



Guidelines for your “52 Shades of Graying” Growth Group Discussions

Activity Directors in senior living communities: Here are four options for using “**52 Shades of Graying**” to spark your weekly small (up to five people) Growth Group discussions.

52 **Shades of Graying**™

"One Elder Story Each Week for Finding Peace with Age-related Limitations"

In-person meetings

1. Choose a facilitator (a resident or staff member) for your Growth Group.
2. Choose a day and time to meet each week.
3. Choose the week's story/discussion question; print for each Growth Group participant.
4. Obtain a binder with extra punched pages of blank paper for each Growth Group participant, who will use it for storing stories, notes, personal anecdotes etc.
5. Customize binders with a cover sheet showing your community's logo, participant's name.
6. Punch each week's story printout for binder use with one extra sheet of blank paper; distribute, asking each participant to note, in writing, a brief response to the discussion question before meeting.
7. Ask for a volunteer from the group to read aloud the week's story.
8. Allow each participant three to five to respond to the week's discussion question.
9. Allow a minute for the facilitator to summarize the day's discussion.

Note: iPads, laptops, cell phones may be used instead of binders.



Live “52 Shades of Levity” chats

1. Choose a facilitator (a resident or staff member) for your Growth Group.
2. Choose a day and time to meet each week.
3. Choose the week’s story/discussion question; email each Growth Group participant with a link to story and link to live chat.
4. Ask participants to save comments, anecdotes etc. they create in a folder on their devices.
5. Customize chat thread with name, day to meet and time to meet on “52 Shades of Levity” chat with the help of Jim Hasse, author of “**52 Shades of Graying.**”
6. Email link to chat thread with date and time to each chat participant.
7. Ask participants to note and save, in writing, a brief response to the discussion question before meeting.
8. Ask for a volunteer from the group to read aloud the week’s story.
9. Allow each participant three to five to respond to the week’s discussion question.
10. Allow a minute for the facilitator to summarize the day’s discussion.

Note: iPads, laptops, cell phones may be used with this option.



Zoom meetings

1. Choose a facilitator (a resident or staff member) for your Growth Group.
2. Choose a day and time to meet each week.
3. Choose the week's story/discussion question.
4. Email, as facilitator, each Growth Group participant with a link to story and Zoom link to Zoom meeting.
5. Ask participants to save comments, anecdotes etc. they create in a folder on their devices.
6. Ask for a volunteer from the group to read aloud the week's story.
7. Allow each participant three to five to respond to the week's discussion question.
8. Allow a minute for the facilitator to summarize the day's discussion.

Note: iPads, laptops, cell phones may be used with this option.

Questions/Suggestions? Email “**52 Shades of Graying**” author Jim Hasse at jim@jimhasse.com.