

Refirement Social Network

This is a new social network that I have set up for Refirement Network. Please join and invite all other Baby Boomers.

[Click to join](#)

Facebook Fan page



[Visit us on the web...](#)

All the world's a stage, and all the men and women merely players: They have their exits and their entrances; And one man in his time plays many parts.
- William Shakespeare

South Africa and soccer will take centre stage on the global platform of life for millions over the next four weeks. This will be the first "social media" world cup with twitter, facebook and other mediums becoming the tool of choice to share all the highs and lows of soccer mania. This is also a time where we as South Africans have a chance to showcase our beautiful country to the world. We can do that through social media and also by sharing our warmth and hospitality with each and every person we encounter. I look forward to this being a time where each person is able to share in this great nation building opportunity.

Life is a game, just like the game of soccer. We have choices, chances, winners and losers. Life is just like that. The article this month challenges you to take a closer look at your "life game" and check if the rules of your game are in place?

We have a fan page on Facebook for Refirement. This is a place where I place articles of interest, share weekly ideas and also gives the Refirement community the opportunity to grow globally. Please join this "fan club" and join in the conversation. This past month I added a delightful article that spoke to my Boomer "play days" The article is about connection and community. Thanks here to the author for giving me permission to share her creative thoughts through this newsletter.

The Dancing Divas was a great success. We shared some great laughs, learnt some interesting dance moves and learnt about some of the myths and facts that baby boomer women are facing. The myths and facts are listed.

Take the chance in the game of life. Enjoy each and every part of the game. You only get one chance to play with you at centre stage.

Warm Regards,
Lynda

Life is a game of chance- You win some, you lose some!

It is your turn to make a choice:

Like in life we get to a point where we have to make a choice. It may be a new job or place to stay. It may be where we will take our next holiday. Choice is part of life.

You can't see what the end result of the game may be?

There are days that we would love to have a clear picture of our current situation. Sometimes we have to step out in faith and move forward without seeing the "big picture" or the end result.

The dice rolls right and opens up new opportunities

We are often blinded and cannot see a situation and all of a sudden it becomes clear and we wonder why we did not see the situation like that before.

Will I play again if I lose?

Life is not always fair. We will all face risks and situations that make life and decisions difficult. The choice is to get up and try again and to not believe that the dice will never fall in your favour.

Always winning is the answer

Many of life's greatest lessons are learnt when we grow through the experience. Winning does not often teach us these lessons.

Whether I win or lose I will enjoy the experience

The people around us and the laughter and enjoyment that is experienced through the game of life is the gift. Enjoy the journey and not the destination.

Some questions to ask yourself in the game of life?

1. What are the **opportunities you can look for** each and every day?
2. What **will you do** when you can't see your next move, feel stuck, wonder if you should just quit?
3. What is the **one simple action** you can take right now that opens up unlimited possibilities?
4. What **decision** will you make: to try something new; to play another game; to change to a new game; to not play?
5. Are you **winning each step of the way**, deciding to take a break, deciding to do something different? Are you always **moving forward** to playing another game?
6. Are you enjoying **your** journey?

Fifty – Fabulous and finding your rhythm

Women at around 50 are in an exciting stage of life. Many have completed the parenting years, some have started new and exciting careers and many find themselves single and having to re-design and dream up a new future.

Are women in this life stage lonely and purposeless or finding new independence and loving their lives? There is no doubt that both groups exist. The challenge is to meet with others, find the positive and possible opportunities, do the work and start enjoying this phase of life.

- **If you are single, you are perceived to be desperate to find a partner**

As much as many of us would like to date or have male friends, it is not as high up the agenda as the media and dating sites would like us to believe. Many of us love the fact that we can make decisions and enjoy our independence.

- **This is a lonely time of life**

Living alone can be lonely. Even being married in this stage can be lonely. Many enjoy some solitude in this stage. We are comfortable with who we are. There are friends and people to network with who are in similar situations. We may be lonely sometimes, but there are many opportunities to connect and make friends.

- **Finances are a challenge and we do not know much about how to invest**

Women, more than men are more likely to ask for advice around money. Women who are divorced are challenged in having to start over and make ends meet. It is important for all women to take charge of their financial situation, understand what money attitudes are holding them back and start to build a personal nest egg for the future.

- **Debt is killing the savings**

Learning to manage money and not spending because we feel we deserve it. We need to minimize short term debt so that we can start to enjoy this season. This will enable us to see a better picture of the horizon and the money needed to make this a reality.

- **Retirement is for slowing down and no longer working**

Women of 50+ in the 21st century have a good 20-25 years ahead of healthy living and there is no reason not to start a second career, travel or re-invent you. Finding out what you enjoy and designing a portfolio life for yourself is an exciting part of your “retirement” years.

- **We no longer care about our appearance**

We feel and look younger than previous generations reaching this age. There are facts to help us with healthy living that will equip us to continue looking and feeling better about ourselves. “Eat less and move more” is a motto we should all be practicing.

- **Where is the family?**

We live in a global world and our family is spread all over the place. We need to learn to connect in new ways, using technology and at the same time build strong networks of family and friends that live close by. Often it is our friends that become the closest family for many in this stage of life.

• How can I find purpose for my life now that the children are gone?

Parenting is an important season of life, but not our entire life. Discovering who you are, what skills and gifts you have and making a difference in the lives of others will help you to navigate your new journey. Learn a craft or new skill, join a class, start to study and discover many new and exciting opportunities.

Celebrate who you are. Make friends. Believe you are special. Make a difference. Manage your finances. Live life. Written by Lynda Smith from Retirement Network. www.refirementnetwork.com | lynda@refirementnetwork.com

Tinker Toys, String Art, Neurons and a New Tapestry

I woke up thinking about Tinker Toys this morning. Those little wheels, spokes, connectors, and green fans were “the bomb.” Often, my sister and I would build fully-loaded little farms complete with animals, trucks, windmills, and barns. Or sometimes we created huge cellular-looking blobs with random hubs and spokes, together sculpting a funky abstract nexus of modern art. Whatever emerged from our play, it always had its own “je ne sais quoi” of connectivity.



The creation of the Internet and the emergence of Web 2.0 has filled me with the same sense of wonder about its potential for connections. For those of us who are web-connected (or web-addicted), the world is now flat and our degrees of separation continue to shrink. We routinely connect globally with colleagues on LinkedIn and Twitter, and we swap stories, pictures, and videos on FaceBook. We StumbleUpon, Digg, Buzz, and Wave. Hand-written letters and cards were first replaced by email, and now are down to cheery 140-character tweets and text messages. Brief repeated encounters with an amazing variety of people now pepper our online days and nights. Venture capitalist Steve Jurvetson has diagrammed his network of global friends and I find that it looks like the string art I made in my post-Tinker Toy days.

While we find new ways to connect globally, the very essence of our humanity also draws us nearer to each other. As social beings, we live, love, and work in communities. Whether in rural communities of farmers, small towns populated with multi-generational families, or large urban cities surrounded by suburbs, we still rely on local connections for much of our day-to-day lives. Connections, that for many of us, are forged by nonprofit community-based organizations. They are:

- The local hospitals and clinics that provide us with medical care.
- The free-standing libraries where we research and read, and access the Internet if we can't afford access at

home.

- The performing arts organizations that foster our love for music, dance and theatre.
- The advocates that preserve our local habitats and protect our waterways.
- The day care centers and the after-school programs that serve our youth.
- The adoption centers where we find our furry family members.

The helping hands that provide us with emergency food and housing assistance and keep us safe during disasters.

These organizations don't work in isolation, though. Together, they form a network of resources that allow all of us to remain fully participating and thriving members of our communities. They inform and refer us, provide critical services, and collaborate in ways that benefit us all. They are the neurons that are the basic building blocks of our communities.



So, Tinkers Toys took me to string art and neurons, and I now find myself thinking about the tapestry of humanity:

- How can we take our global string art and weave it into our local neural networks?
- How do we find ways to benefit from this new tapestry?
- And, what does that tapestry look like?

Written by Laura Deaton

Full Glass Consulting

(888) 784-3433 (phone and fax)

Laura.Deaton@FullGlassConsulting.com (email)

www.FullGlassConsulting.com

"Helping Nonprofits Thrive"

Twitter: @deatweets



Please contact Lynda Smith on +27 (0) 82 490 2822 or lynda@refirementnetwork.com for more details. Our web address is www.refirementnetwork.com