

Bears for Elder Welfare

Vol II, December 1, 2013



Upcoming Events

December

7

3:00 pm – TBD

**End of Semester Social:
Curling and Dinner!**

December

13

9:30 am – 11:30 am
11:30 am – 2:30 pm

**Holiday Luncheon with
Stagebridge**

Third General Meeting

In November, B4EW held its third general meeting and various volunteer events. During the general meeting, guest speakers from Stagebridge came to speak to B4EW and share their wonderful stories. Throughout the month, members have actively volunteered at various locations. From celebrating Thanksgiving at Amistad House, to simply chatting with elders during coffee hours, our B4EW volunteers had spent memorable times with elders in the past month. Below are descriptions of events written by some of our enthusiastic volunteers.

Though the original plan of walking together had failed, all of us volunteers arrived at Amistad House promptly to serve Thanksgiving lunch. We were led into the house and stood behind the catering table, forming a “food assembly line”. The elders walked in, greeted us, and sat at the tables as we started putting together the dishes. There were several adorable kids to help us carry the dishes to the tables. After finishing serving the food, we started preparing pumpkin pie as dessert. Then we had some free time to enjoy the food as well, which was a pleasure as we’ve been drooling over them since the start. After lunch, the kids sang and performed for the elders. Another group of volunteers was also present and played guitar. The lunch was a great experience; it was heartwarming to see the elders enjoy their meals and performances so much, laughing and clapping as the lunch went on. Of course, I can’t deny that the food was also incredibly delicious, which made the experience even more satisfying.



Poetry Reading & Art

Volunteering at Center for Elders' Independence last month was great! It's been a really long time since I've volunteered at a senior home, so it was nice to be able to do what I've enjoyed doing in the past. Four of us went to the event. Just walking in the doors, we were welcomed with a very cozy atmosphere and smiling faces from the staff and elders. We had a few poems prepared to present to the elders; these poems were specifically selected to convey feelings about the autumn and Thanksgiving season. We started off introducing ourselves, our majors, our interests, and the community really welcomed us with smiles and laughter.....



.....Then we took turns reading out the poems at the mic - some were really short and sweet, and others really brought about the thankful sentiment celebrated this holiday season. With help from the joyful staff, the elders and us volunteers were able to interact and share much of our own experiences about this season and what we ourselves are thankful for. It was really sweet to be able to share generational and cultural differences in how we perceive this holiday, knowing that we all have in common the thanksgiving attitude for our individual lives and unique experiences. I had fun, knowing that I was able to take part in bringing joy to others this holiday season in a simple way!

-- Rose Hoang



Interesting Facts of the Month



1. The elderly -- aged 85 and up, is the fastest growing age group.
2. The oldest person living right now is woman born in 1896, named Besse Cooper.
3. Only 5% of people over 65 are in nursing homes. Elderly men are likely to live with a spouse while elderly women are more likely to live alone.