

DECEMBER 11-13, 2015 (FRIDAY TO SUNDAY)

**SUPPORT ACROSS GENERATIONS FOR ELDERS (SAGE):
BUILDING A NETWORK TO SUPPORT NEYM MEETINGS
WITH ANITA PAUL, FRAN BROKAW & LORI MARTIN**

CO-SPONSORED BY New England Yearly Meeting's COMMITTEE ON AGING

New England Yearly's Meeting's Committee on Aging is starting a program akin to the ARCH (Aging Resources, Consultation and Help) program of New York Yearly Meeting, which offers older adults and persons with disabilities the information they need to enhance quality of life.

Benefitting from the expertise and leadership of New York's ARCH program, this weekend workshop will help individuals from monthly meetings to enhance their skills and ability to provide support. Using group presentations and discussion, small group role practice, and worship sharing, participants will gain training in leading conversations on aging, quality of life, caregiver stress, facing our mortality, advance care planning, and sharing life stories.



Attendees will be trained to be SAGE Visiting Friends. A SAGE Visiting Friend is someone who feels a call to visit seniors and adults with disabilities within their Meeting. Visitors provide a listening ear, spiritual support, and connection to community resources for individuals and families facing aging, frailty issues, serious illness, or end of life concerns. Visitors will maintain a close relationship to their Monthly and Quarterly Meetings, and will stay in touch with the SAGE Coordinator for support and advice.

All are welcome. Meetings are encouraged to send representatives interested in these issues.

ANITA PAUL has designed and led workshops and retreats for over 20 years. She is one of two staff people for New York Yearly Meeting's ARCH program (Aging Resources, Consultation and Help), that has trained 120 ARCH Visitors in NYYM. Anita is a recorded minister in NYYM.

FRAN BROKAW is a retired physician specializing in end of life concerns and an active member of Hanover (NH) Friends Meeting. She completed The School of the Spirit's "On Being a Spiritual Nurturer" program, and is active in her monthly meeting and in New England Yearly Meeting.

LORI MARTIN is a community organizer and home educator. She has long been interested in aging, death and dying concerns. She is active in New Haven (CT) Monthly Meeting.

The program cost of \$195 includes program, housing and meals. We encourage Friends to pay as much of the fee as they are able, and we encourage meetings to assist with covering costs as well. The Committee on Aging has also obtained a start-up grant that will help towards registration expenses.

WOOLMAN HILL QUAKER RETREAT CENTER

413-774-3431 + 107 Keets Road Deerfield MA 01342

www.woolmanhill.org + info@woolmanhill.org + www.Facebook.com/WoolmanHill

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COST & REGISTRATION

The standard rate for this retreat is \$195. The fee includes program, lodging and food from Friday dinner through Sunday lunch. Commuter rate is \$135. Please pay what you can, and encourage your meeting to financially support your participation as well. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop.

ARRIVAL & DEPARTURE

Plan to arrive after 4:30pm Friday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions after you register. Please let us know if you'd be interested in carpooling. The nearest Amtrak train station is in Greenfield (MA). Vermont Transit and Peter Pan bus lines stop in Greenfield, Megabus stops in Amherst. Please contact us in advance to arrange a ride from these stations.

ROOM & BOARD

Our 19th-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. We have limited internet access and cell phone reception. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

TO REGISTER ON-LINE for this program, or for more details about our programs and facilities, please visit our website (www.woolmanhill.org). OR fill out the information below and send it to us with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop.

Support Across Generations for Elders, December 11-13, 2015	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$ _____. I plan to pay a total of \$ _____. (\$195 standard, \$135 commuter)	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	