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In Her Own Words At 100



Remembering 100 years of glamour

*Eleanor arriving at her 100th birthday party
at TRU PACE, Lafayette, Colorado.*

Dear CircleTalk™ Colleague,

There is something magical about writing down what is deep inside you and seeing the words appear on paper. This simple act confirms the importance of that thought in that moment.

At 100, Eleanor, a longtime CircleTalk™ member, had profound thoughts about the person she had become over a lifetime.

CG Jung

How have you changed over your lifetime? Can you give one example of a change that you have noticed in yourself from when you were a young adult to now. It could be physical, intellectual, spiritual or emotional....or a combination!

Eleanor - I have become spiritual. Possessions are only things. I've gone from red hair to gray hair. ~~For~~ When I look in the mirror I see me. I have made peace with my family.



Our CircleTalk™ discussion on that particular day was a perfect entrée for many to wonder about who they had become over their lifetime, how they had changed and remained the same. The 15 minutes of silence to think and write created a sacred space for reflection and recognition of personhood, growth and even regrets.

Happy birthday Eleanor!



RangeCare, a home health care service in Queensland, Australia, is leading the way in Australia, expanding CircleTalk™ into new regions.

Here is a delightful video of Deslie sharing her experience as a CircleTalk™ participant.

Deslie said she relates to our slogan -
ENTER AS STRANGERS, LEAVE AS FRIENDS.
She recommends older adults, "Give it a go!"

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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.

CircleTalk™
Enter as strangers, leave as friends.

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.

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May we all work toward a practice of engaging differently and more deeply in these times!

In peace and health, Deb



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