

Unfinished Business... Finished

A Zoom-Based Discussion & Peer Support Group for Adults aged 55+

In life's journey we each create a book of stories. These stories are influenced by common and unique experiences: military, marriage, divorce, career changes, deaths, moves etc. Perhaps one of your stories was left unfinished? There is more to explore, share and learn from for a happier future.

Through this group for adults aged 55+ years, we offer an opportunity in a supportive peer environment to revisit our stories and seek new insights to "finish" what we started long ago. What this means will differ from person to person. Being present and listening is just as meaningful as sharing a story or experience.

This is not a therapy group, but rather a peer discussion group and all sharing is optional. Co-host and founder of the group, Joe Wolfberg, is an 83-year-old community gerontologist and, in his own words, a "pathfinder" and "gypsy." Joe has been associated with UNE for 25 years and presently supports outreach activities of the Center for Excellence in Aging & Health. Co-host, Madeline Egan, is a 23-year-old osteopathic medical student and aspiring geriatrician, in her own words, an "old soul" and a "wanderer." Madeline joined the UNE community this year and brings with her experience in leading resiliency, truth seeking, and grief support groups. Both Joe and Madeline will share from their life's journeys to encourage productive sharing and peer-to-peer support.

A time-limited, closed group is planned (i.e., the same members meet throughout). Up to 8 individuals will participate with Joe and Madeline in this series. UNE Legacy Scholars and other friends are welcome. We will begin on **Thursday, January 28 at 1pm** and will continue to meet every other week until mid-March. Additional sessions may be offered in the future.

Would you enjoy visiting with and sharing about your life with other people of a similar age? If so, please RSVP to Joe Wolfberg at jwolfberg@une.edu or call CEAH Administrative Assistant, Kelly Abrams, at 207-221-4139 to indicate your interest, no later than **Thursday, January 21st**.