

Hello, Friends,

We had a pretty good turnout for the August meeting, with a couple of new faces. We welcomed Janet from Woodside and Vanessa from Neighborhood 4.

Stuart gave a brief presentation on the use of Tracfone as an option for people who are interested in lowering their cell phone costs. Tracfone offers prepaid options with various limits. If you're interested in checking it out, take a look at [www.tracfone.com](http://www.tracfone.com). He also warned against "check washing". This is a method used by scammers and thieves where they take a check written out in ink, dissolve the ink with a solution and rewrite a new payee and amount. The check then clears with the new amount and you may not be aware of it until you get your bank statements. Checks can be stolen from any post office drop box or even our own mailboxes, so don't put your mail out too early. You may want to consider not putting the red flag up. That alerts others that you have mail in the box.

Dela's daughter Grace works for Elder Needs Law of Florida, founded by attorney Jason Neufeld. They offer assistance for anyone in Florida with Medicaid planning, estate planning, elder law, probate, asset protection, medical directives and powers of attorney. They are based out of Aventura, but you can contact them by phone and most everything can be done without an office visit. Zoom calls are available. If you are interested in learning more, call Grace at 305-676-6792. The website is [www.elderneedlaw.com](http://www.elderneedlaw.com) or email [scheduling@elderneedslaw.com](mailto:scheduling@elderneedslaw.com). The main phone numbers are 305-614-7379 or 305-930-7142. This information will be added to the next vendor list.

I will be stepping back from Suddenly One. I have reflected long and hard on my personal journey and have decided that I need to focus on moving forward; to make a conscious decision to switch from surviving to living. I will guide the next couple of meetings, but my last meeting is currently set for October. I will not dissolve the group, but if we have no one step up, we will suspend meetings until further notice. Our new member, Vanessa, has indicated she would be interested in taking over the group. I will meet with her, and over the next couple of months as a group, we'll see if that's a good solution. If anyone else is interested in taking over or helping out, please let me know. I will continue to be involved if needed, and I'll keep the website going. The rest will be determined as we move forward.

There was no sign-up sheet for lunch, but if you are interested, please let me know before August 23. I will make reservations, so I'll need an accurate count. **Lunch will be on Friday, August 25, at 11:30 at Olive Garden.**

The **next meeting will be September 8th at 10:30** in the Card Room.

Until next time, I leave you with the attached poem, which I hope will give you food for thought.

Shelley

[www.suddenlyone.com](http://www.suddenlyone.com)

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# DESIDERATA

*by Max Ehrmann ©1927*

Go placidly amid the noise and the haste and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.