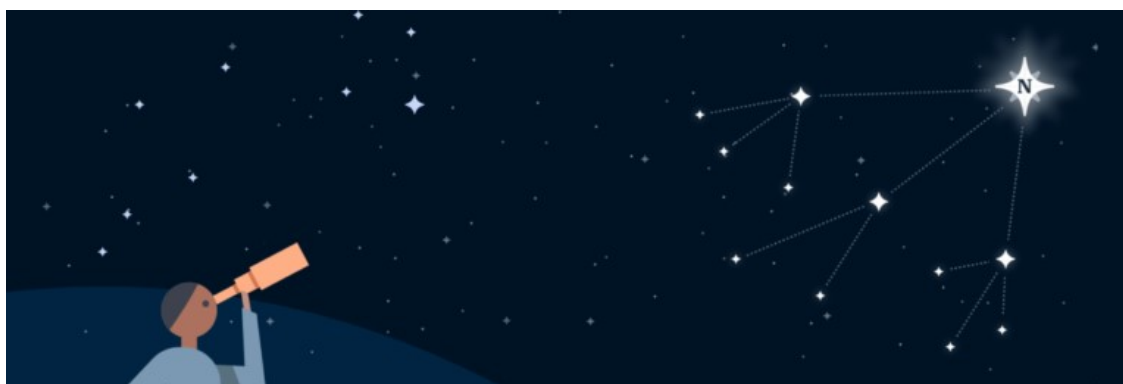


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Looking for **your** North Star During a Pandemic?

Dear CircleTalk™ Colleague,

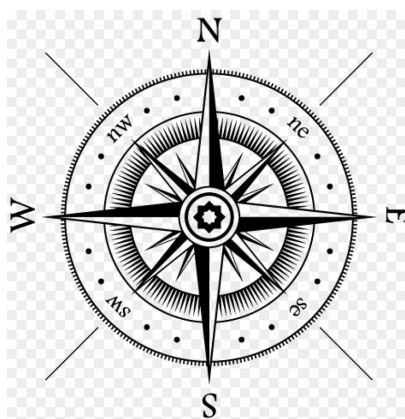
From many accounts over the last year, loneliness continues to be on the rise. Recently the Journal of the American Medical Association suggested that, although loneliness and depression may result from or coexist with social isolation, they only represent the tip of the iceberg of potential harm. **For many older adults, health is influenced more by their daily lives than by medical interventions.** Changes in the types of foods eaten due to changes in food availability during shelter-in-place orders may exacerbate heart failure, for example. Lack of exercise due to isolating at home may lead to deconditioning causing weakness and falls. Reduction in the cognitive stimulation that comes with socializing and engaging with the wider world may worsen cognitive and behavioral symptoms of dementia. And so sadly, older adults with medical, cognitive, or social frailty have less reserve to

declines.

These challenges of staying healthy have opened access and use of virtual platforms and created the perfect conditions to adopt social engagement practices as daily practices.

The opportunity for hope and inspiration is a conversation away. For many of us, the mere act of engaged and stimulating conversation can wake up the heart, the spirit and the mind. And that is healthy.

Here is something wonderful to talk about as you begin your daily practice of engaged conversation and what we call “food for thought” from our CircleTalk™ Curriculum:

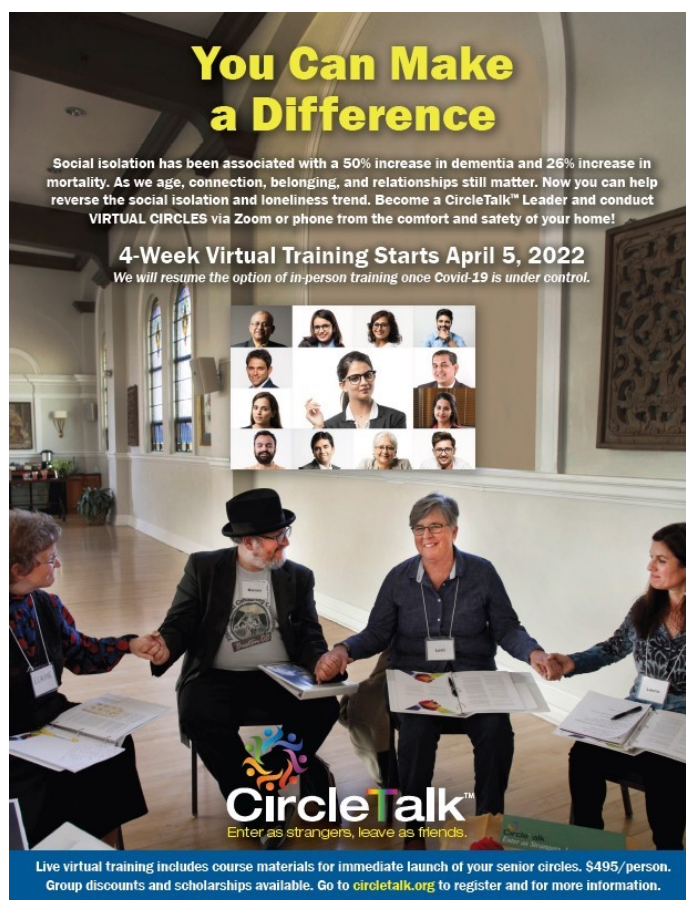


The North Star is **the anchor of the northern sky**. It is a landmark, or sky marker, that helps those who follow it determine direction as it glows brightly to guide and lead toward a purposeful destination. It also has a symbolic meaning, for the North Star depicts a beacon of inspiration and hope to many.

What “anchors” you?

What (or who) gives you hope for the future or brightens a moment? A day? A week?

Can you envision your landmark, real purpose and direction during these times?



You Can Make a Difference

Social isolation has been associated with a 50% increase in dementia and 26% increase in mortality. As we age, connection, belonging, and relationships still matter. Now you can help reverse the social isolation and loneliness trend. Become a CircleTalk™ Leader and conduct VIRTUAL CIRCLES via Zoom or phone from the comfort and safety of your home!

4-Week Virtual Training Starts April 5, 2022
We will resume the option of in-person training once Covid-19 is under control.

The advertisement features a collage of diverse people's faces in a grid, overlaid on a background image of four people sitting in a circle, holding hands, in a well-lit room. The CircleTalk logo is prominently displayed in the center, with the tagline "Enter as strangers, leave as friends." below it.

Live virtual training includes course materials for immediate launch of your senior circles. \$495/person. Group discounts and scholarships available. Go to circletalk.org to register and for more information.

Join Us! Next CircleTalk™ Virtual Training Course April 5 - May 3, 2022

As a CircleTalk™ Leader, you will become trained to implement the CircleTalk™ Curriculum. This is available as an eBook or printed book, your preference. Our live, scheduled coaching meetings will give you an opportunity to get questions answered and participate in practice activities and view demonstrations of facilitation techniques.

Learn More and Register [HERE](#)
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deeply in these times!

In peace and health, Deb



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