



**“Nourish Your Mind”**  
**2016 Lecture Series on Middle-age Adult Life Transitions**  
**La Mesa Adult Enrichment Center**

Title of Lecture #1

**Challenges to a Successful 21<sup>st</sup> Century Retirement Second Adulthood**

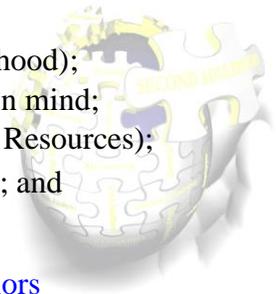
Description:

Retirement is one of the most anticipated and publicized life event in America and yet most middle-aged adults are unprepared. Financial planning gets a lot of attention but emotional, social and cultural considerations are equally important for a successful retirement. The driving factors influencing millions of adults in making a successful transition into post-work life go well beyond socking away enough money for retirement. It is the impact of three phenomena occurring simultaneously, the **“Gift of Longevity,” Globalization/Global Competition** and the **Information/Internet Revolution**, that complicates the quality and durability of our future.

While these events are inescapable, the life transition by middle-aged adults, who are not ready to leave the work/life stage or who want to concede to an arcane retirement, remains uncharted. These same adults remain creative, skilled, talented, knowledgeable with decades of life experiences and relationships and see this phase of life as an opportunity to revitalize, reinvent, find meaning, make contribution, give back and live a life worth living. What can we learn from those who have transformed themselves? What were the challenges they faced? What strategies can we duplicate and personalize for our next phase of life we historically call retirement?

Please join the two-hour lecture that will examine the most common challenges facing middle-aged adults preparing for the transition from a work-focused life. Not to retirement, but a life worth living, with meaning, passion and purpose – “Second Adulthood.” Here are some of the challenges we will address:

- self-awareness and self-identity within the context of the new reality,
- adjustments, attitudes, roles and assumptions you and others have;
- redefining the rest of your life - post work-focused life (Second Adulthood);
- a new or modified life course (living life on your terms) with the end in mind;
- identifying and managing the Three R’s in Life (Relationship, Risk & Resources);
- resurrection of your passion, finding meaning and living your purpose; and
- building of a legacy.



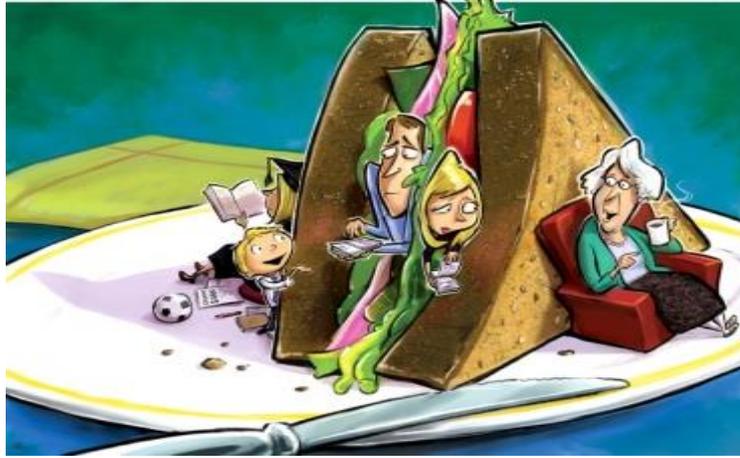
Additional information available online at: <http://www.cityoflamesa.com/seniors>

Location: 8450 La Mesa Blvd, La Mesa, CA 91942~ (619) 667-1322

Cost: \$6.00 per class or \$25.00 for all 5 lectures

Time: Thursday, May 12, 2016 ~ 6:00pm – 8:00pm

**Seating is limited to 25 participates. For reserve seating, contact the La Mesa Enrichment Center front desk at: (619) 667-1322**



Title of Lecture #2:

## **Preparing for Retirement, Assisting Aging Parents, Supporting Adult Children and Offspring? Maybe You are ‘Sandwiched’ In-between.**

Description:

Living in 21<sup>st</sup> Century America is a challenge, where demands and stresses are compounded by life’s ever-changing, diverse, complex, and complicated situations and the increased flow of information moving at the speed of the internet. In spite of these influences that personally affects social, cultural, economic realities most Americans thrive. However, there is a growing segment of the population of nearly 20 million families struggling at the breaking point. These families are called the ‘Sandwich Generation.’ They shoulder new responsibilities, added financial and emotional obligations, and are besieged by unique intergenerational challenges that stretch resources, try patience, and dash hopes of ever seeing an end to this existence or finding an effective means to manage it all. Focusing on surviving today, they know their plans for retirement and a life beyond are placed on hold until their obligations of support to their aging parents and adult children and grandchildren are met, sometime into the future. It is likely you or someone you know is ‘sandwiched’ in-between.

How do we know if we are candidates to be ‘Sandwiched?’ If we are, where do you find help or help others? What helping resources, groups etc. are available in Southern California and beyond? What steps can be taken to help manage stresses from personal, family member or other relationships?

Please join us as we open up a dialogue to explore solutions, begin answering these questions using a case study and learn some “do’s and don’ts,” of the ‘Sandwiched Generation.’

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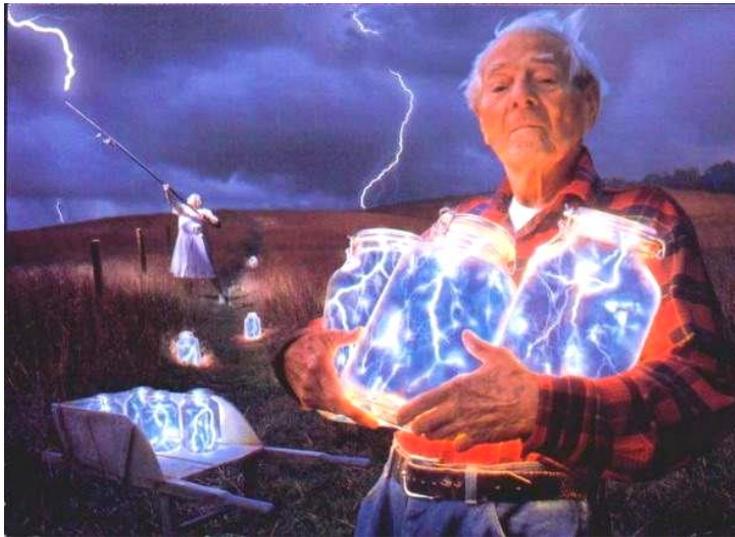
Location: 8450 La Mesa Blvd, La Mesa, CA 91942~ (619) 667-1322

Cost: \$6.00 per class or \$25.00 for all 5 lectures

Time: Thursday, May 19, 2016 ~ 6:00pm – 8:00pm



***Seating is limited to 25 participates. For reserve seating, contact the La Mesa Enrichment Center front desk at: (619) 667-1322***



Title of Lecture #3:

### **Aging Gracefully with Purpose or Something Else?**

Description:

Aging gracefully with purpose is a desire of many. As it turns out, there is a process of discovery that aids in: finding inner strength, valuing experiences, clarifying maturity and wisdom that comes from lifelong learning, curiosity, optimism and creativity. As tens-of-thousands of Americans retire each day, and with 10 – 20 more years of healthier, vital living before them, many see this next phase of life as a new beginning, but this time with decades of experience, talents and know-how to continue contributing (giving back). They want a chance to reinvent themselves, to explore the new wonders of growing old with the aim to make aging the next positive life experience.

From a growing body of research on aging, there are three common approaches to growing old. While each tactic has merit and expresses features for aging with grace, it is the introduction and thorough vetting of four key elements that brings clarity on how to age gracefully with purpose.

Please join the two-hour lecture and discussion as we explore research on aging. We look forward to your contribution to the conversation on Aging Gracefully with Purpose.

Also, in lecture #4 “Power of Aging and the Mature Woman” we will discuss how Mature women may have a growing and important roles as the 21<sup>st</sup> Century unfolds. I recommend both men and women join the discussion for a provocative look at the role of mature women in the decades ahead.

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Location: 8450 La Mesa Blvd, La Mesa, CA 91942~ (619) 667-1322

Cost: \$6.00 per class or \$25.00 for all 5 lectures

Time: Thursday, May 26, 2016 ~ 6:00pm – 8:00pm

***Seating is limited to 25 participates. For reserve seating, contact the La Mesa Enrichment Center front desk at: (619) 667-1322***



*Title of Lecture #4:*

## **Power in Aging and The Mature Woman**

*Description:*

Women of the 20<sup>th</sup> Century challenged conventional wisdom, insisted their agenda be part of the conversation on human affairs and demanded full partnership in deciding the future. Many of these same women have spent their lives experiencing, achieving, influencing, and teaching their paths to empowerment. With the “gift of longevity” favoring females, mature women are a growing force. Their narrative is one of collaboration, inclusion, and tolerance that alters the view, approaches and solutions to many of the most endemic national and global issues we face today. These tactics, when practiced, are gaining acceptance and showing positive results in every aspect of American life.

This lecture will take a provocative look at the role of the mature woman in the evolution of modern human history and their likely influence in political, economic, social, and demographic issues as decades of the 21<sup>st</sup> Century unfold. We will examine the question, “What traits and life experiences make the mature woman successful/empowered?” Also, key elements, the paths to and rules of empowerment that promote growth, maturity and wisdom will be presented and discussed.

Please, join us as we explore the “Power of Aging and The Mature Woman.”

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*Location:* 8450 La Mesa Blvd, La Mesa, CA 91942~ (619) 667-1322

*Cost:* \$6.00 per class or \$25.00 for all 5 lectures

*Time:* Thursday, June 2, 2016 ~ 6:00pm – 8:00pm



***Seating is limited to 25 participates. For reserve seating, contact the La Mesa Enrichment Center front desk at: (619) 667-1322***



Title of Lecture #5:

**Important Questions:  
A Conversation about Caregiving and End-of-Life Considerations**

Description:

The “gift of longevity” and its unintended consequences are dramatically altering our view on Death and Dying in America. Today, it is possible for millions of Americans to enter old age by way of medical crisis, a contemporary rite of passage that brings us face to face with our mortality. Death, if one survives its first call, can be a great awakening of our consciousness and summons serious debates and actions crossing many social, cultural, economic, medical, political, ethical and religious boundaries. Questions regarding quantity vs. quality of life are only now entering the narrative of caregivers and what or who governs the end-of-life process.

We all know the grim reaper will take us one day, so it behooves each of us to prepare for the inevitable. The inquire of this lecture is to provide information on the how, what, when and where to open a dialogue with your family members and loved ones on end-of-life considerations and other very relevant topics.

Communication techniques, effective assessment tools, and easy-to-follow rules of engagement that will move everyone to an open dialogue will be presented. Please join in on this very important and informative discussion.

Additional information available online at: [www.cityoflamesa.com/seniors](http://www.cityoflamesa.com/seniors)

Location: 8450 La Mesa Blvd, La Mesa, CA 91942~ (619) 667-1322

Cost: \$6.00 per class or \$25.00 for all 5 lectures

Time: Thursday, June 9, 2016 ~ 6:00pm – 8:00pm

*Seating is limited to 25 participates. For reserve seating, contact the La Mesa Enrichment Center front desk at: (619) 667-1322*