

## **Solo Aging: Planning it well, Living it well**

The years after retirement can be the best of times or the worst of times depending in part on how you plan for them. On Feb. 8th the Life Transitions Committee along with the Thriving in Community SIG will present a lecture and panel discussion on living alone. The presentation is designed for those of us who are currently single as well as those of us who are currently living with a spouse, partner or another relative or friend.

“While we have limited ability to control many of the events that affect us later in life, it is critical to use every bit of the control we do have to shape our lives the way we want “ says Meridith Miller, She chairs the Life Transition committee and will be speaking on February 8th along with four other OLLI members who have been living Solo. Each of the four panelists have arrived at Solo status taking different paths. They will share their experiences and some insights with the goal of inspiring all of us to become active agents in designing lifestyles that will allow us to thrive in whatever ways are most important to us as individuals.

The talk is equally important for current solos (singles) and future solos as half of the people now living with partner will face life alone at some point. The importance of planning together for the future alone is one of the most important things you can (and should) do for one another. Meridith emphasized, “We all know of people who depended on a partner to take care of the family’s finances, manage the household, and do the cooking, laundry and tax returns. As if the loss of a beloved partner is not catastrophic enough, it is wholly unrealistic for a person who has just suffered a terrible loss to be able to learn how to manage new tasks at a painful time.

There are a few strategies to improve your quality of life and the chances you will be able to live as you wish for a longer period when you are living singly. Meridith will draw on gerontological research, social psychology and field research to suggest key concepts that empower older solo Ager’s. These include Active Coping, Social Engagment and Wisdom.

Please come to the presentation from 11:30-1:15 in Room 102 on February 8th to learn more