



About the Curriculum

The *Pathways to Vital Living* Curriculum uses interactive, experiential learning to help participants assess and explore nine areas of life, including such varied topics as relationship transitions, meaningful service, mental vitality, and spiritual development.

There are four modules:

- Taking Inventory of Your Life
- Creating an Authentic Life: *the Outer Self*
- Creating a Purposeful Life: *the Active Self*
- Creating a Fulfilling Life: *the Inner Self*

Each one consisting of three sessions.

The modular nature of the program allows participants to address individual needs as well as retain the scheduling flexibility which is essential to the busy lives of this active generation.

For other life planning tools, the LV Alliance on Aging also offers **Life Links Seminar Series**, held in many locations throughout the Lehigh Valley. For more information, call Judy Matthewson at Third St. Alliance for Women & Children at 610-258-6271 or visit www.lvagingmatters.org



Life Links Peer Coaching in *Pathways to Vital Living*
Administrator:

Center for Humanistic Change, Inc.
507 B. Delaware Avenue
Fountain Hill, PA 18015
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www.lvagingmatters.org

Life Links Peer Coaching in *Pathways to Vital Living*

Designed to increase meaningful and self-directed choices for work, service, life-long learning, intergenerational and community connections for older adults (50+).





Life Links Peer Coaching in *Pathways to Vital Living*

- Explores areas of life not typically covered in standard retirement planning
- Uniquely personal & energizing

“I am old enough to see how little I have done in so much time, and how much I have to do in so little time.” Sheila Kaye-Smith



“In all affairs it’s a healthy thing now and then to hang a question mark on the things you have long taken for granted.” Bertrand Russell



“Most people say that as you get old, you have to give up things. I think you get old because you give up things.”

Senator Theodore F. Green, at 87

Objectives

Participants work toward any or all of 5 objectives:

1. Assess values, priorities & preferences
2. Reconnect with past experiences to determine future values, desires & goals
3. Envision a personal approach to growing older
4. Prepare a meaningful & fulfilling life plan
5. Live life intentionally—embrace the next stage of life with confidence, hopefulness & enthusiasm

These opportunities are brought to you through the energy and research of participants in the Lehigh Valley Alliance on Aging, a strategic partnership of your United Way of the Greater Lehigh Valley. Modeled after *Pathways to Vital Living* developed by the Senior Resource Alliance, (the Area Agency on Aging of Central Florida), Peer Coaching is coordinated by 4 locations in the Lehigh Valley.

If you are interested in participating in peer coaching sessions or becoming a peer coach, contact one of the following sites:

Lehigh County Senior Center
1633 Elm Street
Allentown, PA 18102
610-437-3700 — Contact Rick Daugherty

Senior Centers of Bethlehem
720 Old York Road
Bethlehem, PA 18018
610-867-4233— Contact JoAnn Frey

Third Street Alliance for Women & Children
41 North Third Street
Easton, PA 18042
610-258-6271 — Contact Joan Schafer

Allentown YMCA and YWCA
425 S. 15th St.
Allentown, PA 18102
610-434-9333 — Contact Lois Fuini