



# Senior *Life*™

SERVING ADULTS 50 YEARS AND BETTER.

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## 'Life Reimagined' encourages purposeful, passionate living

As a mother, Debbie McConnell has devoted much of her life to helping others. So after hearing about AARP's Life Reimagined event in Sharonville, she decided to spend a day there concentrating on her own needs.

She left determined to undertake projects that would give her a sense of accomplishment — including writing a blog for parents of children with disabilities.

"The experience has given me energy, drive, passion and enthusiasm to put these Life Reimagined tools to use and

keep going," she said.

McConnell, of North College Hill, was one of more than 225 people who took the next step in using the Life Reimagined system to focus on what really matters to them.

Life Reimagined is a personal guidance system AARP developed to help people live with more meaning. Nine speakers and an improvisational theater group inspired, educated and entertained participants in this day-long experience at the Sharonville Convention Center.

The speakers had vastly dif-

ferently backgrounds. But they shared a common message: A person's attitude can make a dramatic difference in their success and happiness.

Keynote speaker Chris Gardner realized that when he was homeless with his son and living in the San Francisco subway system, he could "drive" them out of there because he was the one who had "driven" them there.

Gardner found his passion — being a stockbroker — and despite setbacks, became a multimillionaire. He later wrote his autobiography, "The

Pursuit of Happiness."

Gardner credits his mother with instilling in him the attitude that he could do or become anything as long as it was something he was passionate about.

"She gave me permission to dream," he said.

The improv group Second City Works acted out scenarios on the ballroom stage to illustrate obstacles that hold people back. One skit had a character who rejected every opportunity, another who said "yes" to every opportunity and a third who took small, some-

simple ways by giving of their time, words, spirit and mind.

"These are our most precious gifts, and each person here has a treasure chest from which to offer them," he said.

At the end of the day, Nicole Ware, AARP's Ohio associate state director, asked the crowd for words that describe how they felt. The replies included, "inspired," "invigorated" and "revitalized."

Wish you could have been there? No problem. You can still attend Life Reimagined Checkups, held each month across Greater Cincinnati.