

Hello, everyone,

Thanks to all who attended the September meeting of Suddenly One. We had about 30 people in attendance, a record so far. I'm happy to see so many back again and meet the new members. If you missed this meeting, I hope you'll consider returning next month.

I have reworked the membership list and the email list. Please look at the member list closely and check me for errors. Some people said they weren't getting emails from me, so I hope that's been fixed. For the people who don't have email addresses, Ingrid will deliver this message to your home. If you don't want to return to the group, please let me know, and I'll remove you from the list, but I hope this won't be the case.

September's meeting was a little different from the first two meetings. Ingrid Crane began by leading us in a relaxation/breathing exercise to center us and bring us into focus. I hope everyone who participated felt relaxed and refreshed. Many thanks, Ingrid, for sharing your lifestyle practices with the group.

The "business" part of the meeting was brief.

- I'm trying to keep a current and accurate membership roster. If your information is incorrect, please let me know.
- Some members had asked if the group could meet more than once a month. Rather than have two or more meetings in the card room each month, we will try to plan at least one group outing each month so we have more opportunity to socialize. I realize not everyone will be able to attend every outing, but we'll try to make it as convenient as possible for everyone to get a chance to do something. It could be as simple as lunch together, or maybe a day trip somewhere. If you have ideas, please pass them along.
- We are continuing to compile a list of trusted vendors that we are comfortable recommending to others who can help with handyman chores, lawn or auto maintenance or other things we need someone else to do. If you have someone in mind, please pass the information to me via reply email, text, or bring it to the next meeting.
- Wreaths Across America will distribute wreaths to Florida National Cemetery in Bushnell on December 18th. There is a signup sheet for those who would like to volunteer to help with this. If you cannot volunteer but would like to sponsor a wreath, you can do that on their website: [www.wreathsassacrossamerica.org](http://www.wreathsassacrossamerica.org). You can choose to have the wreath delivered to a specific National cemetery.
- Keeping the suggestion box in the Card Room has been denied by the board. I will bring the box to each meeting or you may drop suggestions in my mailbox cubby. It's also okay to email, text or call me with ideas or concerns.
- The Ambassador Club is reinstating the White Elephant Sale, scheduled for Saturday, October 2 from 9-12 at the Palm Grove Club. I have reserved a table, so if anyone in the group has a few things they'd like to "recycle" but don't want to purchase a table, please let me know. I can pick them up a day or two before the sale and put them with my things. You'll have to let me know your asking price and if you want it back if it doesn't sell. There will be a donation box on site for unsold items.

Many thanks to Kathylee Johnson for her presentation on *The Five Stages of Grief* as developed by Elisabeth Kubler Ross, a Swiss-American doctor. She described the stages-Denial, Anger, Bargaining, Depression, Acceptance and how they could affect our everyday lives, and how we are probably going through any one of these stages at any given time. She provided a handout which explains the stages, and one that gives sources for grief counseling. If you didn't attend the meeting and want these handouts, please let me know and I'll get a copy to you.

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

One more note. My apologies to some of the new members: I was not expecting so many first timers and I ran short on welcome packets. I'll give you one on your next visit if you'll just remind me. I'm also sorry that I didn't get much time to speak with you at this meeting. Thank you for coming, and I hope to see you next month.

That's it for this time. Feedback is welcome, so please share your thoughts, ideas or suggestions.

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