



The Transition Network

TTN-NYC Newsletter February 2017

## New Program for TTN Members over 70

By **Mona Kreaden**

One year ago at the memorial service for TTN co-founder Charlotte Frank, several older members came up to me and stated, "TTN doesn't interest us anymore. We feel we've aged out."

My reaction was one of great surprise.

If anything, this is the most important transition of all. As Pre-Boomers, we are once more at the leading edge of a new phase of life. Just as there was no road map for us when we looked at retirement in our 50's and 60's (which led to the need for TTN), for those of us in our 70's, 80's & 90's we face the same situation with even more demanding issues to challenge us.



How do we deal with the societal stereotypes around aging that have a tendency to diminish us and render us invisible?



Many of us have internalized these ageist/sexist ideas about being older, yet despite having slowed down somewhat, most of us in TTN are still vibrant, creative and raring to go. We need to develop tools to combat these negative attitudes within and outside of ourselves.

We are now in a stage of life where we must increasingly deal with loss, dependency, and end of life issues with very little preparation. Where, how will we live if we find ourselves alone for the first time? For those of us who have lived alone, how do we combat isolation and maintain community? Given these challenges, we need to sustain meaning and purpose and develop a lifestyle that will support the future we want instead of caving in to negative stereotypes ... I could go on and on.

Thus, several months ago I sent an email to 20 people asking them if they would be interested in forming a group around the issue of being over 70. More than 75 women responded positively!!! Clearly, there is a need for this; we have not aged out.



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To date we have two fully formed groups; the Rockers evening group and the Nasty Women—a daytime group. These two groups have provided serious discussion, and even more important--a lot of laughter.



A new evening group is forming that is already over-subscribed, and a waitlist has formed for another daytime group that is waiting for someone to be able to host it.

A “master list” has been formed with all those who have expressed interest in this age group, where pertinent articles, websites, and information are distributed. This will eventually become an interactive online group where members can communicate directly with each other about these pertinent topics.

We are in the process of developing a working committee to develop specific programming for this cohort. **Contact Barbara Alpern ( [barbara.alpern@hotmail.com](mailto:barbara.alpern@hotmail.com) ) for more information.**