

Upper Westside 2



American Museum of Natural History

October 2014

Keeping Grounded in This Crazy World

The October meeting explored the topic, "How Do You Stay Sane in a Crazy World?"

With constant news of political upheavals, spread of Ebola virus, terrorist groups like ISIS, extreme weather, gun violence and data hacking, it can be important to feel like you have some control. The ways our members' say they keep grounded include:

- Escaping into an engrossing movie, book, or concert
- Getting back to nature
- Meditation
- Seeking balanced viewpoints -- "get smarter, less anxious"
- Taking a "media break" from time to time
- Trying new things, changing the landscape, developing new routines



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November 2014

Health and Wellness--Open Mic

At the November meeting rather than have a specific topic, this meeting was open for just about anything the members wanted to ask, discuss, or explore, including the following:

- Finding and financing better Medicare and Rx plans
- Ways to integrate younger people into your lifestyle
- Ethical Wills
- Avoiding falls/improving balance and awareness
- Advocacy while managing chronic illness/hospital stays
- Medical alert devices
- UWS hotels with handicap access
- Housing concerns and challenges, present and future

