



Bears for Elder Welfare

February 2015

Issue I, Volume III

CLUB MISSION: BEARS FOR ELDER WELFARE STRIVES TO PROMOTE CAMPUS AWARENESS OF ISSUES IN AGING, TO CULTIVATE APPRECIATION IN ELDER, AND TO ENCOURAGE STUDENTS INVOLVEMENT IN ACTIVITIES PROMOTING ELDER WELFARE.

ROUNDUP OF FALL 2014

Fall 2014 was a thrilling semester for the club, with the exciting new additions of senior homes to volunteer at including Kyakameena, located just a few minutes away from the Berkeley campus. With Kyakameena, members are allowed to plan their own events, ranging from karaoke to bingo days!

In the middle of the semester, we also started a new arts and craft activity, which occurs monthly on campus. Our first event was a mug decorating event in which the proceeds went towards funding

Alzheimer's research. In total, we made almost \$300!

During one of our socials of Fall 2014, we went rock climbing at Bridge's. It was the first time for many of us, but nonetheless fun!

We rounded up the semester with Stagebridge's annual holiday luncheon in which members served food, ate, and inter-acted with elders as they performed pieces.



FIRST SOCIAL

Have fun with the club on Sunday, February 15, at 12PM as we have a fun pizza party at Cordornices Park. We'll be meeting at North Gate at 12PM, and taking a bus to the park together! Pizza will be provided by yours truly, and a concrete slide will be provided by Cordornices! Be excited and get pumped! We hope to see you all there!



UPCOMING EVENTS

2ND GENERAL MEETING: Feb, 18 @ 7PM, location TBD
1ST SOCIAL: Feb. 15, 12PM - Join us at Cordornices Park!

NORTH BERKELEY SENIOR CENTER:
Feb. 18, 1-4PM - Celebrate an elder's birthday party!
Feb. 27, 1-4PM - Black History Month Event

CENTER FOR ELDER'S INDEPENDENCE:
Feb. 13, 1-1:45PM - Valentine's Day Activities
Feb. 23, 1-1:45PM - Spring Awareness Bingo

AMISTAD HOUSE:
Feb. 13, 1-2PM: Participate in arts and crafts events with elders!
Feb. 20, 12-1:30PM: Serve food and chat with elders for Chinese New Years!



february 2015

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♥ Finding Love Later in Life



By **Spencer Liem**
Education Officer



Romance and love always seem to be portrayed as a young person's thing. We equate it with passion, youth, impulsiveness, spontaneity, yet foreverness. While being able to say that finding that first love or that high school sweetheart is great, what about those who go through difficulties that leave them single, widowed, or alone at a later age? What happens to them, and what becomes of their love life?

Luckily for the elder population, the stereotype that past a certain age, love is near impossible to find, is incredibly erroneous. Statistics actually show many couples meet at assisted living homes at ages 60+. Although it is not common to find many elders struggle with the idea of finding love in their later years, there are numerous stories

that disprove this stereotype that love is only an emotion for the young and impulsive.

A story about a United Kingdom couple named Bill and Peggy Labrum, age 82 and 81 respectively, shows that they met as teenagers but did not meet each other again until they were both past 80, at which Bill recalls "calling Peggy...even though I didn't really know what to say."

Both fresh off 30 years of being single due to divorces or deceased spouses, both thought their chance at love had passed them. Peggy reflects on their courtship, and eventual marriage, by saying, "We all want to feel loved, appreciated, cared for [while] also having someone to laugh and smile with."

It is evident then that they both found that person in each other, with determination and a little bit of patience.

Nowadays, there is an increasing number of people ages 30+ and 40+ who have gone through a divorce or other complications, and they feel an increasing pressure that love may never find them again. Many statistical analyses of marriage and couples show that this is almost entirely false. While there is an overall decrease in marriage, most likely because of the increase in career-oriented women who push off marriage until a later age, couples respond by saying that the marriages and partnerships that do exist are as strong as ever, if not more. Bill and Peggy's story serves as a reminder that while time may be limited, it is never too late to find love, even if it is later in life.