55 representatives, you must make an appointment! Email [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com) or call the Hub at 617-796-1419.

Don't forget **DWN Transition Talks®**. These free, facilitated discussions, hosted by George and Cissie Klavens, are usually held on fourth Tuesdays each month, 7:00-8:30 p.m. *not at the Hub, but in Meeting Room A* at the Newton Free Library. Check the [DWN calendar](#) for latest information. No need to sign up, just come as you are.

### **DWN is recruiting Transition Navigators®**

If you enjoy talking to people, drawing them out about what interests them, and exploring the exciting opportunities out there for those of us at this new stage of life, this is a great volunteer opportunity. Transition Navigators are volunteers who staff the DWN Hub. We need many more of us, so we're organizing a Meeting-Up. Watch your email for the day and time, coming soon.

### **Artists Over 55**

Currently on display at the Hub, as part of DWN's continuing collaboration with the New Art Center, are five pieces in collage and mixed media by Ruth Segaloff.

War is the common theme. Ruth grew up in New Orleans in the 1950s, at the height of the McCarthy era Communist "witch hunts" and during the violent birth of the civil rights movement. While she was in college, JFK, Martin Luther King Jr., and

Bobby Kennedy were assassinated, and protest against the war in Vietnam began, along with the federal government's violent response. Ruth's art was influenced by all these traumatic events.

1. *The Last Safe Peace* 2005
2. *Love is Thicker Than Concrete* (2nd in Berlin Wall Series) 2007
3. *Awakening* (3rd in the Berlin Wall Series) 2007
4. *Do Not Cross* 2007
5. *Line* 2007

### **About the artist: Ruth Segaloff**

Three generations of Ruth Segaloff's family have been storytellers and she has followed in this tradition. Upon graduation from Washington University in St. Louis, she joined VISTA. Stationed on the Nez Perce Indian Reservation in Idaho, she learned native crafts and traditions. After VISTA, Ruth earned a Master's Degree in Social Work at Rutgers University, then moved to Boston in 1969. ([Follow Ruth's story on our website.](#))

### **What's great? Discovering Balance**

What about a biking club? Interested? We'd love to hear from you. The purpose of the group is to explore local biking routes of 15-30 miles and schedule weekly or bi-weekly rides. Once we hear from enough people, we'll convene a meeting to discuss next steps. Contact Peter and Nancy Goldberg at [pgold1577@comcast.net](mailto:pgold1577@comcast.net) or call 781-453-2847.

The Newton Parks and Recreation Department contacted DWN in its search for a volunteer to lead hiking, biking, and kayaking activities. If this sounds like the perfect way to discover balance, email [nscammon@newtonma.gov](mailto:nscammon@newtonma.gov) or call 617-796-1506.

### **What's next on your reading list?**

*This month in the spotlight: books by Doug Dickson and Fred Mandell, members of the DWN board of directors, and Eva Selhub, MD, daughter of Shirley Selhub, one of DWN's founding board members.*

Doug Dickson's book, **Audacious Aging**, will change your view of aging and open your eyes to opportunities you may never have imagined. Contributors include researchers who reveal new scientific insights about the process of aging, thought leaders who share new perspectives on getting the most out of life, and social commentators who illuminate new models for the power and potential of older adults in our society. You'll recognize many contributors as well-known writers and personalities. Doug's chapter, "Becoming Audacious," offers a model for designing a more purposeful and satisfying life as you age. Note: Order the book directly from Doug ([doug dickson17@gmail.com](mailto:doug dickson17@gmail.com)) at the Amazon price of \$20 and Doug will donate \$5 of that amount to the work of Discovering What's Next®.

**Becoming a Life Change Artist: Seven Creative Skills That Can Transform Your Life** by Fred Mandell, Ph.D., and Kathleen Jordan, Ph.D., weaves together research related to creativity, anecdotes from the great artists, and the transformational stories of our contemporaries who have gone through significant life changes. Through inspirational stories and practical tools, we are shown how to unlock our inborn creativity to navigate the changes in our lives and create the future we truly want.

Fred's book, to be published next year, also provides the basis for the powerful **Life Change Studio** experiences conducted by Fred and Nancy Fernandez Mills, holistic health counselor and national Emmy Award winning TV journalist. ([www.lifechangearts.com](http://www.lifechangearts.com))

**The Love Response: Your Prescription to Turn Off Fear, Anger, and Anxiety to Achieve Vibrant Health and Transform Your Life** by Dr. Eva Selhub with Divina Infusino gives us the first practical program that provides the framework, tools and techniques to rid your body of the ravaging effects of these stressors, overcome hurtful past life events, and shape an empowered personal future. The Love Response is a medically-grounded book that shows us how to change our body's physiology quickly, lastingly, through the deliberate evocation of a series of biochemical reactions in the body that lower blood pressure, pulse, respiration, and adrenaline levels, counteracting the unhealthy effects of fear and stress and allowing us to experience the myriad health benefits of nature's own antidote: love and affection.

### What's happening? Check the DWN Calendar

There's so much going on every week each month. [Check the DWN Calendar](#) for updated listings of the many programs we offer. Hope to see you at one.



President

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