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Dear Readers,

Here is something to consider as we begin to re-form real community in settings where we have put this on hold. We use this profound contribution by Dr. M. Scott Peck to generate discussion on the beauty of community and the work that must go into forming and maintaining these healthy relationships. Maybe you would want to introduce this at a staff meeting to bring your colleagues into the discussion!

In Peace and Health, Deb

Be in touch, and [let us know](#) if there are **other ways we can support the excellent work that you are doing.**

May we all find sources of peace, health and love each day.



Can We Tear Down the Walls?

At CircleTalk™, we seek thought leaders like Dr. M Scott Peck who writes about how community can ultimately save us as a society, especially in the tumultuous times we find ourselves in. He challenges us to question what true community is and isn't:

The overall purpose of human communication is - or should be -

another . . . Although we have developed the technology to make communication more efficient and to bring people closer together, we have failed to use it to build a true global community.

Dr. M. Scott Peck believes that if we are to prevent civilization destroying itself, we must urgently rebuild on all levels, local, national and international and that is the first step to spiritual survival. He speaks to how we can start to transform world society into a true community.

If we are going to use the word (community) meaningfully we must restrict it to a group of individuals who have learned how to communicate honestly with each other, whose relationships go deeper than their masks of composure, and who have developed some significant commitment to "rejoice together, mourn together," and to "delight in each other, make others' conditions our own." Once a group has achieved community, the single most common thing members express is: "I feel safe here."

From - *The Different Drum: Community Making and Peace*

Let's Think About This:

What is Dr. Peck suggesting about the quality of how we communicate in existing groups that we consider our "community"?

Do you experience honest communication in a group that you consider your "community"?

Do you feel a sense of commitment and safety in a group that you call your "community"?

**At CircleTalk™ we are in the *Connection Business*
and we are concerned....**

It is a very tough time to be one of the following:

- Someone living in a long term care community

- Families who want to be with *their* mothers, fathers, grandparents or relative who is in an isolated situation
- Staff in any setting that provides services to older adults

We are all wondering how we can provide some relief to those who are beginning to show evidence of deepening mental health/health concerns related to the social isolation they have experienced over the last several months.

We are listening to the debate about technology and connection very carefully. CircleTalk™ plans to offer various platforms for gathering groups including audio (phone) circles (How great is that? Everybody has a phone!) and video chat circles.

Check out our next issue of Comfort Food for all the details.



Lois Ryder, 92 is more than available and ready to connect to her group over her Jitterbug!

**In the meantime, let's not forget how to laugh:
The psychology behind techno phobia.**

As boomers share their “quarentinis” with friends on Face Time, work continues via Zoom, and Millennials Instagram selfies of their workouts at home, younger generations plead with their older relatives to get online and video chat. Even the CDC (Centers for Disease Control and Prevention) guidelines ask younger generations to use social media, phones and videos to support older Americans.

But have you tried? Are you frustrated? Is your parent annoyed and frustrated,

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