



Contents

Downtown 2	2
Downtown 3	3
Midtown East	4
Queens	7
Upper East Side 1	8
Upper East Side 2	9
Upper West Side 1	11
Upper West Side 2	13
Upper West Side Afternoon	15

Ctrl + click on any listing above to go there directly.

Press the HOME button on your keyboard to return to this page from anywhere.

Downtown 2



Union Square

January

Fear

The discussion focused on what we fear now and, as we grow older, what can we do to help ourselves cope with these fears. Here's the upshot.

- On the surface it appeared that we each feared different things, and we were able to help each other find ways to cope with our superficial fears.
- Eventually, the group realized that we all really feared the same thing - losing our independence.
- How do we cope with this loss? We realized that, for the most part, we were all dealing with it in the same way - DENIAL!
- We all felt that, although there was some planning for the future with regard to what we should do, we had to put our fears in the far reaches of our minds in order to continue enjoying to the fullest the lives we have now.

Downtown 3



Union Square Green Market

January

As you age do you feel more competent?

Members discussed two related aspects of the question, the physical and mental conditions. Here's what they said.

Mentally:

- Most members feel more competent now; more assertive and outspoken.
- One member feels less competent since retirement because she used to get her validation from the work force.

Physically:

- One member now uses a walker and it's much harder to get around but that doesn't deter her.
- Another member found that just walking was an issue. She is much slower now but recognizes that others have more serious problems. That makes her feel thankful for the minor issue she deals with.

How to keep competence strong:

- Produce something big or little.
- Concentration is the key. Example: piano lessons, writing poetry, helping others, volunteering.
- Maintaining weight loss highlighted a mix of the two aspects: losing weight enabled a member to feel competent since she lost 35 pounds; she is no longer bothered by situations that would have previously upset her.

March

Regrets

We asked ourselves what our biggest regret was. The responses were interesting and varied.

- In college one member said she didn't take a year abroad in Mexico. Her parents were afraid she might marry someone they wouldn't approve of.
- Another woman was very talented and wanted to be an actress. She grew up thinking small and so didn't take the risks that would have made her life more satisfying. Her parents impressed upon her that she should never quit a job.
- Someone selected an apartment in a rent stabilized building that had charm but no elevator. She still lives there.
- One very bright member expressed regret that she was in the SPE classes in high school and entered college at sixteen. She was not mature enough to fully integrate with college life.
- Finally one person said she would have benefitted from therapy but didn't get any. Instead she married too young at twenty.

Midtown East



Ed Koch Bridge

January

Decluttering Your Life

- Members shared their best tips for the different types of clutter amassed over the years and how best to dispose of it.

- Clutter focused on physical things such as clothes, books, photos and paper clutter as well as mental clutter.

February

Restaurant Week

Our group met for an informal restaurant gathering at Park Avenue Winter East.

March

Unusual/Useful Tips and Resources

- Use striped sheets as an aid to help in making your bed.
- Dryer sheets used for insect repellent as well as other uses:
<http://www.allyou.com/buget-home/uses-dryer-sheets>
- Uses for coconut oil <http://wellnessmama.com/5734/101-uses-for-coconut-oil>
- Remedy for leg/toe spasm - rub dry bar of soap on involved area and/or place bar of soap under the bed sheet.
- Nails and cuticles: *Aquaphor* - moisturizer for nails; *Barielle* - nail growth and cuticles
- Contacting Customer Service - suggested questions : "What can you do for me?" or "How would you solve it?"
- Theater/Opera:
TDF (Theater Development Fund) membership required for discount tickets;
Lincoln Center Theater membership for their productions when membership is open;
Metropolitan Opera - discount rush tickets available for same day either through app or by calling special senior telephone number - see Met web site for details;
Theater - discounts available at Playbill.com, Theatermania.com (may be able to exchange tickets without penalty if purchased through this site), Broadwaybox.com and Todaytix.com;
- Time Warner - purchase modem for internet service to avoid monthly charge; rent digital adapter to reduce TV cable fee and future cost for cable TV maybe eliminated;

- IDNYCGO-NYC ID card - apply for card at Public library for free entrance to museums, NYC Arts;
- Books, audio and film:
Amazon.com - check out daily deals i.e. download book for Kindle;
Bookbub.com - for bargain books; can get notifications;
New York Public Library with card download audio books, Kindle books, movies.
- Clothing/Shopping deals - pay with credit cards to provide backing for disputes.
- Travel - Trip Advisor for recommendations/opinions.
- Computer Assistance: Geek Squad - pricey; Google for help; contact manufacturer; *newyorkcomputerhelp.com*; internet provider.
- Online shopping: *Vitacost.com* for vitamins, *Walgreens.com*, *Drugstore.com*, *Goodrx.com* - coupons available
- Mailing UPS will not send packages using paper wrap so turn box with markings inside out.
- Dental tips: in addition to flossing use The Doctors Brushless Picks, GUM soft picks, Butler GUM proxy brush, check out *Dentalplans.com*; periodontal care - rinse with mixture of peroxide and water; look into purchasing a Waterpik.
- Always check expiration dates including dates on beauty products purchased online.
- Medicare Part D for drug comparison and plan costs use website <http://www.medicare.gov>.
- When walking outside, proceed with caution and watch out for bikers.

Queens



The Unisphere

January

Broken Heart Syndrome

We discussed this fairly new syndrome that affects the heart by mimicking a heart attack but without any evidence of coronary blockages or irregularities in tests usually given to rule out heart attacks.

- First isolated by Japanese researchers 25 years ago.
- It affects mostly post-menopausal women in their 60s and older.
- The syndrome can be triggered by strong emotions both positive (intense joy, excitement) or negative (grief, anger, anxiety, stress).
- Patients usually heal quickly with no residual damage to the heart.
- It is important to know about this condition since women are often misdiagnosed when it comes to heart issues and their symptoms do not fall in line with traditional heart attack symptoms.
- We also discussed a patient's rights under the HIPPA law specifically regarding medical records.

Upper East Side 1



Citicorp

January

A Range of Topics

We had an interesting discussion and made the following points:

- To get the most out of TTN access the website to find compatible events - and information about how to participate.
- Important to know that if you unsubscribe from National, you are unsubscribing from everything. Better to simply delete.
- Pros and cons of the Life-Alert system were discussed for those who live alone. Psychological barrier of seeing it as “elderly”. The point was made that the instrument is useless unless it is always worn or carried.
- Practicality and possibility of daily phone check-ins; possibility of vertical caring community in apartment buildings.
- Keep a list of emergency contacts in your handbag wherever you go. Emergencies happen where/when least expected. TTN provides an excellent emergency form.
- We bonded! Over and beyond our discussion, we felt the potential of turning acquaintances into real friends.

February

How to Create Personal Bonds within the Group (conclusion of January topic)

- Connect with one another at times other than the monthly meetings.

- Ideas wandered from how to access the best theatre ticket prices to thoughts of physician referrals through the CC and then on to what shared interests there might be in the UES1 group itself.
- Additionally, we had the inevitable discussion of how best to stay in shape, not as in hourglass but as in healthy. One member shared information on Pilates classes in her neighborhood that she highly recommends. The information fit just my need since my much loved Pilates instructor is moving to Vermont!

Upper East Side 2



Gracie Mansion

January

Five Champions of Change

We screened “A Single Step, Journeys of Women Leaders”, narrated by Sally Field. It profiled five champions of change who live in China, India, Japan, Fiji and Liberia.

- Peggy Lieu of China promoted clean energy for a green China.
- Katie Meyler founded the first all-girls tuition free school in Liberia and aided in fighting Ebola in Liberia.
- Sharon Bhigwan Rolles gave women a voice in Fiji by launching a radio program empowering women to be heard.
- Dr. Kuno of Japan and her husband developed drugs to treat glaucoma.
- Dr. Hedge developed cell phones to better inform poor pregnant women in India, lowering infant mortality rates.
- After listening to these inspiring stories, the discussion turned to volunteering and ways to give back to the community. The group discussed volunteer experiences ranging from The Fortune Society, to the ASPCA, The Museum of Natural History, Housing Works and hospital work.

February

Travel Experiences

Before the meeting at 5:00PM the film shown at the last meeting was shown again for those who did not have a chance to see it.

Members discussed the travel agents used for their trips. Here's the list:

- One member had a positive experience with Road Scholar.
- Another liked Overseas Adventure Travel; no charge for a single supplement.
- Collette Tours was praised as reasonable and good.
- Tauck is a more expensive agency.
- Abercrombie & Kent is a good choice for African safaris.
- Odysseys Unlimited Tours another exceptional agency.

Other travel suggestions:

- Rent a villa.
- Home Away.
- Context Travel and stations in Europe for last minute reservations.
- Members had mixed results on cruising.

Upper West Side 1



Fairway Market

December

Potential

The topic focused on looking forward to 2016 and pursuing our full potential: what does that mean, how do we do it, what does it encompass, how does our health play a role, how did 2015 stack up as a year for us in terms of moving forward in 2016.

Potential: "The capacity to develop in the future" or "latent qualities and abilities."

- One member noted that she recently found she had the ability to speak up and say what she really felt/thought without anxiety.
- Another said being able to watch out for one's own well-being was paramount, even in simple things.
- Before being able to move on and think about self-realization one member has to finish writing her memoir. What aspects of her extroverted self could be explored if she weren't dedicating so much energy to exploring her past introverted self?
- It was noted that writing is healing but evidently it can also create confusion.
- One member feels she has never lived up to her potential but isn't sure what it is. She wonders whether the road not taken of a close relationship with a man is something she wants to pursue. She also frets about her physical well-being.
- Another member reflected on the psychodynamics of her own personal history and posed the question of the tension "to be the self or not to be the self?"
- A very interesting point was brought up, namely that there is a "New York disease" that seems to require that we "make the most of" every moment and opportunity. The "you've just got to" syndrome.

January

Potential (conclusion of December topic)

- One member, who wants to keep on top of everything current, feels the question ought to be, "what can I do to make the world better?" She would like to make a contribution.
- As adults do we approach the challenge with an open or closed mind, are we open to new experiences and change?
- Meeting one's potential would have to do with concentrating only on what you truly want to do. Meeting the needs of others vs. the reality in which you find yourself having said yes but having no time left.
- One member was skeptical that she would never be able to reach her potential and would settle for "cleaning up her act." A child of holocaust survivors and a mother at 22, she felt cheated of so many of the things she would have liked to have done. Today she would like to get to the things she never gets to.
- As a recently retired newcomer to the city, one member is partly addressing her need for social embeddedness/connection in this phase of her life.
- One member mused on the various things she does after she gets up at 4:30 AM every day, meditating, writing, and exercising. What does it all add up to and why does it have to come to something?
- In learning we also develop new skills.
- We fill up our calendars but then are not necessarily doing what we are really interested in.

Upper West Side 2



116th St. Subway Station

December

Tips for the Holiday Season

With the news so depressing, what small or big things do you do to keep your spirits up during this holiday season? Here's the list:

- Cooking: feeling of accomplishment;
- Exercise;
- Reading;
- Art: working with your hands;
- Massage;
- Volunteer: at a community garden;
- Avoid listening to or reading the news: stick to headlines.
- Positive things to do: find organizations with projects to help the homeless; work with new immigrants.

January

Gifts to Give Yourself This Season

Our suggested categories were: Time, Acceptance, Forgiveness, Boundaries, and Silence.

- Be kinder to and less critical of ourselves.
- Be less critical of children and grandchildren and have a better time with family. The same can work with people who are not family.
- A suggestion was made to give yourself gifts because you know best what you need.
- Give up having to understand everything - less pressure and tension.
- Allow yourself to be authentic rather than worrying about what is expected. Also ask less of others.

- Try to live without regret.
- Silence: can't stand noise; avoid TV and radio.
- Don't turn on the radio or TV first thing in the morning; calmer beginning to the day.
- One member discovered she loves playing the piano and makes some time to do it every day.
- At this stage of life living in the moment is a gift to yourself. Live day to day without dwelling on the past or the future.

February

Vulnerability

Do you feel more vulnerable now than when you were younger? In what situations? Have you any strategies for dealing with these feelings?

Vulnerabilities:

- High cost of housing.
- Feeling at physical risk in crowded streets, subways, buses, and steps.
- Financial insecurity, no salary.
- Insecure with doctors and financial people.
- Medical emergencies at home.
- More alone without work colleagues.

General Strategies:

- Be more alert and careful.
- Find people to trust (financial and medical to take with you to appointments).
- Ask for advice or help in any situation.
- Stand up for yourself in public (request a seat on bus or subway).
- Install a medical alert device in your home.
- Count on members of the group for things outside of CC guidelines.

Upper West Side Afternoon



Museum of Natural History

January

Major Unexpected Changes

Members discussed major unexpected changes they had in their lives, past or more recent. A provocative list of questions and responses follows:

Questions:

- How have you learned from these “uninvited” changes?
- What was difficult, and what and how did you resist?
- What strengths have you developed and what have you learned about yourself from these circumstances?
- What liabilities about yourself do you still want to work on to make dealing with inevitable change easier.

Uninvited changes:

- Illness /surgeries /chronic disability;
- Constant moving;
- Job loss due to corporate takeover;
- Caregiving;
- War;
- Unexpected loss of income & status late in life.

How do we handle these issues?

- Determination;
- Assiduousness;
- Resilience;
- Acceptance;
- Self-discovery;
- Look for small accomplishments.