

# Bears for Elder Welfare

Vol I, November 17, 2013



## Upcoming Events

November

**18**

8:00 pm – 9:30 pm

Third General Meeting

@ Wheeler 24

November

**19**

10:45 am – 11:45 am

Poetry Reading & Expressive Arts @ Center for Elder Independence

November

**22**

12:30 am – 2 pm

Thanksgiving Lunch @ Amistad House

## October Social

On October 25th, 2013, B4EW had its first social of Fall 2013! Around 14 members of the club ate food at the Asian Ghetto and descended upon 140 Barrows for a night filled with fun and games!

The night started off with a fun icebreaker that introduced the club's new members to one another and to the officers of the club.

The game then continued with the shooting game named Bang. The club gathered around in a circle and had to remember everyone else's name in order to eliminate others. My apology goes to those with short memories and bad reflexes.

Afterwards, members played a game of Telephone Charades. The goal was to act out the various phrases given to allow team member to understand your word. A funky list of words was used, such as The Lion King, Beyonce, weighing an elephant, giving birth, and Berkeley's very own "Dead Week", which triggered lots of laughs and giggles.

In just two hours, the members formed extensive bonds through food and quick games. We were glad to have many of you show up and we hope to host another exciting social event next month!



# October Events

In October, our members have actively volunteered at various locations. From celebrating elders' birthdays, to partying for Halloween (the elder safe kind), 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.

## ***Emergency Preparation Event:***

The goal of the event is to inform seniors about ways to be better prepared in times of emergencies. We met one-on-one with seniors, helped them fill out an Emergency contact cards, and programmed Emergency contacts on their phones. We distributed whistles, handed out pamphlets, and explained to their significances. The seniors were very excited for our presence and said that they thought the event was informative and appreciated our presence.

-- From Nicole Manalo

## ***October Birthday Party***

The Guitarist came and played several songs to create a celebration-feel for the event while everyone was eating the lovely cake. Although there weren't too much interaction since a lot of the seniors are quiet, I did get to know this one lady who was 90 years old but looks so young! :P

It was a really fun event. Since it was my first time, I really enjoyed it!

----- From Amy Zhang



# 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.