

Hello, everyone,

First, let me thank all of you for coming to the first meeting of Suddenly One. I was overwhelmed with the turnout and hope to see all of you at next month's meeting. If you know if anyone who might benefit from our group, please bring them along.

I've attached a roster of everyone who attended, but a few don't have email addresses, so obviously they won't receive this list. Ingrid has graciously offered to hand deliver this to those of you without email addresses, and I'll bring some to the next meeting to hand out. Please let me know if you find any errors in your information so that I can correct it before the next meeting on August 13.

Speaking of the next meeting, I am open to ideas for what you want our group to do or be. I would like to take a few minutes each month to share ideas, news, or have a guest speaker, but beyond that, it's what you as a group feel you need or want. Here are few ideas—let me know what you're thinking.

- Invite a representative from other Oak Run groups to address how they could help us, or we could help them:
 - Neighbors Helping Neighbors can provide services to us, but they also need volunteers to help others, especially handymen -(women) and computers.
 - Give Back to the Community meets frequently to make and distribute hand-made items and gently used clothing to various organizations. (From time to time, they need toiletries for the shelters, and I think our group could help provide and assemble these at one of our meetings).
- Invite a speaker from outside of Oak Run to address a topic that could be beneficial to us: estate planning, grief counseling, travel or hobby interests.
- Hold or attend classes (or just address topics) to brush up skills:
 - How to navigate and use the Oak Run website
 - How to use your phone, tablet or computer for your email
 - How to identify and avoid scams
- Take a trip or go to lunch periodically as a group.
- Create resources that can be either physical or virtual (on our website):
 - A scrapbook of inspirational quotes or thoughts that you contribute to
 - A recommended reading list (or bring in physical books to share)
 - An "approved vendor" list of people or companies we have used, were happy with, and would recommend to others
- Decide if we want to acknowledge our losses sometime during the meeting by mentioning those who have passed (in the month they passed).
- Decide if we should include our neighborhoods on the member roster so that someone who might need a little support can contact someone from their own neighborhood.

The website is still a work in progress, and I would like to keep it fresh and helpful by including things that you think I might have missed. Please look at the site and let me know what you would like to add. We can discuss this at the next meeting. Also, please take a look at the blog page and let me know what topics you might want to see addressed. I'll welcome guest bloggers if you have something you'd like to share.

www.suddenlyone.com

Until next month,

Shelley