



UH News

Osher Lifelong Learning Institute launches new life review groups for elders

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HONOLULU – Older persons interested in sharing insights and life stories are invited to join one of five new life review circles modeled on the award-winning workshop, The Illuminated Life®, created by UH Manoa professor Abe Arkoff and sponsored by the Osher Lifelong Learning Institute at UH Manoa. Workshops begin on Feb. 28 and run through March 24 at various locations on O‘ahu.

Life review circles are designed to give newly retired persons or those nearing retirement an opportunity to explore and come to terms with the past and use those insights to deal with present challenges.

“Many older persons have discovered that it can be both illuminating and life enhancing to share life stories with others,” said Arkoff. “Research studies suggest that life review coupled with reflective, expressive writing can promote health and well-being.”

Each life review circle involves six participants who gather in six weekly 90-minute meetings to share and discuss their life stories. Circles use the materials and follow the guidelines presented on The Illuminated Life® website and in the accompanying workbook, The Illuminated Life: Your Third Age Lifebook. Participants prepare for each meeting by reading a brief chapter in the workbook and completing a written exercise that explores a participant's life story.

Workbooks are available for review in the Osher Lifelong Learning Institute office in Krauss 113 on the UH Manoa campus or may be purchased individually for \$15.07 from The Professional Image, 2663 South King Street (phone 973-6599).

To join a life review circle, contact one of the facilitators listed at the sites below:

- Lanakila Multipurpose Senior Center, 1640 Lanakila Avenue

Starts Friday, Feb. 18; 8 a.m. – 10 a.m.
Facilitator: Norma Koenig, call 440-3847

- Halawa Circle, meets at a private Halawa residence
Starts Friday, Feb. 18; 7 p.m. – 9 p.m.
Facilitator: Otome Myers, call 235-0876

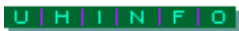
- Osher Lifelong Learning Institute, UHM
Starts Monday, Feb. 28; 1:30 p.m. – 3 p.m.
Facilitator: Abe Arkoff, call 956-6728

- Waikiki Community Center, 310 Paoakalani Avenue
Starts Thursday, March 10; 1 p.m. – 2:30 p.m.
Facilitator: Joe Blaylock, call 732-3490

- Kapahulu Senior Center, 3410 Campbell Avenue
Starts Thursday, March 24; 1 p.m. – 2:30 p.m.
Facilitator: Elizabeth Bailey, call 988-1218

For further details about The Illuminated Life ® circles or workbook materials, visit www.illuminatedlife.hawaii.edu or call Abe Arkoff at 956-6728.

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