

# The Conscious Aging Alliance

## Calendar of Upcoming Events and Services

Summer, 2014

**SAGE-ING ® INTERNATIONAL (the new name for the former Sage-ing Guild)** is an organization with the mission of helping to change our society's current belief system from aging to sage-ing—that is, from simply becoming old to aging consciously. Sage-ing is both a philosophy and a set of psychological and spiritual practices, originally developed by Zalman Schachter Shalomi, that support living with passion, purpose, community support, inner growth and commitment to service as we age. We train and support a network of Sage-ing Leaders who transmit the wisdom of Sage-ing ® through workshops, webinars and other educational and personal growth programs. We also facilitate intergenerational service projects and support a growing network of Elder Wisdom Circles. Through our website, we offer a free six-month Membership which provides access to valuable resources for individuals wanting to do their own conscious aging work while encouraging others to do likewise.

[www.sage-ing.org](http://www.sage-ing.org)

This Summer and Fall, we will introduce our dynamic new new one-day workshop, *Awakening the Sage Within*. This introduction to Sage-ing principles and practices will be offered by Certified Sage-ing leaders at numerous locations across North America. Information will be on our website in July. At least one *Sage-ing Intensive*, which is a more in-depth exploration of Sage-ing principles and practices, will also be offered this Summer and Fall. For those who wish, both of these workshops serve as prerequisites to our year-long training program for Certified Sage-ing Leaders.

### ***Sage-ing Leader Certification Program***

This is our one-year, in-depth training program which prepares people to teach Sage-ing principles and practice in their communities. For more details or to apply for the next program, which begins in October, contact Jeanne Marsh at 214-660-3699.

### ***Sage-ing International Conference***

Our next bi-annual conference will be held in Seattle **August 21-24**. Hosted by Seattle University, *Gifting the World As We Age* promises to be our largest and most dynamic conference yet—an excellent opportunity to learn about Sage-ing and other conscious aging approaches, and to meet the people who are leaders in taking an empowering vision for aging into the world. Please visit [www.sage-ing.org](http://www.sage-ing.org) for Conference details and registration information.

### ***Aging with Wisdom: A Sage-ing Intensive Workshop***

Bellevue, Washington, **November 7-9**; presented by Pat Lewis and Carol Scott-Kassner; for more information, 206-322-9211 or [psixtyone@msn.com](mailto:psixtyone@msn.com)

### ***Our first E-Course***

“**Creating Your Legacy**” will be offered from September 8 – October 3. This e-course is being developed by a team of Certified Sage-ing leaders and will be offered in partnership with Spirituality and Practice, provider of many informative and inspirational e-courses. Lessons will be delivered via e-mail and participants will interact in an online Practice Circle. More information will be posted soon at <http://www.spiritualityandpractice.com/ecourses/index.php?pg=1#elderspirituality>

**SECOND JOURNEY** is a social-change organization helping birth a new vision of the rich possibilities of later life...

- to open new avenues for individual growth and spiritual deepening
- to birth a renewed ethic of service and mentoring in later life
- to create new model communities—and new models OF community—for later life, and
- to marshal the distilled wisdom and experience of elders to address the converging crises of our time

Captured in the shorthand of our logo...*Mindfulness, Service and Community in the Second Half of Life.*

[www.secondjourney.org](http://www.secondjourney.org)

A primary aspect of Second Journey’s mission is the publication of anthologies which feature articles by thought leaders who have contributed to the conscious aging journal, *Itineraries*, which Second Journey produced for several years. Information about these books can be found on our website. They include: *THE SPIRITUALITY OF LATER LIFE*; *AGING IN COMMUNITY*, edited by Janice Blanchard.; *ODYSSEYS FOR THE SOUL: TRAVEL AND TRANSFORMATION*, edited by Penelope Bourke; and our most recent offering, *SECOND JOURNEYS: THE DANCE OF SPIRIT IN LATER LIFE*, edited by Bolton Anthony. [Go to our Bookstore](#). Issues of *Itineraries* from 2012 and 2013 can be read on our website.

Second Journey’s signature series of ***VISIONING COUNCILS*** — intense weekend retreats that invited participants to explore “community and interdependence in our later years” — resumed after a 5-year respite in April of 2013. Future gatherings are being planned.

### **THE ELDER SPIRITUALITY PROJECT of SPIRITUALITY AND PRACTICE**

provides resources for elders' spiritual journeys through SpiritualityandPractice.com, a multifaith website with a large wisdom archive containing articles on spiritual practices; book, film, and audio reviews; book excerpts; profiles of spiritual teachers; small group programs; collections of quotations, and more. The Project launched in 2013 with a series of interactive e-courses led by spiritual teachers known for their insights into the spiritual blessings and challenges of later life. To keep the e-courses affordable and easily accessible, they are delivered by email. All four are now

available on-demand.

The Elder Spirituality Project is being expanded in 2014 with a special section of the website for curated content, including program plans for small groups of elders in different settings; reviews of recommended books, DVDs, and audios for and about elders; and a database of quality-of-life spiritual practices for elders from all religions and spiritual paths. [www.SpiritualityandPractice.com/ElderSpirituality](http://www.SpiritualityandPractice.com/ElderSpirituality)  
[Brussat@SpiritualityandPractice.com](mailto:Brussat@SpiritualityandPractice.com)

### ***E-Courses in the Elder Spirituality Series***

*These e-courses are available on-demand. Participants choose their own start date and how often they want to receive the emails. When originally presented, these courses were each one month in length.*

#### **"Becoming a Wise Elder with Angeles Arrien"**

Read more about it and sign up here:

[www.SpiritualityandPractice.com/ESP-BecomingaWiseElder](http://www.SpiritualityandPractice.com/ESP-BecomingaWiseElder)

#### **"The Blessings of Aging with Joan Chittister"**

Read more about this e-course and sign up here:

[www.SpiritualityandPractice.com/ESP-BlessingsofAging](http://www.SpiritualityandPractice.com/ESP-BlessingsofAging)

#### **"ReStorying Your Life with Christina Baldwin"**

Read more about this e-course and sign up here:

[www.SpiritualityandPractice.com/ESP-ReStoryingYourLife](http://www.SpiritualityandPractice.com/ESP-ReStoryingYourLife)

#### **"The Sage's Tao Te Ching with William Martin"**

Read more about it and sign up here:

[www.SpiritualityandPractice.com/ESP-SagesTaoTeChing](http://www.SpiritualityandPractice.com/ESP-SagesTaoTeChing)

### ***New E-Course***

**"Creating Your Legacy"** will be offered from September 8 – October 3. This e-course is offered in partnership with Sage-ing International. Lessons will be delivered via e-mail and participants will interact in an online Practice Circle. More information will be posted soon at

<http://www.spiritualityandpractice.com/ecourses/index.php?pg=1#elderspirituality>

**NATIONAL CENTER FOR CREATIVE AGING (NCCA)** was founded in 2001 and is dedicated to fostering an understanding of the vital relationship between creative expression and healthy aging. NCCA does this in a variety of ways: through research, advocacy, technical assistance, and training. Though NCCA typically doesn't work directly with older adults, we support organizations and individuals who do, including those in healthcare, arts, education and social service, in further developing their creative aging programming. Creative expression is important for older people of

all cultures and ethnic backgrounds, regardless of economic status, age, or level of physical, emotional, or cognitive functioning. The arts can serve as a powerful way to engage elders in a creative and healing process of self-expression, enabling them to create works that honor their life experience.

[www.creativeaging.org](http://www.creativeaging.org)

[ghanna@creativeaging.org](mailto:ghanna@creativeaging.org)

### ***Conference on Creative Aging***

The Creative Age: Exploring Potential in Second half of Life: A National Leadership Exchange and Conference on Creative Aging; Washington, DC; June 10-14, 2014. This conference will bring together professionals from around the country and abroad to learn about dozens of innovative programs, network with others in the field, and participate in hands-on trainings in arts and aging program development, as well as teaching artist methodology. For Conference information, please visit

[www.conference.creativeaging.org](http://www.conference.creativeaging.org)

**MEMORIAL BRAINWORKS** is a department within Memorial Hospital of South Bend, Indiana, and an affiliate of Beacon Health System. Our philosophy is that brain health is the single most determining factor in how we live. The quality of how our mind functions drives the ability to remember, learn, relate, think, experience, contribute and enjoy life like we want today and for all of our tomorrows. Making brain-healthy lifestyle choices is an investment in long-term mind and body resilience.

Memorial BrainWorks received an American Society of Aging/MetLife Foundation 2013 MindAlert Award in the category of Mental Fitness Programs for older adults for our program called *Grandbuddies*. Our *Sage-ing Center*, one of the vitality programs offered through the BrainWorks Wisdom School, is devoted to promoting understanding of how personal growth and development can continue as we grow older. We do this by providing webinars and, by invitation, on-site educational programs around the country. One of our best known services is our weekend program, offered at sites across North America, to train *Sage-ing Circle Facilitators*. We also reach out to younger people to encourage lifestyles that will support healthy aging in their years ahead. We want people of all ages to know that there is an upside to aging.

[www.memorialbrainworks.com](http://www.memorialbrainworks.com)

574-647-6628

[brainworks@memorialsb.org](mailto:brainworks@memorialsb.org)

Our ***Grandbuddies: A Multigenerational Brain Health Program*** was the 2013 MindAlert Award winner through American Society on Aging and the MetLife Foundation. A how-to manual is available. See our website for details.

### ***Lessons for Living an Authentic Life: Webinars***

Within the complexity of our lives, sometimes it is not easy to navigate our journey with integrity and authenticity. How do we live and express our unique truth? Starting with the end in mind, in webinar one, we will explore the practical advice and spiritual wisdom from those who are dying. In webinar two we will examine how the changed perceptions and values of those who are facing death head-on can become a blueprint for determining our own direction.

Facilitator: Rosemary Cox, LCSW

Tuition: \$45

**Webinar Wednesday, June 4, 4-5pm est**

**Webinar Wednesday, June 25, 4-5pm est**

Register: [www.memorialbrainworks.com](http://www.memorialbrainworks.com) Click on Calendar of Events

### ***Recovery from Compassion Fatigue***

Extending compassion to the care receiver does not replace extending compassion and care for ourselves. To learn how to regain a healthy, personal sense of perspective when we find ourselves or others at risk for wearing out from the toxic effects from caring too much, we will draw from the teachings of Lao Tzu who wrote the ancient book of wisdom, the Tao Te Ching.

Facilitator: Rosemary Cox, LCSW

Free

**Webinar, Tuesday, June 10, 12pm – 1pm est – Free**

Register: [www.memorialbrainworks.com](http://www.memorialbrainworks.com) Click on Calendar of Events

### ***Become the Wise Sage of Your Life***

Join this dynamic, interactive two day Sage-ing workshop for those at mid-age and beyond to share important conversations, explore new perspectives related to aging, and reignite purpose, contribution, and meaning for the future. Engage in deep discovery, new relationships and meaningful interaction.

Facilitator: Rosemary Cox, LSCW & trained Sage-ing Circle Facilitators

**Friday & Saturday, July 25 & 26, 8am – 5pm**

Tuition: \$200

Location: Memorial Hospital's Innovation Café

Located at the corner of Navarre and Michigan St., South Bend, Indiana

Register: [www.memorialbrainworks.com](http://www.memorialbrainworks.com) Click on Calendar of Events

### ***The Heart of Aging with Wisdom and Vitality: Saging Circle Facilitators Training***

This two day workshop provides training and orientation for the turnkey *The Heart of Aging with Wisdom and Vitality* curriculum. Join the global community of BrainWorks trained Sage-ing Circle Facilitators delivering these programs.

Facilitator: Rosemary Cox, LSCW & trained Sage-ing Circle Facilitators

**Friday, Saturday & Sunday, November 7 - 9**

Tuition: \$500 Early Bird by October 6; \$575 (includes manual, 3 meals)

To receiver flyer: 574-647-6628

Location: Pfeil Innovation Center, South Bend, Indiana

Check [www.memorialbrainworks.com](http://www.memorialbrainworks.com) each month for a current list of webinars.

**THE LIFE PLANNING NETWORK** (LPN) is a national community of professionals and organizations from diverse disciplines dedicated to helping people navigate and optimize the second half of life from a holistic perspective. Our mission is to create and communicate knowledge and resources that support professionals in their work to enhance people's later lives and thus benefit society.

We support our professionals in several ways: Members promote their organizations, businesses, and activities to the public through our web site, list serve, and monthly

Newsletter. We also provide a broad range of resources specifically for our members on our web site. Business and practice development programs are offered via quarterly national webinars as well as through local chapters. LPN has created four notable resources: ***LIVE SMART AFTER 50! The Experts' Guide to Life Planning in Uncertain Times*** (paperback and eBook); ***The Advocacy Leadership for Positive Aging (ALPA) curriculum*** to train service providers who serve low and moderate income seniors; ***A Conversation Project Facilitators' Guide*** to enable LPN members without special training to lead groups through the process of making decisions about end-of-life care; and the ***Life Planning Competency Inventory (LPCI)***, a self-assessment tool to gauge our knowledge strengths and gaps in the various areas of life in our holistic planning model.

Members gather to share and learn in a growing number of chapters around the country and at regularly-scheduled local and national programs. They collaborate, refer, co-market and partner—in person and virtually—to build their respective businesses and to advance the value of the life planning and positive/conscious aging movements for the benefit of all.

[www.lifeplanningnetwork.org](http://www.lifeplanningnetwork.org)   [LPN@lifeplanningnetwork.org](mailto:LPN@lifeplanningnetwork.org)

### ***LPN Webinar - June 13, 2014***

**Planning for Non-Medical Long-term Care Guest Speaker:** Allen Hamm **Topic:** A recent survey of 449 financial advisors asked the question: "What's the biggest threat to the financial security of retirees?" The number one answer was "Healthcare Expenses." It's important to note that these advisors are not that concerned with medical expenses. Why? Because when we turn 65, we're eligible for Medicare and our hospital and physician charges (including charges for surgeries) are mostly covered. What these advisors are concerned about is the cost of non-medical long-term care. It's vital that those contingencies be planned for. But how? That's the topic of this fast-paced webinar. We'll discuss how clients can go about analyzing their individual odds of needing long-term care, along with the likely duration, based on their genetic history and personal health. We'll also discuss:

Allen Hamm has been assisting people with long-term care and Medicare planning for over 24 years.

Register here: <https://www3.gotomeeting.com/register/808511742>

### ***New England Quarterly Meeting, June 13, 2014***

**Topic:** The Art and Practice of Story Telling: Innovation and Tradition in The Uses of Story in Life Design, Conscious Eldering and Legacy

Request for sources: As part of our June quarterly meeting, the New England Chapter is looking to build a resource base for LPN members on story-telling. We'd like to know any websites, books, practitioners, research projects, programs and other resources you have used or know about that could help members in their work. What does the story telling landscape look like from your vantage point? What are some of the creative, practical, experimental, or spiritual applications of story-telling that we might be missing? Have you had experience with story slams, Moth Radio and other formats that could be applied to our work?

Send ideas to: Kendall Dudley at [kendall@kendalldudley.com](mailto:kendall@kendalldudley.com)

**Time:** 9 a.m. - 2:30 p.m. EST

**Place:** First Parish Weston [www.firstparishweston.org](http://www.firstparishweston.org)

349 Boston Post Road Weston MA 02493 Parking at the church or along the town green

Questions, comments? Kendall Dudley, Program Chair 781.640.9957 [kendall@kendalldudley.com](mailto:kendall@kendalldudley.com)

## ***NorCal LPN SF Connect meeting on Thursday, June 26***

**Time:** 12 p.m. PST

**Location:** AgeSong, San Francisco

Deena Zacharin, NorCal LPN member and Estate Planning Attorney, will speak on Estate Planning and what it means at different stages and situations in life. Estate planning looks different for each of us and our clients. Are you single or in a partnership? In a blended family with step-children? Planning for retirement or long-term care? Do you have high net worth and want to minimize estate taxes for your beneficiaries, or have a small estate but nevertheless want to ensure your intended disposition is honored? We all are in different places in our lives and have similar but often very different decisions to consider as we make plans that are relevant to our own unique lifestyle and experience. At the June LPN meeting, Deena will give an overview of the important pieces of an estate plan and how planning is important for managing your affairs during lifetime as well as at death.

## ***Chesapeake In-Person Chapter Meeting - July 17, 2014***

**Time:** 10:30 a.m. - 12:30 p.m. EST

**Place:** Tysons-Pimmit Library, 7584 Leesburg Pike, Falls Church, VA 22043

**Topic:** Finding your own Second Wind Registration is required. Open to LPN Members and visitors.

Register here:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07e9bsfpou3f005e24&oseq=&c=&ch=&isCustomThemeEnabled=true>

Join the Chesapeake Life Planning Network for a book discussion at its July 17 meeting, led by CLPN members Drs. Lois Tetrack and Elizabeth Mahler. The book chosen, *Second Wind: Navigating the Passage to a Slower, Deeper, More Connected Life*, by Dr. Bill Thomas, dives deeply into a "second coming of age" that is occurring in today's world as older adults remain healthy and live longer. It not only details the history of this 21st century phenomenon by discussing the back story of the Baby Boom generation, but the author also explores the behaviors and attitudes that nourish this unique journey and the potential developmental opportunities open to older adults who courageously embark on it.

Any questions email Candy Spitz at [candy@unlimitedpaths.com](mailto:candy@unlimitedpaths.com)

**THE LEGACY OF WISDOM** project, based in Switzerland, is dedicated to creating a vision with practical applications of "wise living and aging." Its founding was generated through the work of Ram Dass, Rabbi Zalman Schachter Shalomi, Jay Goldfarb, Tom Valente and Roshi Joan Halifax. A growing library (200+) of "video answers to key questions" from some of our most respected generation leaders is available in our archive library. We keep it simple, limiting interviews to just 22 questions in five main areas of aging: Mission and Fulfillment; Aging Lifestyles and Relationships; Health and Healthcare; Legal and Finances; End of Life Preparations.

Legacy of Wisdom also publishes its findings from conferences and workshops with inspiring elders which we sponsor. Global in perspective and multi-generational in reach,

we know that living wisely can occur at all ages. Courses for the United States are currently being developed for 2014. We welcome visits to our library, Comments and suggestions are always welcome and valued

[www.legacyofwisdom.org](http://www.legacyofwisdom.org)

***Living Tao Summer Retreat in Switzerland*** -- August 1-8, 2014

Co-sponsored by Legacy of Wisdom and Living Tao Foundation.

With a strong focus on better aging, this retreat, in its 27th year, offers instruction and practice in Tai Ji, Still Qi Gong (fire school), Meditation and the fulfillment of life's potential. There is a special emphasis on centering and fitness—we have operated a Fall Prevention for Seniors program in Switzerland for the last four years. The retreat is taught by Ursula de Almeida Goldfarb, Director of the Tao Arts Institute, Jay Goldfarb (founder of Legacy of Wisdom) and Professor Estevam Ribeiro (Brazil). Special discounts are available to people from other countries wishing to attend this event.

Contact [wisdom@legacyofwisdom.org](mailto:wisdom@legacyofwisdom.org) for more information.

***Driving Longevity - 7-day Retreat – Boston area*** -- October, 2014

Co-sponsored by Legacy of Wisdom, Living Tao Foundation, Waldhaus Foundation with support from our Brigham and Women's Hospital research group in Boston.

Having a lens into the future is something we could all use in order to see our own situation objectively. This would allow us to plan for the future, hopefully one of optimal longevity. Some of our worst fears are that of incapacity and disability, both of which are very linked to musculo-skeletal strength and balance. In cooperation with our Brigham and Women's Hospital research group in Boston and our Swiss Medical group in Basel, we have developed an effective "global exercise protocol" derived from the world's top research. We have distilled the Retreat program into five distinct themes. In addition to the daily exercise protocol, each day will be limited to a single longevity theme. A select battery of scientifically validated surveys and non-invasive tests will be administered to establish a customized action plan for each participant. This will allow the individual to make the best of the next decade(s). We will be using an advanced meeting design to include a two-way inter-generational exchange with undergraduates, graduates and doctoral fellows specializing in this field. A live webcast with an allied senior group in China provides leading global perspectives. Limited number of participants.

Contact [wisdom@legacyofwisdom.org](mailto:wisdom@legacyofwisdom.org) for registration information or further details.

**FRUITFUL AGING: FINDING THE GOLD IN THE GOLDEN YEARS and RECOGNITION RITES HONORING ELDERS**

is a program and process based on Dr. Tom Pinkson's book of the same title that shifts attitudes about aging and older people to the position of respect that mature cultures demonstrate with their valuation and socially integrative use of their elders. Indigenous societies have shown it is possible to make one's elder years some of the most meaningful and rewarding of one's life.



Based on ancient wisdom and success across a myriad of cultures and belief systems, Dr. Pinkson has created a program –**The 5 Keys**—integral to living life with greater joy and meaning. Working the step-by-step Five keys process nourishes the soul, enlivens vitality, and enriches the experience of love. It activates the ability to call upon life experience to contribute wisdom, guidance, insight, understanding, courage and inspiration in addressing the challenges of aging and the challenges that face humanity today.

Anchored by Recognition Rites Honoring Elders, **The 5 Keys** process enriches the lives of older people while also serving as a stimulus for those in attendance to create celebrations for important elders in their own lives. Recognition Rites bring people of diverse background and belief systems together for an event that helps break down barriers of separation between races, ages, religions and social class. They build community. They foster greater appreciation of diversity, of older people, of how love and appreciation enrich all our lives

Learn more by ordering the Book ***Fruitful Aging: Finding the Gold In the Golden Years*** from Amazon or Kindle, watch a short video of a recognition Rite at <http://www.drtpinkson.com>, and contact Tom at [tompinkson@gmail.com](mailto:tompinkson@gmail.com) to find out how to get involved.

Tom Pinkson has created ***World Love Bracelets*** to help us wake up and remember as we age that we are worthy, sacred and luminous being whose essence is love. Contact Tom to receive a free bracelet and to order additional bracelets to gift, family, friends, clients and business associates.

**Institute of Noetic Sciences Conscious Aging Program** has been developed for seniors who are ready to embrace the final stage of their journey as a great opportunity for spiritual, emotional and psychological growth. It has been created over four years and field-tested across a broad range of practitioners and settings. The program consists of a self-study publication *Conscious Aging: Group Process Guidelines for Facilitators*, which comes with a companion workbook for participants. It consists of an eight session workshop series designed to shift participants' consciousness from self-limitation, lack, isolation, and fear toward expansiveness, inclusiveness, wholeness, connection, and compassion. Session Plans can be combined and conducted as an eight-lesson series, as a smaller series of several sessions, or presented individually – each session has been developed to stand alone as a complete program. The session topics include: Introduction to Conscious Aging, Self-Compassion, Forgiveness, Life Review, Transformative Practices, Death Makes Life Possible, Surrender – Letting Go, Creating a New Vision of Aging. **For information about this new IONS educational program, visit <http://www.noetic.org/education/conscious-aging/>**

**GRAY IS GREEN** is a national non-profit focused on the possibility for older adult Americans to offer distinctive benefits to our society in response to unprecedented ecological challenges. These benefits may range from block-votes for a variety of policy changes to mass market demands for sustainable living choices in housing, food, transportation, healthcare and urban design. Gray-Greens possess unique gifts for adaptive response. Such include a wealth of *generational* responses to war, economic collapse, epidemics, and political upheaval, together with *individual* responses to parenting, managing businesses, leading organizations, voting, volunteering, meeting worklife challenges, enjoying the wonders of nature and culture, and more. Following decades of environmental change—for better and for worse—and now witnessing the cumulative environmental legacy modern society is leaving to our children and grandchildren, Gray-Greens hear the call to action and reflection.

We invite to our network individuals and organizations open to the distilled wisdom and environmental passion of older adults. In response to the longing for authentic inter-generational accountability expressed by Gray-Greens, we help foster a beneficial response. All are invited to sign up at <http://grayisgreen.org> for our periodic email updates and news items for sustainable living and environmental advocacy. The site also offers unrestricted access to our archive of information resources and a link for donors. [kathschomaker@grayisgreen.org](mailto:kathschomaker@grayisgreen.org)

Gray Is Green looks forward to launching our new *curriculum for Gray-Green living* in mid to late summer 2014.

We are also excited to announce that we will be referring users of our new curriculum pages to the excellent discussion materials created by Northwest Earth Institute (NWEI) as a way of expanding and deepening conversations on various topics in our curriculum. Our partnership with NWEI greatly expands the resources we can make available to our subscribers and site users. Watch for more!

**FIERCE WITH AGE**, The Online Digest of Boomer Wisdom, Inspiration and Spirituality is a free digest featuring daily and monthly links and excerpts of the best writing about spirituality and aging for Boomers. Editor-in-chief is Carol Orsborn, Ph.D. author, speaker and life stage expert with a doctorate in religion, and author of 21 books, cites the increasing interest in accessing curated spiritual content on aging and spirituality. In addition to the Digest, Fierce with Age offers self-guided online retreats on aging as a spiritual path.

[www.fiercewithage.com](http://www.fiercewithage.com) for information and to subscribe [carol@fiercewithage.com](mailto:carol@fiercewithage.com)

**June 1, 2014** Publication of *River Diary: My Summer of Grace, Solitude and 35 Geese* by Carol Orsborn. This memoir will be offered free to members of the Conscious Aging Alliance for a limited time at [www.FiercewithAge.com](http://www.FiercewithAge.com)

**June 20, Knoxville, Tennessee** Women of Wisdom in Knoxville. Carol Orsborn will

give a book talk on her book *Fierce with Age: Aging As a Spiritual Path* 7-9pm. OASIS Institute, 4928 Hornberg Dr. Knoxville 37919 just off Kingston Pike. Free and open to the public.

**June 23-25, Nashville, Tennessee** *Fierce with Age: Aging As a Spiritual Path* at Scarritt-Bennett Retreat Center, Nashville; through spiritual exercises, contemplation and dialogue we will create a practical and inspired blueprint for the next phase of our lives.

COST: \$272, includes 2 nights lodging, 6 meals, taxes and tuition

**August 22, Seattle, Washington** *Fierce with Age: Finding God In the Shadow*; Carol will present this workshop from 2-5pm as part of the 2014 Sage-ing International Conference: *Giftng the World As We Age* to be held August 21-24 at Seattle University. For information and to register: <http://sage-ing.org/2014-conference-gifting-world-age/>

**October 4, Little Rock, Arkansas** *Fierce with Age: Aging As a Spiritual Path*; keynote address for Older Adult Council for the Arkansas Conference of the United Methodist Church. Conference theme: “Builders, Boomers and Busters: Bridging the 21<sup>st</sup> century.”

**THE CENTER FOR CONSCIOUS ELDERING**, The Center for Conscious Eldering, based in Durango, Colorado, is dedicated to supporting the development of conscious elders. We do this by offering our signature *Choosing Conscious Elderhood* rite of passage retreats, introductory workshops by invitation from churches, retreat centers and other groups, *Coaching for Conscious Living* and *Meeting Ancient Wisdom* pilgrimages to meet indigenous elders. We serve those in and approaching the elder third of life who seek passion, purpose, growth and service as they age. An important aspect of our uniqueness is that we use the power of nature to support your growth as an elder. It is in the natural world that we can most easily remember that which is authentic and natural in ourselves, and thus gain clarity and vision for how we can best thrive and contribute in a world urgently in need of the wisdom and gifts of *conscious* elders. Our retreats, workshops and pilgrimages all involve significant time spent outdoors in inspiring natural settings. [www.centerforconsciouseldering.com](http://www.centerforconsciouseldering.com)

***Upcoming Choosing Conscious Elderhood retreats:***

**August 3-9 at Sea to Sky Retreat Center near Whistler, British Columbia**

**September 28 – October 4 at Ghost Ranch, New Mexico**

***Weekend Workshop***

**June 20-22 in Wheaton, Illinois**

Ron Pevny’s book *Conscious Living, Conscious Aging*, to be published by Beyond Words/Atria Books, will be available through Amazon, Barnes and Noble, and at bookstores October 7<sup>th</sup>. It is unique in the conscious aging field in its weaving of Sage-

ing and other conscious aging practices with wisdom about life passages and the dynamics of the rite of passage tradition. Through advice, practices, and personal stories, *Conscious Living, Conscious Aging* will help you distill wisdom from your many years of life experience, navigate loss and grief, identify new passions and goals, and remain engaged and relevant as you aim high in life's later chapters, creating a lasting legacy and healthier world for generations that follow.