

Purpose: Grow as you go

September 2015 Newsletter

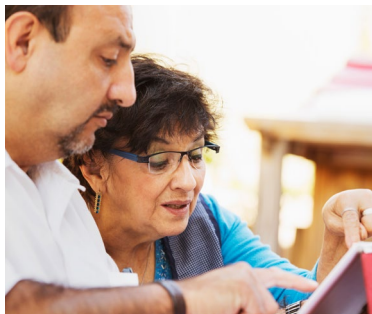


Keep learning,
keep growing

If at first you
don't succeed...

Child's play: It's not all
fun and games

e-Thoughts —
*Going, growing and
amazing... at every age*



We've barely scratched the surface of learning when we finish formal schooling. Most real learning happens while we're "on the job" of life. **More...**

Overnight winners are a rare breed. Most successful people try, fall down and pick themselves up over and over again. **More...**

Did you know that experts say children do most of their early learning through play? So when your kids are playing, they're actually hard at work! **More...**

People are living longer and staying more active. Consider these inspiring older adults.... **More...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Keep learning, keep growing

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We earthlings just got our first close-up views of Pluto. It took over nine years for a spacecraft to travel 3.6 billion miles so we could glimpse the outer edges of our solar system.¹ And now we've done it.

Why did we want to see Pluto? For the same reasons early explorers set sail to see “the other side” of the earth: To search, find and understand more.

Lifetime learning

We've barely scratched the surface of learning by the time we finish formal schooling. Most real learning happens while we're “on the job” of life.

It took nine years to get to Pluto — and it takes people a lifetime to explore their own universe.

Enjoy the rewards of lifetime learning

Lifelong learning implies a commitment and motivation to keep seeking new information and skills. And it has many benefits. Learning helps you²:

- **Feel good about yourself.** Learning new things can increase your confidence and boost your self-esteem.
- **Grow.** Change is the norm today. New events and ideas keep shaping and re-shaping society. When you're open to new learning, you keep updating your “mental tool box” so you can understand, evaluate and grow with the times.

- **Stay sharp. Learning keeps you on your toes.** It helps you stay active and engaged with life.
- **Make new friends.** People who are vital and energetic attract others. When you learn, volunteer, travel and grow more aware, you expand your social connections and avoid loneliness.
- **Find meaning.** Learning presents new opportunities. It opens doors to things you've yet to do. It also helps you gain perspective on what you've already done. The more you learn and know, the better you understand your own successes and failures, relationships and experiences.
- **Build new abilities.** You can develop new interests and skills by learning. Take a class, seminar or workshop at your local adult school or college. Find an exciting group or activity online. Each time you dip your toe into something new, you fuel your power to do, learn and grow. You become more of an asset to yourself and society.
- **Better yourself.** Lifetime learning can be a goal in and of itself. Learners are always motivated to add to their body of knowledge. Like the early explorers, they have an endless interest in finding out what's “out there.”

¹www.space.com

²www.selfgrowth.com

If at first you don't succeed...

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Overnight winners are a rare breed. Most successful people try, fall down and pick themselves up over and over again. They have drive and spirit that push them until they achieve their goals. In a sense, it's their perseverance that makes them real winners and success stories.

Have you heard of these “failures”?

Some of the most famous folks in history have failed — often more than once — only to come back more determined than before. For example¹:

- **Michael Jordan**, basketball legend, was cut from his high school basketball team and had other setbacks. Today, he's regarded as one of the best basketball players of all time.
- **Oprah Winfrey**, TV host, survived a rough childhood and many career obstacles. She was once told she was “unfit for television.” After 25 years of hosting her own TV show — and developing her “OWN” brand, production company and more — she's one of the country's most successful women.
- **Thomas Edison**, inventor, was judged too stupid to stay in school. He went on to invent the first light bulb, phonograph and motion picture camera.
- **Steven Spielberg**, big budget director, was rejected from film school three times. That didn't stop him from becoming an Oscar winning movie maker.
- **Jerry Seinfeld**, comedian, froze during his first show at a comedy club. He was booed off the stage but returned the next night and tried again. Since then he has become one of the most successful comedians ever.

What's the real failure in failing?

Referring to his many flopped attempts before inventing the light bulb, Thomas Edison said: “I have never failed. I've just found 1,000 ways that don't work.”²

In other words: Every mistake brings you a step closer to success. Each time you try something and don't succeed, you have more information for your next attempt.

Most successes are preceded by a long list of failures. People who finally succeed aren't broken by their failures; they're motivated by them.

How to handle bumps in the road

Here are some tips to help you build resilience and get through the tough times:

- Think positively. Be aware of the messages you give yourself. Be your best fan — not your worst critic.
- Embrace failure. It's feedback. It's information. If you run every time you see a chance of failing, you'll lose out on all that learning.
- Remember — it's not personal. Failing isn't a character flaw. It's simply a result of an action or decision.
- Give it another try. Take the information you got from your last attempt and use it to help shape your next effort.

Remember: “Failure” can be a great friend as long as you learn something from it.

¹www.onlinecollege.org

²www.brainyquote.com

Child's play: It's not all fun and games

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Who hasn't heard the old saying "All work and no play makes Jack a dull boy"¹? It turns out there's a lot of truth to it.

Play helps children grow

Albert Einstein said, "Play is the highest form of research."² The work of child experts like Jean Piaget and Maria Montessori showed that children do most of their early learning through play. In fact, children may actually learn how to learn through play.

Types of child's play

Most play may look the same to adults watching kids. But there are different kinds of play. Each teaches different skills that children need in order to learn and grow.

- **Active play.** Physical play helps develop coordination. When kids handle and play with small objects, they're improving their fine motor skills. When they crawl, run, jump, skip and do other vigorous activities, they're practicing gross motor skills.
- **Imaginative play.** Children love fantasy. And there's no shortage of toys – from superheroes to dolls and more — to help kids use their imaginations. This type of play lets kids dream, pretend and "try on" different roles, emotions and ideas in a risk-free way.
- **Play with other children.** Once children are old enough to play together, they enter a whole new phase. Now they need to learn sharing, cooperating and taking turns.
- **Creative play.** Kids create when they build towers with blocks or sandcastles at the beach; when they draw on paper or on

the sidewalk with chalk. Painting, making music and "playing house" are more examples of creative play. These kinds of activities help kids experiment with roles and ideas. Later, these translate into problem-solving and abstract thinking abilities.

- **Games with rules.** These include board games and games like Follow the Leader, Hide and Seek or Simon Says. It also includes sports like kickball or baseball. All of these help kids learn to follow and adapt to rules – a critical skill at school, work and in so many other aspects of life.

Play: 2015 style

Electronic and computer toys and gadgets are all the rage. Yet they engage children in passive play. Kids don't get dirty or sweaty playing e-games. They don't interact face-to-face with other children. While such games aren't "bad", they also don't offer a full range of learning skills.

If you're a parent, you may want to try limiting your children's computer recreation. Encourage your child to call a friend, go outside or play something else that doesn't keep them glued to a screen. Remember that the mental, social and intellectual skills kids build now will stay with them for the rest of their lives.

¹www.phrases.org (The earliest mention of this proverb may go back to Egypt in around 2,400 B.C.)

²www.brainyquotes.com

e-Thoughts — Going, growing and amazing... at every age

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Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

What keeps us young? Experts say it's everything from genes (choose your parents wisely!) to healthy eating, exercise, loving relationships, and a "can do" mentality. People are living longer and staying more active and involved in life.

Consider these inspiring people who didn't let age (or anything else) stop them:

- In 2011, Rose and Forrest Lunsway, tied the knot at ages 90 and 100. They met at a senior center dance. They'd hiked the coast of California, went kayaking in Alaska and danced several nights every week during their courtship.¹ After 30 years together, they were newlyweds at last!
- At age 78, Dale Davis, bowled a perfect game – achieving a score of 300. On top of being a senior, he was legally blind at the time.²
- At 86, Katherine Pelton swam the 200-meter butterfly in 3 minutes, 1.14 seconds, beating the current men's world record for that age group by over 20 seconds.³
- In 1991, at the age of 92, Paul Spangler completed his 14th marathon.³
- Teiichi Igarashi climbed Mount Fuji at age 100. That's 12,385 feet — over 2 miles high!⁴

- In 2014, Frank Schearer was the oldest active water skier in the world at age 101.⁵
- Dr. Otto Thaning became the oldest person to swim the 21 mile wide English Channel in 2014 at age 73 (taking the title away from a 71-year old). Thaning said he did it to show what older people can do if they take care of themselves.⁵
- "Grandma Moses" (Anna Moses) — a farmer who never attended school beyond a few elementary grades — began her painting career at the age of 72. She continued to paint, have major exhibitions, write books and enjoy fame until her death at 101.⁶

So... keep going and growing? Sign me up!

¹www.today.com

²www.silvercross.com

³www.businessinsider.com

⁴www.google.com

⁵www.adlercentenarians.org

⁶www.gseart.com

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