

Bears for Elder Welfare

Vol IV, March, 2014



Upcoming Events

- Second General Meeting
3/3/2014, 7:00 p.m.
79 Dwinelle
- “Forecasting the Aging Future of Generation Y”
3/10/2014, 6:00 p.m.
Commons Room 116, Haviland Hall
- Second Social: Pho!
3/14/2014, 6:00 p.m.
Café V

MONTHLY MESSAGE

Dear members of Bears for Elder Welfare, happy March! We hope you've been having a great semester so far, and have taken the chance to participate in some of our volunteering events and met the team. In the past month, our members have celebrated Chinese New Year and Valentine's Day with the elders at Amistad. We also had our first club social at the newly opened, delicious DIY thin-crust pizza place - Pieology. If you, however, haven't had the chance to meet our wonderful elderlies, don't fret. We still have plenty events planned for March. Make sure to come to our second general meeting and you'll be bathed in heart-warming volunteering-heaven. We at Bears for Elder Welfare hope you have a wonderful and relaxing March. And if you don't, just hang in there -- spring break is coming! Cheers!



Email: bears4elderwelfare@gmail.com | www.facebook.com/bearsforlderwelfare

PAST EVENTS

The Valentine's Day event took place at Amistad House. The volunteers at the event consisted of both UC Berkeley students from Bears for Elder Welfare, as well as Girl Scouts who were in elementary school. It was a wonderful event where both the volunteers and elders at Amistad came together to decorate cards, as well as cookies. Throughout the event, volunteers and seniors exchanged heartfelt and creative cards, embellished with glitter, stickers, and other colorful decorations. It was a great event, getting to witness all the different generations come together to wish each other a happy Valentine's day and celebrate love!

-- Nicole Manalo



In January I had the pleasure of attending the Chinese New Year celebration at Amistad. When I first arrived, I assisted in setting up a potluck. Most of the food was homemade by the residents and included potato pancakes, eggrolls, cookies and much more! The remaining food was passed on to us. Needless to say, we left no leftovers. Following the potluck I had the opportunity to speak with a handful of residents and learned about their Chinese New Year experiences. The highlight of the event was definitely the Wushu performance. Three members from Berkeley's Cal Wushu team exhibited intricate martial art patterns with intense focus and power. I loved watching the maneuvers utilizing plastic swords and spears. Overall, the Chinese New Year event was filled with good company and delicious food, a perfect way to start off 2014.

-- Ivanna Patton



INTERESTING FACTS



1. 4 in 5 (80 of elderly people will battle at least one chronic, limiting condition or illness, such as heart disorders, arthritis, or osteoporosis.
2. People over 75 years old are just as likely to be in a car wreck as drivers 16 to 25 years old, but the elderly are more susceptible to injury or death in such accidents.
3. The ratio of women to men over 65 years old is 100 to 69. The ratio of women to men over 85 years old is 100 to 39.

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