

## Upper Westside Afternoon



*Columbia University*

September 2014

### Transitions/Turning Points

The September meeting focused on transitions, or turning points in our lives, and what kinds of choices and decisions were involved. We also spoke briefly about the impact of retirement.

- **Transitions**

- ✓ Sometimes, it is unexpected acquaintances/situations that help crystallize our need or direction for transitions or to fortify our decisions.
- ✓ Transitions of choice develop over the years as a response to decisions we made in that hindered our personal growth.
- ✓ Transitions due to extreme circumstances imposed on us require resilience and despite or because of the severity of events can still leave us grateful for life as we move on to a better phase.



- **Transitions of any kind often become scarier as we age because of the insecurities and “baggage” we carry.**

- **Issues related to the impact of retirement.**

- ✓ Difficulty in not being goal oriented.
- ✓ The need to accomplish meaningful things
- ✓ Difficulty in not having a full calendar
- ✓ Inability to slow down and just enjoy the moment
- ✓ Inactivity associated with a sense of wasting time or being lazy.

## Upper Westside Afternoon

October 2014

### **Time, a Most Precious Commodity**

At the October meeting, members discussed time and how we view it. Here are some considerations.

#### **Time-**

- What does it mean to spend time wisely, or to misuse it?
- Do you judge how you use your time?
- Are there ways you wish you could use your time differently? If so, what help would you get to do that?
- How is it that with more time on our hands now, we often get less done?
- What about time passed vs. time remaining?
- Aspects of time related to being in the moment.
- Meditation can be difficult but beneficial to do. Set small goals. Start with even five minutes a day. Here are a few organizations that offer programs: The JCC in Manhattan, Shambhala Meditation Center of NY, New York Meditation Center, and New York Insight Meditation Center.
- Make a conscious effort to slow down. Some people see that as being “less efficient” vs others who believe that in retirement, having so much time is a luxury to be enjoyed.
- Something that prevents us from being in the moment is the ‘need’ always to be busy.
- Some members would change their lives dramatically if they knew they had a terminal illness.



## **Upper Westside Afternoon**

November 2014

### **Inspirational People**

The topic of the November meeting was thinking of people in your life who have inspired you, and who you have learned from either positively and/or negatively. Members discussed this with regard to influences and the consequential impact on feelings and behavior. Here is a sampling:

- With a negative parent or boss, making a choice to be different, and having that be a positive learning experience.
- Inspiration to 'pay it forward' – being more conscious of being 'giving' in your interactions with others either because you missed getting that support or, just the opposite, that someone in your life gave it to you in a very meaningful way just by their nature or actual mentoring.
- Being inspired not to give up in the face of adversity - work, health, interpersonal relationships, after someone in your life presented such a meaningful model of that attitude in how he/she lived.
- Being appreciative of your blessings, both emotional and material, because people in your life (especially parents) were given much less opportunity

