

Fall 2004

Choose2Trust/ 607- 937-3631



"You can't be human alone."

— Maggie Kuhn
Gray Panther founder
and advocate for
older people

November is

National Family

Caregiver Month!

For more information about this and resources for caregivers call 800-896-3650 or email: info@nfcacares.org

National Family Caregivers Association

Meet Fran Backer

Fran: I joined the trust group five and a half years ago. One of the original members of the group invited me to join and it was after my husband had passed away. In my other years I raised four daughters and I worked for 27 years so I wasn't one to get out very much and so this was really an opportunity for me to get out and to meet people and be with people.

I really enjoy the (Corning Senior Center) group and I also belong to the one at the First Presbyterian Church. I have met many friends. They helped me through my cancer and the loss of two family members.

In Her Own Words...



There isn't anything they wouldn't do for me or anybody else. I appreciate Ron for putting this group together. You learn a lot. I am a happier person today and a healthier person today because of this group.

We laugh a lot in our group. We travel. We go out to eat. We've taken

the boat rides on three lakes. I think being happy, I'm not thinking about myself. If I hadn't joined the group, I no doubt would have sat home read and crocheted and watched television where now I am out amongst people. I am learning about my
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Dr. Hofsess Brings "Trust in the Lives of Older Women" to Singapore



Choose2Trust was represented at the International Federation on Ageing 7th Global Conference in Singapore by Ron Hofsess, EdD. He exhibited materials related to the Trust in the Lives of Older Women™ program and gave a video presentation entitled

"Improving Mental Health - Trust in the Lives of Older Women™ Groups". Ron encountered many interested professionals and has been asked to create a proposal regarding bringing group facilitator training to Singapore and other Southeast Asian countries. He had the opportunity to discuss this program in detail at a luncheon meeting during the conference. What a great

effort from Dr. Hofsess. Congratulations on your successful trip! And many thanks to Ms. Priscilla Crispell, nurse practitioner who works with the Geriatric population. She helped at the exhibit table during the many hours of the conference. Ron will be sharing his experiences in Singapore at the Thanksgiving meeting on November 8th at Applebridge.



Choose2Trust

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The next **Trust in the Lives of Older Women™ Group Facilitator Workshop** will be held November 17th in Bath, New York. Please call 607-937-3631 or email: registration@choose2trust.com for details.

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We're on the Web!

See us at:

www.choose2trust.com

Trust Tip from Dr. Ron Hofsess

One way to create more trust in our lives is to make and keep agreements. When I risk making an agreement with someone and I keep that agreement, that's an expression of my being able to trust myself and

trust another in building a more personal relationship.

I see trust being created in our groups in many ways. In this example, women in these groups create trust by making and keeping

different agreements.

We know that when we keep our word and do what we say we are going to do that that creates reliability on us. This is an important element in fostering group trust and group growth.

Meet Fran Backer (continued from page 1)

health with some of the speakers that we've had. So it's helped me a great deal.

If you're living alone and you have no outside activities, you should just come and see what we're

all about because we do various things. We're all about the same age group and we all have some of the same likes and dislikes and this is a happy place to be. It always makes me feel better when I go

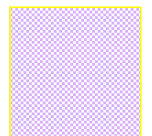
home, after spending those two hours with the group.

- For more information about Trust in the Lives of Older Women™ groups contact Choose2Trust.

Trust in the Lives of Older Women™ Groups are meeting in Corning – Senior Center and First Presbyterian Church, Horseheads - Senior Center & Elmira College Alumnae at Bethany Village Appleridge, Bath at Senior Wellness Center in Lakeview Senior Apartments, Montour Falls/Watkins Glen at the Episcopal Church and soon Elmira, Hornell and Rochester. These groups all welcome new members. Call Choose2trust for information.

About Our Organization...

Choose2Trust is an organization created to provide knowledge and resources to help individuals, groups, and business organizations (small and large), create more trusting environments.



CHOOSE2TRUST
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