

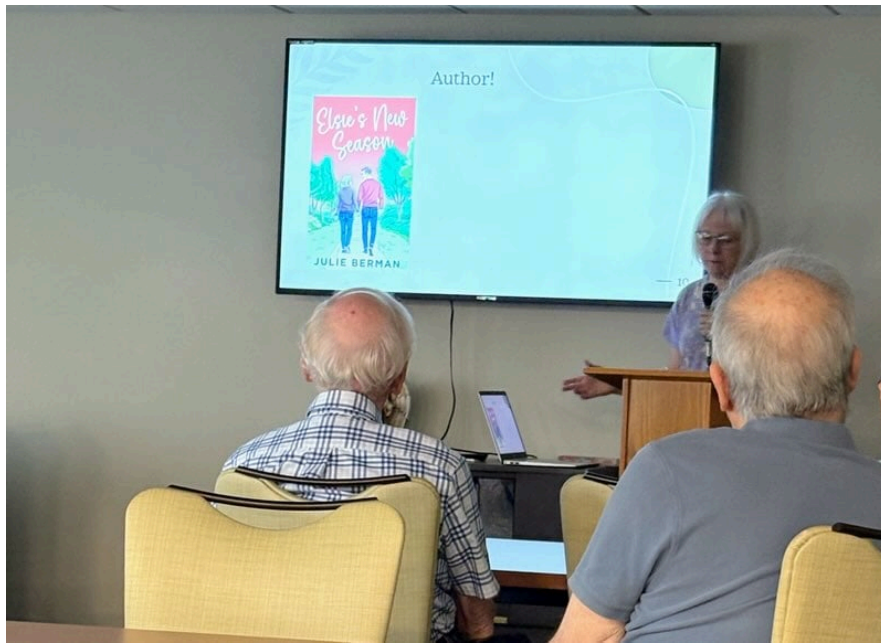
You Too Can Be a Writer!



In August, my friend Libby Reimers and I began a series of presentations to residents of senior living communities in St. Louis. We wanted to share our passion for writing and suggestions for pursuing writing goals in your later years! So far, we have received very positive feedback, including:

- Very interesting. Excellent ideas. I feel like I can do this and look forward to starting “something”.
- You covered many questions and ideas for me as I am attempting to write a story for my grandchildren.
- Your ideas and presentation were well organized, and the pace was comfortable. You can tell I took lots of notes – my pencil point is gone!
- It was an excellent presentation! Well organized with visual prompts. I’m inspired!!

I began by mentioning the various roles I have taken on in my life (Mom, Nana, Wife/Widow, Sibling, Friend, Speech-language pathologist, church member, etc.). My most recent role is that of Author, which has taken me some time to absorb! Below is some of the information I shared.



Why did I start writing after I retired?

- I believe I can learn new things!
- It gave me a creative outlet and a concrete goal.
- I wanted to share a heartwarming story of life after loss and finding community and maybe even love.
- I wanted to show the positive side of senior living, and show what independent living is really like (gleaned from my mom and my friends' experiences).

My book, *Elsie's New Season*, is a later-in-life romance set in a senior living community. What are some of the things in my book that might sound familiar to Independent Living residents?

- Art/crafts studio
- Outing sign-up book
- Community garden
- Shuffleboard
- Library
- Walking Trail

I shared a few excerpts from my book:

She missed Paul and her world the way it used to be, as well as the image of their future together. Her eyelids were hot, but the rest of her body was cold. She returned the book to her bedside table, turned off her lamp, crossed her arms over her chest and gathered the loose sleeves of Paul's t-shirt into her fists.

Here's another one:

The women chatted about the food, listing the number of ways the dining room served chicken breast. They counted at least twelve.

"Sometimes I just can't look at another chicken breast," Carol said.

Elsie resisted the urge to roll her eyes. That was quite the first world problem. They had been served too many varieties of chicken breast.

What helped me reach my goal of writing a novel?

- Reading (books, articles, novels in my genre)
- Attending workshops (in person and online)
- Switching my daily routine (I am most creative in the mornings.)
- Finding a place to write (I like to write in a quiet room at my local library.)
- Immersing myself in writing communities

How did I find my writing communities?

- Went to a local writing conference (met other romance authors and joined a zoom group)
- Researched and joined local writers groups.
- Many ways to connect on zoom: discussions, workshops, and writing sprints (chat, then everyone writes silently for designated time period, then chat again)
- In-person workshops and meetups, 1:1 relationships (meet for a meal, go to a meeting together).
- Examples for senior living residents: writing partner or group, book club with books on writing or just memoir or novels, carpool to meetings and workshops

My friend Libby then talked about writing your memories. It is so important to write down what life was like in the 1900's and early 2000's! Even if your children and grandchildren don't seem particularly interested now, they probably will be later in their lives. How often have you wished you could ask questions of loved ones who have passed on?



Libby shared many formats of writing your memories, including the Storyworth program, printed fill-in-the-blank books, and books with lots of specific prompts to inspire you. Here are some of her favorites:

- Remembering Your Story by Richard Morgan (has leader's guide)
- Memoir as Medicine by Nancy Slonim Adonis. A bit introspective
- To our Children's Children by Bob Greene. A book FULL of prompts

We gave our audiences 5-10 minutes to write a description of their childhood home:

- Did you have your own bedroom? What was it like?
- Was there a front porch? What was on it?
- Did you have a phone? What did it look like? Where was it located?
- Describe the room where you spent most of your time.

Participants shared fascinating memories of their childhood homes.



Hopefully, we provided some inspiration to start or continue writing! I am looking forward to our upcoming presentations. St. Louis friends, let me know if you have a recommendation (and a contact) for local senior living communities!

I appreciate your support!!

- Recommend Elsie's New Season to a friend or give as a gift! The holidays are coming!!

Buy paperback or ebook

- Write a review or leave a rating!

Amazon review

Goodreads review

- Follow and like my Facebook author page: [Julie Berman Author](#)
- Visit my website for past newsletters: <https://juliebermanauthor.com>

Thanks so much!

Julie

Julie Berman Author

United States of America

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

