



TTN-NYC Newsletter February 2017

## Community within Community

### By A Fellow Member

When I first joined TTN in my 60's, I looked forward to meeting new people and finding some friends. I enjoyed participating in a peer group. It was one among a number of interests and activities I engaged in. Eventually, I found that my interests were different from a number of the available peer groups. I had the energy then to nurture a group devoted to the development of inner life and self-development. I started the Wisdom Circle, a Special Interest Group that met for over 5 years.

When I became ill, I had to move out of the city to find the support I needed, and I had to drop out of TTN. After some time, my health improved, and I was able to reconnect to TTN activities. I appreciate and regularly use the Caring Collaborative MIX service for medical referrals. I often offer information about medical practitioners I had found that were skilled and caring.

Still, as a person with no close family in Manhattan, there is a big gap left.

I am grateful that the Caring Collaborative Neighborhood Group I attend decided to have a holiday party, which I suggested. I deeply appreciated the Special Interest Group for holiday sharing. It gave me a way to deal with being a little less alone during the holidays and vacation time. It made all the difference to me to have a way to connect to others who wanted company.

I suggested the idea of having a discussion about who is available to do things between Caring Collaborative meetings. The solution put forth was to do a member mingle for all the groups in one neighborhood so we could meet more of our neighbors.

Nevertheless, it appears that there is a strong requirement for one to be physically and emotionally healthy to enjoy TTN. As I get older, this situation can be more variable, more challenging, and can require more time and energy to resolve.



**Send your ideas on how to create more communities within TTN's Community to [nycchapter@thetransitionnetwork.org](mailto:nycchapter@thetransitionnetwork.org)**