

LAUREATE GROUP

*Helping older adults and their families
manage the challenges of aging*

Lessons From My Mentors

I have had the amazing privilege of working amongst older adults and their families for over 32 years. In that time I have learned so very much from so many of you.

You've taught me forgiveness. A life well lived doesn't have a lot of time to spend blaming or holding a grudge. I've had many great role models in the form of older adults who modeled this so graciously.

Early in my career, in my youthful exuberance I had visions of sharing answers to my senior client's many questions. What I learned over time was that I didn't have all the answers (hard lesson to learn in your youth) but if I took time to listen I could actually gain a whole lot of wisdom from my clients. Eventually I realized what I learned from one client I could pay forward to another. That epiphany marked a notable change in how I interacted with clients, families and individuals I encountered. That was one of the biggest game changers in my career.

One of my clients, who became a very dear friend, shared some wise words that have traveled with me ever since she expressed them. She spoke of not taking herself so seriously. Along with her great wisdom, her keen common sense and her incredibly kind heart, she acknowledged her shortcomings. How often are we inclined to acknowledge that to ourselves let alone others. It is in our less perfect selves that we really begin to make a difference in other's lives. We become more relatable, more authentic, which in turn gives others the confidence to confide in us and share their struggles.

I was repeatedly shown a human definition of strength...and it had nothing to do with physical fitness or power. I saw the fortitude of individuals who have dealt with genuine tragedies in their lives yet pick themselves up and not only go on, but with a selfless spirit. I've seen many seniors overcome fear

of the unknown, fear of what's next in their life, yet through their faith and inner strength take the bold next step to live their remaining days to the fullest.

And I learned from a generation of seniors, as Tom Brokaw refers to as the Greatest Generation, what it looks like to be humble. Not false modesty, but genuinely humble.

It is with that humble spirit that I share I will be concluding my 22-year career with Laureate Group effective July 30, 2020. What a gift it has been to work for such a wonderful organization. I owe them an abundance of gratitude for all the opportunities I have been given. I also need to express my deepest gratitude to the congregations and organizations who have been willing to share my articles. You have given me a platform to serve my community...what a privilege it has been.

To my readers, a profound thank you, and also for those who have taken the time to express their thoughts and feedback along the way. You have inspired me throughout the years. My writings were simply my way of paying forward the lessons you've taught me.

My Laureate Group associate, Bob Best, will pick up the monthly article where I have left off. Bob has worked with older adults for over 30 years and holds a master's degree in Public Service with a specialization in Gerontology from Marquette University. He has a wealth of knowledge to share, laced with compassion that I know will continue to enrich you.

My heartfelt thank you for the many blessings you have bestowed upon me. I wish you good health and the fortitude to keep moving forward.

*This article is a reprint of a blog posted by
Adele Lund, Laureate Group's Director of
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For 50 years, Laureate Group, a local, family owned business has been helping older adults and their families manage the challenges of aging. Laureate Group operates eight senior communities throughout the Greater Milwaukee area. Additional resources can be found at:

www.laureategroup.com/blog • www.laureategroup.com • Laureate Cares: 262-832-7113

Careers for Caring People: www.laureategroup.com/careers