

SENSIBLE SAGES

A Newsletter to Our Members 12-7-17

“When I was young, the Dead Sea was only sick.” George Burns

Hi Sages:

Lots going on with the Sages.

Welcome to our many new members. Our membership is growing rapidly, and I encourage all of you to ask your “peers” to join us. It’s free and a large membership gives us “gravitas” with the funders and other supporters that we seek. They are the ones who will give “life” to the projects we are undertaking.

As we refine our membership program, we will be able to introduce you to other members with similar interests to yours and you are encouraged to interact with them. In that way, with the stimulation that will arise from your interactions, new projects will be developed and proposed. Sensible Sages will help to refine them and seek the ways to make them happen.... If they need funding, we will try to find it... If they need other resources, we will all seek to find them.

It is better to wear out than to rust out.... Anon.

As of this moment, two of our projects are being developed for next year. If these programs are of interest to you and you would like to work with them, please contact us. info@sensiblepages.org

CAREERS PROGRAM AT LAUSD: This is a series of lectures, by our members (who have achieved in various fields), to Middle School Students, providing insight into possible career choices for them as they progress with their education. Discussions with the LAUSD commence in January, to refine a program to be presented in the 2018-2019 school year.

The program will be a series of Career Forums, similar to “Ted Talks”, and will be presented to Middle School students throughout the city. These talks will be recorded and edited and become accessible through the LAUSD system and through our Web Site.

The “talks” to be accompanied by literature and links to websites that can provide more information about the varied occupational areas discussed.

A MEDICAL VOLUNTEER PROGRAM: Providing medical support to the “underserved” communities in Los Angeles. Retired doctors and volunteer specialists will offer consulting services to free clinics. The Sherry Lansing Foundation has expressed great interest in collaborating with us on this program. We already are consulting with Volunteers in Medicine and The MAVEN Project with the development of the program.

There is a vast need for Medical Services in the underserved areas of Los Angeles. In keeping with our goals, we will call upon retired doctors and specialists to volunteer their time and skills to this end. There are a variety of ways in which we feel that Sensible Sages can contribute to the project. These are now the focus of our discussions with the Sherry Lansing Foundation.

We continue to work with our members, in a great variety of talents and interests, for suggestions and thoughts about other areas that can use the skills and creativity of our membership for the betterment of the Los Angeles Community.

Any of you that want to become more active in the SENSIBLE SAGES, are encouraged to contact us. LET'S HEAR FROM YOU. (info@sensiblepages.org)

Old age is like everything else. To make a success of it, you've got to start young.

Theodore Roosevelt.

We like to send you interesting stories from the many sources we study, to keep current with topics that concern seniors. Here's one from, Working Nation's Newsletter:

Mark Goulston, M.D. is [WorkingNation's featured writer](#) for July. He is an award-winning [business psychiatrist](#), consultant for Fortune 500 companies and the best-selling author of seven books.

You're not quite an "**old dog**," but compared to the Millennials younger than you, you're an "**older dog**." However, you're feeling like an old dog, when it comes to staying current with or even learning much of the new technologies that are creeping up to replace you, if they already haven't. Some of you will secretly admit that you don't feel you've learned much since college or even high school. This, by the way, is not true and if you can stop feeling so anxious you will realize that you have **learned much more** than you think you have.

I think I know how you feel. In the mid-1990's, you might remember something called the [Palm Pilot](#). It was one of the first PDA's (remember, Personal Digital Assistant). Well after a good friend extolled all the virtues of it and after my Day Runner planner started to become cumbersome, I bought one with a 14-day return policy. I didn't even open it before I

returned it within ten days because I didn't think I could learn the "[graffiti](#)" necessary to record information. Two months later, another friend gave me his spiel about how great his Palm Pilot was and again I bought a second one, this time returning it narrowly on the 12th day for the same reason.

My mind was locked into believing I couldn't learn that darn "graffiti." A month later, still another person showed me hers and I figured, couldn't be so hard to do. And then it happened. The 14th day lapsed and I was stuck with it.

So... I unwrapped my Palm Pilot out of its mini-bubble pack, took out the stylus, read the instruction book and... voila, **I learned graffiti in ten minutes**. I thought, "How many other things have I failed to learn because I stopped before I even tried. As hockey legend Wayne Gretzky said, "[You miss 100% of the shots you fail to take.](#)"

It will sound familiar, but because of your anxiety you'll immediately think, "Oh, I've heard that one." However, if you stay for the finale, you'll realize you haven't heard it and your uptightness turned into impatience will be momentarily interrupted by a chuckle.

Tim said: "If you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime. But if you **teach a man to learn**, you feed him for a lifetime and he doesn't have to just eat fish."

Speaking of learning to learn, I'm reminded of another anecdote and something I learned as a medical intern – I am a medical doctor – that helped everyone learn techniques and procedures and to internalize them so they became second nature.

We called that approach: **learn one, do one, teach one**. Learn one meant learning how to do something from a doctor higher up in training. Doing one meant doing what they showed us in front of them. What sealed the deal was *teaching someone below us*. There is something about teaching someone that helps you really "own" a skill.

You're probably thinking, "What the heck does your medical training have to do with me?"

Relax. You're already feeling anxious again that you won't be able to learn what comes next from me. I get it. Take a deep breath. It'll be okay!

Select your smart phone, your laptop or a piece of software where you're not fully using its capabilities. Very few people use more than 10% of the capabilities of their technology. Think of one of the capabilities with that technology that would come in handy in your life and in the life of someone in your family (who will be the person you're going to teach it to).

Next, reach out to that person and say, "I'd like your help in my becoming more confident about being able to learn new skills and if I can teach you what I am going to learn, it would help." Choose someone who is likely to want to help you and something that they will value learning.

Select a piece of technology where you're entitled to tech assistance and where you can share your screen with a technical assistance person.

Then contact and have that person walk you through learning a skill. After they do that, thank them for their patience with you and tell them you'd like to do it on your own with their watching you. Then ask them if you can do it once more. This shouldn't be a problem taking their time, because many tech companies such as Apple or Verizon are now encouraging their people to spend as much time as possible with customers to answer tech questions. Customer satisfaction is now very important to these companies.

After you go through this, reach out to the person in your life and **teach what you learned** to them.

Commit yourself to learning new skills in this way at least two times a week to develop momentum and confidence in your being able to learn new tricks. If you do this over **four weeks and become proficient in eight technical skills**, there is a good chance that you will turn the corner on feeling you can't learn new things. In fact, some people I know who have done this have become "new tech skill acquisition" junkies.