

BEARS 4 ELDER WELFARE

February 2018



CLUB MISSION

BEARS FOR ELDER WELFARE STRIVES TO PROMOTE CAMPUS AWARENESS OF ISSUES IN AGING, CULTIVATE APPRECIATION FOR ELDERS, AND ENCOURAGE STUDENT INVOLVEMENT IN ACTIVITIES PROMOTING ELDER WELFARE.

Hello Bears! We hope that you're enjoying the semester so far and have been able to attend some of our events. We've got lots in store for you all--like our 3rd annual 5K for Alzheimer's, A Race to Remember quickly approaching! We hope to see you at the general meetings and club socials.

Also, if you applied for a leadership position, keep an eye on your email to see if you were selected.

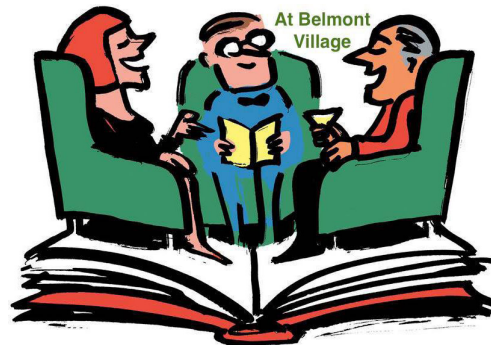
Education

Because of the rising elderly population in America, providing housing for the elderly has become a prevalent issue in society. One of the most relevant issues is that of elderly abuse, which takes on physical, emotional, and verbal forms. Another relevant component of the elderly housing issue is that housing in cities such as Berkeley can be expensive. Luckily there are haven organizations like Satellite Affordable Housing Associates, that work towards providing affordable housing for seniors in the community. However, the available spaces are limited so that not many people receive this housing opportunity. This is a problem in the works, which requires more city funding. Beyond this external problem, an internal problem to tackle is that those that do receive the housing opportunity get very lonely. This is where us volunteers come in! Whether volunteers host games like Bingo (a Berkeley SAHA Amistad House favorite) or share stories with elders, we've seen seniors in these homes thrive from volunteering activity. Bears for Elder Welfare encourages you to go into the community and volunteer for an elderly home, as it can be a very fun and rewarding experience!

Club Updates

This month's education presentation topic was elderly housing. Elderly housing consists of independent living (living without any assistance), assisted living (living with some help with meals, medication management, etc.), and nursing homes (living with licensed, professional care). The main housing issue that elderly people face is a high cost of living; many turn to subsidized housing to try to make ends meet. Another issue is the presence of elder abuse in these housing units. Abuse can be emotional, verbal, or physical. This is a very grave, very real, yet commonly overlooked issue. We not only want to bring this issue to light, but also resolve to promote the dignity of elders in our community through volunteering in senior centers to facilitate a change in attitude towards this population.

Events



Belmont Village

"Love" was the theme of the second ever Reader's Theater hosted at Belmont Village Senior Living community in Albany in February. We read "Splitting an Order" by Ted Kooser then boldly shared our own poems about love (romantic, familial, and friendship). Both B4EW member and Belmont Village resident contributed to the discussion to share laughs, personal experiences, and advice. This was a memorable time for every participant. We can't wait for the Worth-It Weekends to follow, where bear will get the chance to partner with elder for an hour-long spontaneous chat. We invite you out to get involved! Look at our Facebook page or club website for the coming events and way to sign up.



Chaparral

Although a number of events were canceled at the beginning of the year due to the flu, Chaparral House is now open once again to volunteers! On Sunday, February 11th, Chaparral had a tea party for residents and asked volunteers to come help out with set-up, serving, and having tea and treats with the residents. The residents were very excited to have us! Having conversations with the seniors at Chaparral House is a humbling experience and broadens our hearts for these people. Volunteers are an integral part of Chaparral House because we connect seniors to a larger community and help with fun events that mean a lot to the residents. We hope to see some of you next time at Chaparral House!

CONTACT

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