



Dear Refirement Members

It has been a busy three months for me and I do apologise for so little communication from my side.

Let me start where my last newsletter ended with the World Healthy Ageing Summit. What a privilege it was to be part of this event and it was certainly a proudly South African moment for the team that put it together. More than 22 countries were represented and there were more than 60 talks taking place on a range of subjects relating to healthy ageing. Here is a short podcast with the managing director of Scan, Justin Hawes, the company responsible for the congress. http://60plus.podomatic.com/entry/2015-09-03T06_28_42-07_00

I have done a number of talks on the trend of Refirement over the past 3 months, both to the Jewish Community and the Community around Hartbeespoort Dam. Awareness and understanding that there is a trend and that we can do something about our future is key to change in your life. Take some time to read up on this trend on my website, join the Refirement Facebook page or follow us on twitter.

At the end of August I jetted off to London for a holiday with my UK children. Not an easy time to arrive in the UK with the Rand at its lowest ever value against the pound. This too is a trend where our children are living globally and we need to spend to share quality time with family versus putting away more for longevity. This is a constant risk that all of us grapple with. Listen to this great podcast with Bruce Whitfield and Rowan Burger from Momentum on this subject.

http://www.702.co.za/articles/2730/why-being-healthy-and-growing-old-not-dying-young-should-scare-you?utm_content=buffer6ed42&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer

While in London I met up with a lady I had met online. We share this passion for disruptive ageing and I was keen to engage with her on what had triggered her passion and why she was doing what she was doing now in her late 60's. We met for lunch at the National Gallery on Trafalgar Square and had a marvellous time connecting and discussing our shared passion for healthy ageing. If you are interested in sport and health as part of disruptive ageing, her website and stories on men and women in their 60-90's competing in sport will be fascinating reading.

<http://alexrotasphotography.co.uk/>

My journey to London ended on a note that no parent ever wants to experience. A call from my Thai son-in law letting me know that my 33 year old daughter was on a ventilator in ICU in Thailand. She had been in hospital for a number of days undergoing some tests for some diverse symptoms, I had spoken to her earlier in the day and then suddenly everything went into life or death mode. Please read my account of my story here: <http://lyndasmith192.blogspot.co.za/2015/09/life-changes-in-instant.html>

And my daughter's account here: <http://untoldstoriesforthe kingdom.blogspot.co.za/2015/09/my-journey-in-discovering-wegners.html>

The rest of life fades into insignificance when you are faced with these kinds of situations. Celebrate and value the things in life that really matter. As we are reaching the last quarter of our lives, do only the things that bring joy into your life. Don't sweat the small stuff. Help others. Be true to yourself.

Lynda

Refirement's Social Networking



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