

Sun City Lifelong Learning Club

Course Catalogue

Fall 2024

Event	Location	Date	Time
Membership Meeting	Fairway Recreation Center 10600 W Peoria Avenue	Thursday, October 10, 2024	10:00 am
Registration	You must have RCSC Card with your picture for registration.	Thursday, October 10, 2024	Following Membership Meeting until 1 pm
Classes	Fairway AZ 4 and 129, Lakeview and Sundial on Nov. 5 & 19 respectively	October 28 through December 6	

2024 Club Membership Dues: \$20.00 for both 2024 Spring and Fall terms.

Payment Method: Cash or Check

After paying club dues, members may register to attend classes and lectures at no additional charge. Some classes may require the purchase of supplies. Field trips are paid for separately.

Students are limited to signing up for 10 classes for the Fall term.

Registration for all classes and lectures is required.

Email sczlifelong@gmail.com for more information.

Monday

Gentle Movement, Mindfulness and Meditation
Oct. 28, Nov. 4, 11, 18, and 25

Kathryn Tiffany
10-10:45 am

Come learn ways to gently move your body for increased energy flow. Or learn to slowdown your energy for people with active minds! Basic mindfulness ideas and beginning meditations will be facilitated. Most meditations will be guided. No previous experience needed and movements can all be modified to fit your needs. Each class will be different! **Limit 25**
Kathryn Tiffany is a teacher and Licensed Professional Counselor. She offers these opportunities to clients and community members in the East Valley, as well as online.

Women's Writing Circle
Oct. 28, Nov. 4, 11, 18, and 25

Kathryn Tiffany
11-11:45 am

Come sit in community with women who have a desire to express themselves creatively through writing. Also for women who are looking to deepen their connection with themselves through thoughtful writing prompts. Prompts will be provided and free writing is also encouraged. If you are on the fence or intimidated - come give one session a try to see if you like it! All women get something out of this unique opportunity for expression! Everyone is a writer, no experience needed. **Limit 25**
Kathryn Tiffany, see above

Sun City: Utopia? Ugh! Not Quite!
Oct. 28

Ben Roloff, Bill Pearson
1-3 pm

Fellow Sun City historians Ben & Bill are teaming up to present a fast-paced look into a whole series of stops and starts, mistakes and corrections, miscalculations and adjustments, crises and solutions. A few of the topics included: incorporation, insufficient medical services, smoking, land giveaways, local class action suits, recall of elected officials, escape from the Peoria School District, the art museums and proposed performing art center, library controversies, and...

Ben: A frequent presenter of classes for Lifelong Learning over the last decade, in 2015, began a serious search of Sun City's formative history by making countless trips to the AZ State Archives to review every Sun City newspaper published related to our history from 1958-1985. He draws heavily from that history for his classes.

Bill: Known for his daily Facebook posting of pictures and comments regarding Sun City's history, several thousand residents are enlightened as he continues to share the story of Sun City. No resident past or present is more acquainted with the Sun City's history as preserved via thousands of pictures at the Sun Cities Museum or has written more about "The Community That Changed the Nation!"

I Can't Tell a Lie: the Truth About George Washington's Life
Nov. 4

Jim Bish
1-3 pm

This course is based upon the instructor's research which was published in his new national award winning book about George Washington titled, I Can't Tell a Lie: Parson Weems and the Truth about George Washington's Cherry Tree, Prayer at Valley Forge, and other Anecdotes.

This class examines the many Washington stories you have all heard and thought were false. You may want to rethink those conclusions.

Jim Bish is a Nebraska native and an Arizona snowbird from Virginia after retiring in 2015 from a thirty-five years teaching career in Prince William County, Virginia and working at the National Museum of the Marine Corps. Jim currently volunteers with many Virginia and Arizona museums including the Museum of the Sun Cities in Sun City. He also currently serves on the Board of Directors for both Historic Prince William Virginia and the Museum of Culpeper Virginia History.

**Motown Magic, Part 1 (Part 2 is offered on Nov. 20)
Nov. 11**

**Diana Warren
1-3 pm**

Remember those great songs that make you tap your foot or hum along? Motown's magic gave us many great songs. This class is a brief review from the beginning of Motown through its most popular years in the 60's and 70's. It is not about facts and figures but about the songs, musicians and memories and Motown's contribution to our minds and hearts. Join in to listen, sing, move, and remember a unique American sound that remains with us today.

Diana Warren grew up and worked in the Detroit area during Motown's popularity and brings her experiences that make this class unique. She graduated from Wayne State University with B.S. and M.A. Her experience includes management in home health care, teaching at several universities, human resources and finance.

**Financial Cautions for Seniors
Nov. 18**

**Lou Annacone
1-3 pm**

Discussion of eldercare protection situations and investment used for payments. Discussion of decision ability decline and emotional traps. How to choose when help is needed, licensure types and how to ensure compliance. Local help lists will be available.

Lou Annacone is licensed by many states and providers. An entertaining and engaging speaker, he has spoken at dozens of venues including American Association of Individual Investors Chapters, Military and Service Organizations, Humana service centers and hospitals, a decorated Air Force Officer with Vietnam service and has been a caregiver for his wife for over 25 years. He and his wife Donna have been married over 50 years with 2 children and 3 grandchildren.

**Bells, Bells, Bells
Dec. 2**

**Janet Teeguarden
10-Noon**

Did you know???

Bells are one of the oldest percussion instruments still in regular use. The earliest known bells were found in China. There are 32 different types of bells.(Really???) What kind of "music" is played on church tower bells in England.

Why handbells were invented and why they came to the USA. This class will provide insights to all of these questions and much more. There will be handbells in the room for both the presenter and audience (if you desire) to ring.

Janet Teeguarden is a Professor Emerita, having taught college mathematics for over 50 years. She has received a number of awards for excellence in teaching. In addition, Janet has played handbells for over 30 years, in church and community handbell choirs, in smaller ensembles, with a duet partner, and more recently as a handbell soloist.

**The Importance of the Battle of Iwo Jima
and its Two Flag Raisings
Dec. 2**

**Jim Bish
1-3 pm**

The Battle for Iwo Jima's 36-day assault, resulting in more than 26,000 American casualties, including 6,800 dead, mostly Marines and Navy Corpsmen, will be described. Iwo Jima was also the only U.S. battle where the American casualties exceeded the Japanese. The most lasting memory from Iwo Jima was the photo image of the Flag Raising on Mount Suribachi, which won the 1945 Pulitzer Prize. That image became an item of continuing importance and controversy.

Jim Bish, see above

Tuesday

**S'edav Va'aki Museum (formerly Pueblo Grande)
4619 E Washington St, Phoenix**

**Oct. 29
9 am-3 pm**

Meet our luxury bus at Fairway 9am. \$45 includes bus and docent guided tour. Lunch will be at Wildflower, 9824 W Northern Ave in Park West. Separate checks.

This is a gorgeous museum and archeological site, with a 2/3 mile guided tour through the city ruins and cultural artifacts of the Hohokam, an ancient Ancestral Sonoran Desert People, complete with an excavated platform mound, ballcourt, garden, and replicated living spaces.

**You Can Draw: The Fundamentals of Drawing with Lines
Nov. 5, 12,**

**Allen Reamer
10 am-noon**

Have you ever wanted to draw but thought that you cannot draw even a straight line? That is because no one ever taught you the two techniques to draw a straight line. In this course you will learn these and other skills and techniques to draw specific fundamental lines and shapes. After learning, practicing and mastering drawing these lines, you will learn to draw a variety of manufactured and natural objects [apples, oranges, leaves, trees, mountains, grass, etc.] that are formed from the fundamental lines you have learned to draw. Each technique and skill will be demonstrated. **Limit 32**

Supplies: Pencil, vinyl eraser (found at Walmart next to the pencils), paper (copy paper or drawing pad/book)

Allen Reamer has produced art and taught studio art and art history for most of his life. He was fortunate to come from generations of artists. His mother taught him oil painting at a young age. His undergraduate, graduate, and post-graduate education was in studio art and art history. Allen has taught high school to graduate level classes. Over the years he has been recognized by a variety of organizations for his teaching and art work. He has been active for decades in local and national art organizations, including representing Washington D.C. art educators at the national level for a decade. Allen teaches over 500 studio art classes and over 200 art history classes around the West Valley.

Rembrandt: His Life and Art
Nov. 5

Allen Reamer
1-3 pm

Rembrandt painted during the Golden Age of Dutch art. Today he is viewed as a great master of painting. He did etchings as well. In addition to talking about his paintings, you will discover why he did etchings and what he etched. His life had major high points and low points. In this talk his life and his art will be discussed in great detail. You will also discover why this small country had so many professional artists and why this was the Golden Age of Dutch Art.

Allen Reamer see above

Learn to Look at Paintings
Nov. 12, 19, 26

Allen Reamer
1-3 pm

Did you ever look at a painting and wonder if there is more there than you see? There are specific ways to view a painting that will increase your enjoyment and understanding of it, whether the painting is realistic or abstract. We will cover some of these ways of looking at a painting. This is a very interactive class, both you and the class as a whole will participate in looking at paintings.

Allen Reamer, see above

**Southwest Sunrises: With Oil Paint, Watercolor, Gouache, Pastels,
Colored Pencil or Acrylic Paint**
Nov. 19, 26, Dec. 3

Allen Reamer
10 am-noon

Arizona has beautiful sunrises. In this class you may produce a variety of sunrise paintings with watercolor or acrylic paint. You will learn the color scheme logic behind a successful sunrise landscape and how this logic can be used to develop other successful paintings. In addition to technique, you will learn how to produce both very dramatic and less dramatic sunsets in a southwest landscape setting. If you have not drawn a particular object before, the teacher can show you how to draw that object. Mr. Reamer will give you any other help you may need in painting or drawing. He will not draw or paint on your artwork. If you wish, positive critiques will be given about your artwork.

Supply list will be provided to students prior to the beginning of the class. **Limit 32**

Allen Reamer, see above

Mary Cassat
Dec. 3

Allen Reamer
1-3 pm

Mary Cassatt was an American painter who became an Impressionist. She knew what she wanted to do at an early age and pursued her passion. She is best known for her mother and child paintings, but she produced many pastel drawings. Cassatt achieved great success but her life was not always without trouble. We will discuss her life and art in detail.

Allen Reamer, see above

Wednesday

Musical Instruments Museum (MIM)
4725 E Mayo Blvd, Phoenix

Oct. 16
9 am- 3pm

Carpool from Fairway \$20 + \$5.00 for driver + your lunch. We will need drivers, so please volunteer if you are able. MIM members are admitted free.

MIM is the world's largest musical instruments museum, displaying over 7,500 instruments from 200 countries. With headsets, you get an exhilarating experience of video and sound as you stand before each country's exhibit.

On site Café Allegro offers everything from light snacks & coffee to soup, sandwiches, delicious hot meals and desserts. Lots of lovely shaded patio seating.

Finding Unbiased Financial Advice
Oct. 30

Scott Sandell
10am-Noon

This class explores how advisors make money, what license designations mean and much more. You will gain the essential knowledge necessary to be confident that you are dealing with the right professional. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Scott Sandell, MBA, is President of the Phoenix Chapter of the Foundation for Personal Financial Education (FPFE) which is a 20 year old nationwide nonprofit speaker's bureau dedicated to providing financial education without bias or the burden of sales.

Introduction to Medicaid Rules for Long Term Care
Oct. 30

Lou Annacone
1-3 pm

A summary of what to consider if you may need Medicaid LTC help from the Federal/State program. Nationally, these programs serve over half of Americans who qualify medically and financially. The rules and preparation are confusing and stringent, necessitating the services of an experienced elder lawyer who concentrates on Medicaid. Planning ahead may be in your best interest, as well as early family involvement. Mr. Annacone is not a lawyer, nonetheless this is a studied short introduction.

Lou Annacone see above

Do You Know Your Moral Compass?
Nov. 6

Robert J. O'Donnell
8:30-Noon

This class explores the world of morality, moral development, and personal ethics for interacting with others. Participants will be encouraged to think about their own sense of morals and their own Moral Compass which guides them as they interact with others in their world. There will be opportunities for small group discussions on certain topics. **Limit 40**

Robert O'Donnell practiced law in a general practice for 20 plus years as a first career while his second career was as an educator and trainer of negotiation and mediation. He was an adjunct visiting professor at Pepperdine University School of Law from 1991-2007 and has taught over 10,000 people in collaborative negotiations in 25 states and 9 countries, including the Soviet Union, Northern Ireland, the Republic of Ireland, Mauritania, Cameroon, Burundi, Nicaragua and China.

**Native 101 (ASU OLLI program)
Nov. 6**

**Gregory Hanson
1-3 pm**

This unique course begins with a traditional Starting Song from the instructor's Southern Ponca tribe, then delves into the realities of Indigenous America via intense interactive discussions of controversial topics such as who's Native American; what is federal sovereignty; how does one become a tribal member; the use of blood quantum; the role of the American Indian Movement; and the pros-and-cons of casinos. Other facts are conveyed like how many federally recognized tribes there are in Arizona and the U.S. and the class is concluded with a traditional Ponca Quitting Song.

Gregory Hanson began traditional dancing at age four and started traditional singing when he was ten. He has traveled throughout Indian-country with his Ponca, O'Odham, and Lakota relatives as a singer and dancer for the past sixty-plus years and proudly serves as a Helushka Singer and Committeeman for the California Helushka (War Dance) Society. Greg has served as the Tribal Relations Coordinator for the Tonto National Forest and was the only mix-blood member of the Forest Service's Southwest Regional American Indian Advisory Council. He has authored natural resource manager Native-issues, guides, technical papers, professional manuscripts and has taught Native studies in numerous NDN Communities and Native museums throughout Arizona, New Mexico and several other states as well as Africa, for over 40 years. Currently, Gregory is the statewide Tribal Relations Coordinator for the Arizona Conservation Corps and Conservation Corps New Mexico.

**What Species is Responsible for that Song?
Nov. 6**

**Jason D. Struthers
6-8 pm**

Come learn about the many birds that you are liable to see and hear in Maricopa County. Leave equipped with tips to attract birds to your yard while keeping them safe from the many threats that jeopardize these marvelous creatures. Attendees will receive a complimentary membership to MAS and raffle prizes are up for grabs!

Jason D Struthers obtained his Doctorate of Veterinary Medicine in 2011 from U of Montreal, his Masters in anatomic pathology in 2013 from U of Saskatchewan and completed his anatomic pathology residency at U of Florida. In 2016 he joined Midwestern University's College of Veterinary Medicine in Glendale. As tenured associate professor, he divides his time among teaching, scholarly pursuits, and providing diagnostic pathology services to veterinarians and organizations throughout Arizona. He is Education Chair for Maricopa Audubon Society.

**Understanding Required Minimum Distributions
Nov. 13**

**Scott Sandell
10am-Noon**

As you approach your 70's, the tax time bomb called your IRA begins to tick a bit louder. Required withdrawal from your IRA may force you to change your investing behavior and pay much more attention to taxes. We will discuss all these considerations.

Scott Sandell, MBA, see above

**Chocolates, Waffles, Canals, Tulips: A Cruise through
Belgium and The Netherlands
Nov. 13**

**Janet Teeguarden
1-3 pm**

Come with us on a picturesque spring Vantage River Cruise through the Netherlands and Belgium. Visit two UNESCO World Heritage sites, one of the Seven Wonders of the Modern World, ancient-turned-contemporary cities viewed from canal boats, churches and museums, the gorgeous tulip festival at Keukenhof Gardens in The Netherlands (7 million bulbs planted by hand each fall), and more.

Janet Teeguarden is a Professor Emerita, World Traveler, and Master Presenter. She taught college mathematics for over 50 years. She has presented talks at numerous local, state, national, and international conferences, all of which were very well received. She has received a number of awards for excellence in teaching. She and her husband Bill love to travel and have visited all 50 states and six of the seven continents.

**Women, Power and Money
Nov. 20**

**Stacey Bendfelt
10am-Noon**

Compared to women before you, you're more educated, earned significantly higher income, and assumed more powerful roles in the workplace. Despite all this tremendous progress, you might still be feeling somewhat financially insecure. This empowering presentation will help you learn why you need a financial strategy, determine which of the five distinct financial personalities you relate to and take the first steps to become more financially independent by developing your own financial strategy.

Stacey Bendfelt As a Financial Advisor and Chartered Retirement Planning Counselor, Stacey has a passion for helping women prepare for and enjoy a fulfilling retirement. Stacey has created an engaging process for women to define their unique goals, aspirations and ideal retirement lifestyle.

**Motown Magic, Part 2
Nov. 20, (Part 1 is offered on Nov. 11)**

**Diana Warren
1-3 pm**

Where did Motown's musical vibrations and sound come from? In this class we go behind the scenes to meet Motown's "band" that gave us a sound like no other, a sound that was, and is, unique. We will meet the musicians who played the instruments and were part of Motown's magic. These men are no longer with us yet they come alive on tape. You will hear them and see them playing in Studio B at Motown. Do you hear the beat?

Diana Warren, see above

**Positioning Yourself to Thrive In Retirement
Dec. 4**

**Scott Sandell
10am-Noon**

With volatile markets and rising interest rates, financially navigating retirement can be tricky. We will discover what is changing, why it is changing and how to position yourself for success in retirement.

Scott Sandell, MBA, see above

**Painting Tutorial (Also offered on Nov. 1)
Dec. 4**

**Julie Larsson
1-3 pm**

Each attendee will be provided with all the materials (at no cost) necessary to produce a completed painting using acrylic paint, brushes and canvas. A process starting with the background and moving to the front ground, techniques on mixing your paint colors, how to hold your brush, load your brush and apply the paint to canvas are all a part of the fun and exciting experience in creating a unique, individual piece of art! However, the completed piece of art is only a small part of the overall benefits of creating it! Studies have shown that creating art can reduce anxiety, depression and stress. Artistic expression has also been linked to resilience in aging adults, improved reasoning and memory. **Limit 20**

Julie Larsson began drawing and painting at the age of 6,. In both elementary and high school, she explored water color, oil and acrylic mediums, as well as clay sculpture. A self-taught painter, Julie has refined her skills with social media video tutorials, instructional “how to” books and years of practice, completing over 250 paintings in the last 10 years. Recently, Julie has begun to teach others the joy of artistic expression by offering painting tutorials to groups of 20 people or less. In the past 14 months, She has instructed over 1500 local seniors in learning the joy of painting.

Thursday

**News and Issues
Oct. 31, Nov. 7, 14, 21, Dec. 5**

**Edward Moore
10-11:30 am**

This will be a “discussion group” course focusing on current national and international news and issues. Participants will be asked to use newspapers, magazines, and websites for discussion topics and bring some to class meetings. In the class we will share viewpoints and sources about what is happening. **Limit 30**

Edward Moore is a former senior manager with extensive experience facilitating strategy, leadership, and supplier improvement meetings. Edward brings a light hearted style to serious topics while insisting on respectful dialog. The topics are serious and the participants share differing views with respect and dignity for all participants.

**Sun City: Then and Now
Oct. 31**

**Bret McKeand
1-3 pm**

This presentation will show the many changes Sun City (and Sun City West) has experienced over the years. Using archival photos from the files of the Del Webb Sun Cities Museum, the presentation will examine changes in the community since it first opened in 1960. Archival photos of buildings, businesses and other locations will be shown along side current photos depicting the same building and location – what it used to look like, and how it looks today in 2024! Can you guess which building in Sun City once housed the community’s first post office? Do you know which apartment complex now sits where Sun City Stadium once existed? This entertaining program will not only educate attendees on how the community has evolved – and how retirement amenities have changed -- but also challenge their knowledge and sense of the community in general!

Bret McKeand is the current president of the Sun Cities Area Historical Society, which owns the Del Webb Sun Cities Museum. Bret spent nearly 40 years with Independent Newsmedia USA,

retiring as president of the company's Arizona operations. He worked as a reporter, editor and publisher of the Sun City/Sun City West Independent.

Navajo History and Culture
Oct. 31

Marty Feess
6-8 pm

This will be a history of the Navajo (Dine) people, the largest indigenous nation in the United States, who inhabit parts of Arizona, New Mexico and Utah, including traditional beliefs and customs, geography, art and culture.

Marty Feess is a retired high school and community college teacher and longtime Arizona resident. He earned a Ph.D. in history at Northern Arizona University in 1999 with a focus on US history. He spent seven years teaching on the Navajo Reservation.

Creating and Maintaining Healthy Relationships
Among Family Dogs
Nov. 7

Suzanne Hetts, Ph.D.
1-3 pm

Whether your family includes more than one dog, or you experience visiting family dogs, it's important to know what to do to help dogs in your home get along. Chronic tension among dogs has detrimental effects on their physical and behavioral health so it's crucial to promote friendly relationships that enhance your dogs' quality of life. You'll learn the factors that form the basis for healthy canine relationships, why "dominance" is not the foundation of good dog-dog (or even dog-human) relationships and discover how small changes in your home environment make it easier for your dogs to get along. Although the class will NOT cover how to resolve existing fighting problems, we will discuss the big red flags that suggest your dogs' relationship is in danger of blowing up into serious conflict!

Suzanne Hetts, PhD is a Certified Applied Animal Behaviorist, Emerita and spent over 30 years helping people with their pets' behavior problems. She is an author of several books, numerous professional and popular articles on dog and cat behavior, an award winning international speaker, and co-owns (with her husband Dr. Dan Estep, CAAB) Animal Behavior Associates, Inc. Her interests in retirement include expert legal consulting on animal injury cases, custom pet sitting, playing steel drums (pans), all sorts of outdoor activities, traveling, and learning about Hawaiian culture through language, hula and ukelele lessons.

Essential Documents in American History
Nov. 7, 14, 21, Dec 5

Marty Feess
6-8 pm

We will discuss 8 of 15 documents essential to the complete understanding of American history. These are: (1) the Declaration of Independence; (2) the Constitution; (3) the Federalist Papers; (4) Washington's Farewell Address; (5) On the Duty of Civil Disobedience by Henry David Thoreau; (6) Declaration of Sentiments by Elizabeth Cady Stanton; (7) the Gettysburg Address; (8) Lincoln's Second Inaugural Address. The remaining 7 documents will be discussed during the winter term.

Marty Feess, see above

**SCOTUS And Women:
Nov. 14 and 21**

**Erl Hardy
1-3 pm**

A look at important Supreme Court issues and cases impacting women, such as the right to vote and to practice law, and a look at women Justices, starting with Sandra Day O'Connor.

Erl Hardy graduated from Boston University School of Law in 1973 and practiced law in Massachusetts and Maine. He has been teaching courses on the Supreme Court for Sun City Life Long Learning since 2012.

**The Compelling & Dramatic Advantages
of the Aging Brain: (ASU OLLI)
Dec. 5**

**Dan Steininger JD
1-3 pm**

Neuroscience findings now support the idea that we can grow new brain neurons and connections as we age. This is a spectacularly new and exciting scientific finding. He will teach us how to ensure we grow our brains; it does not happen automatically. During his presentation, he will also discuss the "crystallized intelligence" of the mature brain in decision-making. He will explore the inevitability of memory loss and why it doesn't mean we have dementia or Alzheimer's and will give some insights on how to counter that loss and improve memory as we age.

Dan Steininger is the author of two books on innovation, a professional speaker, trusted advisor to companies or organizations needing to drive innovation. Dan currently writes a column for the Biz Times entitled "Innovate or Die," a Press Club winner. He is also the President of Steininger & Associates, a firm that focuses on teaching the tools of innovation to drive growth for companies in all sectors of the economy. He is the former CEO of a major financial institution that he grew to the 147th largest life company in the United States; and he launched a national equity mutual fund. He has served as Chairman of the Young Presidents Organization; and a Board Member of the Better Business Bureau. He has published in scholarly journals, appeared on Wall Street week and been written about in the New York Times.

Friday

**Painting Tutorial (Also offered on Dec. 4)
Nov. 1**

**Julie Larsson)
10-Noon**

Each attendee will be provided with all the materials (at no cost) necessary to produce a completed painting using acrylic paint, brushes and canvas.. A process starting with the background and moving to the front ground, techniques on mixing your paint colors, how to hold your brush, load your brush and apply the paint to canvas are all a part of the fun and exciting experience in creating a unique, individual piece of art! However, the completed piece of art is only a small part of the overall benefits of creating it! Studies have shown that creating art can reduce anxiety, depression and stress. Artistic expression has also been linked to resilience in aging adults, improved reasoning and memory. **Limit 20**

Julie Larsson, see above

Advance Planning for Elder Care at Any Age
Nov. 8, 15

Lou Annacone
10-Noon

The logic and math to protect family wealth capital from eldercare expenses. The goal is to provide for the care and help from experts to the extent you can afford it. Federal and State programs are also available to reduce this financial risk. Lists of help sources and types of protection will be provided.

Lou Annacone, see above

**Doing Grief in Real Life: Navigating Loss, Death
& Change *Your Way***
Dec. 6

Shea Darian
10-Noon

Grieving is a lifelong journey. Fortunately, grieving in ways that heal and transform your suffering is a lifeskill that can be learned. Shea Darian provides guidance to find your bearings in the grieving process and be empowered to become your own best healer. If you're experiencing grief due to death, broken relationships, illness, aging, or any loss that causes grief, you can find hope in this introduction to Shea's four-fold approach to heal your suffering. **Shea Darian** is director of Doing Grief Community Healing Project in Sun City and Director of Operations for Doing Grief® – a nonprofit that provides grief education and support to griever, healers, and caregivers. Shea is author of Doing Grief In Real Life: A Soulful Guide to Navigate Loss, Death & Change (Nautilus & IPPY Awards) and creator of the "Model of Adaptive Grieving Dynamics (Illness, Crisis and Loss, Vol. 22(3) 2014)." Visit DoingGrief.com