

SIG: SUCCESSFUL AGING – MONTHLY GROUP FOR YOUNG AND OLD — AND IN-BETWEEN!

Our presenter this month, Anupam Goyal, Ph.D. (<http://www.anupamgoyal.com/>), will open our evening's discussions with a presentation describing spiritual perspectives that view the ending of life as a continuum of existence. Anupam will present how his understanding influences his thinking and actions, including a view of the afterlife that is cheerful and perhaps even desirable. Suggested small group discussions may focus on how participants deal with aging declines and losses (and gains!) and death and whether they have found spiritual perspectives helpful -- or not.

What does it mean to age successfully? How can we navigate this journey, not just for ourselves but also for those around us? If you're a Harvard/Radcliffe alum & friends, we invite you to delve into this fascinating exploration with us.

Consider this: Is it beneficial to ponder these questions from a younger age? The decisions we make early on – concerning our physical and emotional health, finances, relationships, and the legacies we leave, including for our children – significantly shape our later years. And for those who have embraced their elder status, how do we transition from striving in life to contributing and giving back?

This is not just a discussion group; it's an opportunity to engage in stimulating conversations, gain valuable insights, enjoy the camaraderie, and build lasting friendships. Together, we'll share ideas, knowledge, and experiences.

But here's a thought-provoking question: Is the concept of 'successful aging' realistic, given that illness, aging, and death are common to all? Let's challenge this notion and see where the conversation leads us.

Join us in this enriching journey as we redefine what it means to age with grace, wisdom, and a sense of community.

Structure:

Monthly Meetings: Once a month, usually the 1st Tuesday evening 6-7:30 PM Pacific Time for 1 ½ hours, each session dedicated to a different sub-theme.

Breakout Groups: To foster deeper discussions and connections, we'll utilize breakout groups. Your Voice Matters: Be an active participant in shaping both the discussion and the structure of our meetings.

Occasional guest speakers & suggested readings, podcasts, or videos

Tuesday, June 4, 2024

6:00pm - 7:30pm PT

Meeting is being held via Zoom

HCSF Members: Free

Non-members: \$10 Not a member? Register here for membership! (<https://hcsanfrancisco.clubs.harvard.edu/memsub.html>)

[Click here to register \(https://hcsanfrancisco.clubs.harvard.edu/store.html?event_id=2010\)](https://hcsanfrancisco.clubs.harvard.edu/store.html?event_id=2010)

Questions please contact: LeeRobbins@post.harvard.edu (<mailto:LeeRobbins@post.harvard.edu>)

Host:

Lee Robbins, Ph.D.: Social Systems Sciences, has spent much of his life organizing and nurturing groups and organizations including the Management, Spirituality and Religion Group and its annual participant-led Retreats of the international Academy of Management; the progenitor of the International Ombudsman Association; the San Francisco Gay Intellectual Salon; a multi-college urban studies and intervention program, and he recently supervised a dissertation on Re-Engagement by Elders.

Co-Host:

Paul Karofsky is Executive Director Emeritus of Northeastern University's Center for Family Business where he created and facilitated the Center's peer forums. He served as a columnist for multiple publications and a peer reviewer for Harvard University Press. Married for fifty-seven years, Paul is a member of YPO Gold. With his son and partner, David, he is co-founder of Transition Consulting Group and The Peer Alliance, and co-author of So You're in the Family Business. Now, enjoying retirement, Paul served internationally as a consultant to families, businesses, and educational institutions. Paul can be reached at: karofsky@comcast.net (<mailto:karofsky@comcast.net>).

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Zoom meeting link and dial-in information will be sent the day before the event at 5pm and an hour before the event to those who RSVP. Please make sure you are all set to use Zoom before the conference. Click here to Get Started on Zoom (<https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started>).

Event Registration (Harvard Alumni):

Please sign in with your **HarvardKey** otherwise a duplicate record will be created and you will not be able to log-in.

No HarvardKey? Please retrieve your HarvardKey here (<https://key.harvard.edu/>). If you need help, email ithelp@harvard.edu (<mailto:ithelp@harvard.edu>) or call 617-495-7777


Registration problems please contact Kirsten Pickford at info@harvardclubsf.org (<mailto:info@harvardclubsf.org>).

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