

## Boomers Helping Boomers

Have you ever been scammed, or come close enough to be shaken? Are there things we can do to lessen our risk of developing dementia? How can we avoid a problem with falling? Should I review, or create a new, Estate Plan? Someone enlighten me about AI. What technological challenges would you like help with? How much sleep is optimal? What about naps? What can I gain from meditation, yoga, Tai Chi? How about a practice of Gratitude? Is my financial “house in order”? What forms of exercise are advisable, and how much should I attempt? Are there things I can do to strengthen my memory? What is Heart Healthy living? What questions/challenges would you like addressed?

“Ageing is not for sissies.” You may have heard that quote, and likely have some ways that the saying is relevant to your life. My goal for this seminar is to have our group address a broad cross-section of challenges that we frequently encounter. Participants will select a topic, research it, and present their findings to the group. The selection of source material will be critically important. In our opening session I shall review ways to distinguish “evidence-based recommendations” from unsubstantiated opinions and advice (e.g. the anti-vax movement). I shall discuss several reliable, responsible resources and give examples of unreliable resource material. I also plan to have several outside experts join us for topics such as Estate Planning and Financial Planning. I propose that each presenter (the seminar participants) end their talk with three “pearls” on their topic – i.e. bullet-form of major take-home points. At the end of the seminar we can distribute a collection of our weekly pearls for everyone’s take-home summary.

One additional source of relevant information that I am strongly encouraging participants to read or re-read prior to or during the weeks of our seminar is the book *Being Mortal* by Atul Gawande. If you have not read this book, I heartily recommend it, whether you join our seminar or not. I plan for us to discuss the book as a group, toward the end of our ten weeks. Depending on the number of participants in our group, leading a discussion of this book might be an option for one or two people.

My goal for seminars which I have led is that they be informative, enjoyable, and not overwhelming in terms of presentation preparation. In our initial session I shall ask participants to share what personal goals they have for the seminar. That discussion will be an important take-off point for our subsequent meetings. We will strive to present evidence-based material informative and relevant to this stage of our lives. I look forward to your active participation.

Fred Bogin