

Upcoming events and topics of interest for



SENGENers May 2017

Having had a few experiences with doctors over the last month, I thought that we might spend some time this month examining the “doctor – seniors” relationship. That is, “how should I talk to my doctor and what can I expect”. Yes, it is no secret that male-doctor discussions are rather short and that we often avoid them, if at all possible. More to follow after our meeting announcements below...

The SenGeners will continue to explore the theme of “The challenge of aging in today’s environment”. Please plan to join us Tuesdays May 23, June 13 and June 27 from 3 – 4:30 at the Durango Dharma Center.

Upcoming DDC events...

Monday Night speaker schedule 5:30 – 7pm

Monday, May 15	Erin Treat
Monday, May 22	Bill Ball
Monday, May 30	Sit Only (Memorial Day)
Summer schedule coming soon	



Thursday Evening Sitting Group

first and third Thursdays of the month 5:30-6:15 p.m.

Sati Sunday Sitting Group

9:00 - 10:15 am., every 2nd and 4th Sunday

Extended Practice Sitting Group

First Sunday of the month, 4-6 p.m., third Wednesday of the month, 7-9 a.m.



Musician Jennifer Berezan

TICKETS NOW ON SALE!

Friday, May 12: Performance & Fundraiser for the Durango Dharma Center

Saturday, May 13: Daylong Retreat with Jennifer Berezan & Erin Treat

[LEARN MORE & REGISTER >>](#)



Daytime Beginning Meditation Class with Katherine Barr

5 Thursdays in June, 10:00 - 11:30 am

This five-week class will offer an experiential introduction to meditation and the Buddha's teachings.

[Download Mail-In Registration Form >>](#)

Awareness and wisdom
a WEEK-LONG insight meditation retreat
FRIDAY, MAY 19 - FRIDAY, MAY 26, 2017



VENUE: Kelly Place Bed and Breakfast, in McElmo Canyon near Cortez, Colorado,
kellyplace.com Click [HERE](#) for more info.

Sorry, but this event is now sold out. You can join the waitlist and we will send you an email if additional spaces become available. Click [WAIT LIST](#) to add your name

...Now back to the subject of “doctor – seniors” First, how should you talk with your doctor?

Talking with Your Doctor

NIH Senior Health

Planning Your Doctor Visit

A Partnership

How well you and your doctor talk to each other is one of the most important parts of getting good health care. Unfortunately, talking with your doctor isn't always easy. In the past, the doctor typically took the lead and the patient followed. Today, a good patient-doctor relationship is a partnership. You and your doctor can work as a team.

[Use this form to help you organize your concerns, symptoms or other health matters](#)

...Maybe I just need a second opinion or possibly a doctor that is a bit younger...

11 Things Seniors Should Look for in a Health Provider

US News Healthcare July 2016

- You're more than just a patient in a higher age bracket
- Try to find someone that talks to you
- Find a life-Span expert

You deserve special considerations



...It might be finally time to take a look at Alternative Medicine for the elderly...

Alternative Medicine for the Elderly

By [Chris Dinesen Rogers](#) LOVETOKNOW.com

Some types of medicines and therapies can complement you or a loved one's current treatment plan. Many forms of treatment are gaining acceptance as science proves the efficacy of some alternative medicine. As the Baby Boomer generation ages, there's a growing interest in finding ways to cope with elderly care and aging.



...Can the Dharma help???

Bob Stahl *Is a long-time practitioner of insight meditation, lived in a Buddhist monastery for over eight years. He has a PhD in Philosophy and Religion with a specialization in Buddhist Studies, and now directs Mindfulness-Based Stress Reduction programs in six Bay Area medical centers.*

2016-10-30 [Meditation as Medicine \(MBSR\): An Approach to Stress Reduction, Chronic Pain and Illness](#) [Download](#) [Listen](#)   6:59:23

...and just maybe, music therapy might help...



Robert Gupta:

[Between music and medicine](#)

TEDMED 2012 · 16:27 ·

Filmed Apr 2012

When Robert Gupta was caught between a career as a doctor and as a violinist, he realized his place was in the middle, with a bow in his hand and a sense of social justice in his heart. He tells a moving story of society's marginalized and the power of music therapy, which can succeed where conventional medicine fails. **[Click above to listen to the TED Talk.](#)**

...Finally, I found this on my May 3 calendar

Authored by [Anton Chekhov](#) (he died at 44)...

**That's it, I guess. Just go on living,
Whether you feel like it or not.**



THANKS SO MUCH FOR SENDING me future events, readings, videos and audios. Keep them coming to eandrpark@gmail.com. If you would rather not be included on future SenGen Event Calendar mailings, please let me know by return email. Ross P.



And don't forget to check out our SenGen website at DURSENGENS