

October 5, 2022

Sammamish Seniors presented Wisdom Café
with King County Librarian, Zlatina Encheva



Note taking: Kimiko Olling

Today's topics were:

Question 1: What are the advantages and disadvantages of getting older?

Advantages:

- Free time. I have volunteer work to do.
- I have more time to spend with my family.
- I am not stressed after work time and having more time is nice.
- I can gain more life learning and am now taking classes at Bellevue College, sessions by AAA, and more.
- I can control my time after I retired.
- I have time to read books and go to the library.
- I have a memory lapse. We used to have European students at our home and taught how to make pizzas and watched movies like "Top Gun", "Pretty Woman" in the 90's. I forgot what the movies were about but now I have time to enjoy watching them again.
- I didn't take Social Security until I was 70 years old and am now experiencing this advantage.
- I can explore new directions such as a book club, hiking, pickle ball and more. I am working on writing a Children's book, a short story like a Children's fantasy book.
- Downsizing all the stuff.
- I have time to travel, going and seeing experience.

- We can watch YouTube that is a reliable source for travelling. Consider going to a small town in Bulgaria, which is older than Rome.
- Technology improved a lot when I got older. It was difficult to find out that what was wrong with the babies when I was working as an X-ray technician since I was 20 years old, but ultrasound finds what is wrong with them before the babies are born these days as the medical field has improved. Imaging systems have dramatically improved.

Disadvantages:

- We have to say “No” to people. People ask us many things and I feel difficult to do so many things, therefore, we need to say No. (It is okay to have a break).
- I don’t have good health anymore. I can’t do the same things that I was doing when I was younger.
- Yes, physical ability. I used to ride a motorbike but realized that I am aging. I can’t walk 20 miles in one day anymore. I lost my opportunity to do physical things.
- I loved skiing but I was injured when I was 25, had an operation, repaired it, but it is not the same anymore.
- We hiked, started climbing with my backpack, but had to put it on my front because it was too heavy to carry on my back anymore.
- I am jealous when other people can do so many things that I can’t do anymore.

Question 2: Do you feel that now your ability to handle challenges has improved?

- Yes, I do. I have life experience now. I could manage to get through in the past, therefore I know I can handle difficulties well. I have many experiences and have wisdom now.
- I think it depends on personality. I think realistic approach comes from personality.
- I think Covid-19 made older people more isolated.
- I used to worry when I was young about how I look, like in a bathing suit. Not anymore.

Question 3: Do you have more confidence now? How about sense of accomplishment?

- City is listening to us now and making decisions.
- Roundabout is done.
- Traffic jam – better traffic lights now.
- Roundabout: I found a mistake at 228th, the city manager came and found it wrong. Then they fixed their mistake. Since then, we became good friends. I learned a lot about Roundabouts in Milton Keynes, UK. I had knowledge about it and am happy that we have another roundabout in Sammamish.
- Our group confidence increased because of our life experience, and we can do things in a timely manner.
- My confidence improved in emergencies.

Comment: We had a great Wisdom Café today in a very relaxed atmosphere. We welcome everyone. We listened to each other, we valued each other's opinion, we respected each other. We have a safe place to express your opinion. There is no wrong and right answer. We want to listen to yours, too. Please join us at the next Wisdom Café in November.



Wisdom does not come overnight. – Somali Proverb

Announcement: Lectures and conversation class at King County library:

Enlightened Aging: Building Resilience for a Long, Active Life.



Description: Author, Physician, and research scientist Dr. Eric B. Larson will offer practical advice about growing old with resilience and foresight. His book proposes a path to resilience that may help you maintain vitality as you age:

Steps include:

- 1) Being proactive about your health.
- 2) Accepting the changes that come with growing older.
- 3) Building strong physical, mental, and social reserves.

Dr. Larson's advice is based on his experience leading one of the world's largest and longest research studies aimed at preventing dementia. He also shares inspiring stories from his experiences with patients, study participants, family, and friends.

Sponsored by KCLS Foundation and in partnership with the Frye Art Museum, Aging Wisdom, Northwest Center for Creative Aging, Era Living and the UW Memory and Brain Wellness Center.

Please register.

[Enlightened Aging: Building Resilience for a Long, Active Life | Events | King County Library System \(bibliocommons.com\)](#)