

Retirement/Life Change
Open Space Discussion 40th Anniversary of Hutchins School Oct 18, 2009

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Some people are retiring, some are transitioning to a new “career” (from home school mom) to working for a living. Issues: Quality of life, health insurance issues. Retiring does not work for everyone. Trade off with having less money. One person writes more than “before”. Articles appear in mitzvahmoments@sonic.net. Learning to accept what we do now. Role models help.

Retirement does not mean stop. Never stop learning, less doing and more being (be more centered, more focused). One person wants to move away from Los Angeles and move up here (another writer) Many retirement books focus on \$. Fear of future, uncertainty. Time of life (working hard, but not making much money). Retire=leaving a shell. Will we be depressed? A life unexamined=a life unlived.

We don't like the word retirement, we prefer life change. Energy & stamina lessened, but we need to be more conscious about how we do things when we do them, etc. Things start meaning more. Time seems to go by faster. We should not fear change. We talk about I'll do it next year. Is there a next year? Life is finite. Don't wait until you have time.

One person's mom started to be physically active & stopped smoking at 70 [years old]. One person: graduating college by 50.

One person writes a column, not a novel like this person wanted to originally (hardship is to learn to focus more). One person writes a blog (initially to sell her book). Role models (older people who are older and are still fit (physically, mentally, etc.)
Old=bad word
Fear of Alzheimer's.