



# BEARS FOR ELDER WELFARE

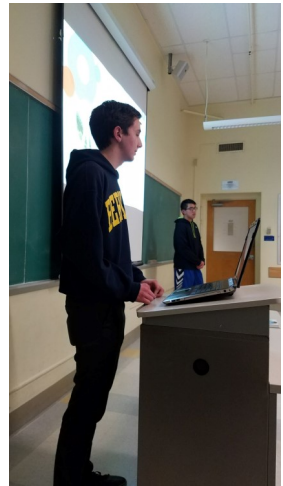
## Club Newsletter



April marks the beginning of spring...to which we say, time to spring into action, Bears! This month we had many fun social and volunteering events. We also welcomed several new members to our team! With these new additions, we'll host our third ever annual 5K for Alzheimer's: A Race to Remember to get everyone on their feet to raise money in support of Alzheimer's Services of the East Bay, a local day care program for adults with dementia. Keep reading to learn more about the most recent developments for B4EW. We hope that you enjoy this newsletter and have a great Spring Break. Go Bears!

### Wellness

Physical and mental exercise are an essential part of healthful living, which we highlighted at this past month's General Meeting on campus. Us Bears are on the move to push exercise for elders and young people alike. A glance at our Facebook page and you will see an uplifting and sweet video of an older woman and her dance instructor showing how fun activity can be, especially when done with a motivational friend. You'll be inspired to get moving yourself! See the education section to hear more about the importance of exercise for the elderly population.



### Education

You probably hear from sources across the nation that exercise is beneficial to human health, whether it be physical or mental exercise. But you may be wondering, how would the elderly be impacted by routine exercise?

Well, it turns out that elderly exercise can actually be very beneficial! For people aged 65 and up, exercise has been proven to increase life span, decrease the risk to encounter heart problems, delay the onset of detrimental diseases affecting the brain, and increase elderly self-confidence. However, statistics show that only about 35% of people between the ages of 65-75 actually exercise on a routine basis. There are many reasons why this may be, including the myths that exercise is not safe for the elderly, exercise can induce joint pain, and exercise is only something that youth and those that have previously exercised on a routine basis can do. All of these are false, as exercise, both physical and mental, is safe for the elderly, has been shown to limit joint pain, and can be performed by anybody with the physical or mental ability to do so. Overall, exercise can be very beneficial for the elderly and for people of all ages, so let's work hard to dispel these myths and encourage the elderly in our community to be active and healthy!



### Events

Chaparral house is a nonprofit skilled nursing eldercare community that provides a home environment for residents with quality staff and licensed nurses. These nurses and nursing assistants are on duty 24 hours and provide all sorts of alleviative and supportive care. Their goal is to allow residents to enjoy life as fully as possible despite limitations or disabilities, and this is the goal that we want to preserve and provide for residents. This month we had a Tea Party, where volunteers were able to serve tea and join in for conversation with residents! Also, we had a monthly outing through which volunteers took elders out to a nearby café and relaxed with them. More events like this happen all the time, so please reach out to us for volunteer opportunities!

