

# Bears for Elder Welfare\*

October 2015

Issue II, Volume III

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

## COLD SUNNY OCTOBER

October has been a month of ups and downs - sunny and bright yet cool and cloudy. But one thing has remained sunny - Bears for Elder Welfare! This month, we had events at both Center for Elder Independence and Amistad House, mainly focusing on arts and crafts with the elders. The elders love it when volunteers come in to work on arts and crafts activities or play BINGO with them, so take a break from class, and come out to join us with elders!

In the middle of the month, we had an awesome social planned by Aivi, our Historian. While enjoying chips, soda, and cookies, members decorated beautiful small pumpkins with decorations ranging from a Pokeball to a witch to an artistic swirl of colors. And that concludes October! See you in November!



## FUNDRAISER

This past month, we hosted an ice cream fundraiser on Sproul for two days, selling three different types of flavors! Thank you for everyone's support in helping us to raise \$100

for our October ice cream fundraiser! We will be donating all this money to Meals on

Wheels, a non-profit organization that helps to alleviate senior hunger by providing meals to elder communities. All money will go directly to providing meals for elders. For more information on Meals on Wheels, visit:

<http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=3968>

Thanks again everyone for helping us make this a successful fundraiser!

## NOVEMBER 2015

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## UPCOMING ACTIVITIES

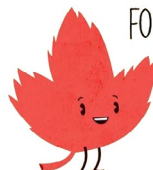
3RD GENERAL MEETING: Nov. 10, 6-7:30PM @ 140 Barrows

AMISTAD HOUSE:

Nov. 13, 1:30-2:30PM - Arts and Crafts

Nov. 27, 1:30-2:30PM - Arts and Crafts

I'VE FALLEN FOR YOU...



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# Growing Elder Population, Lack of Care

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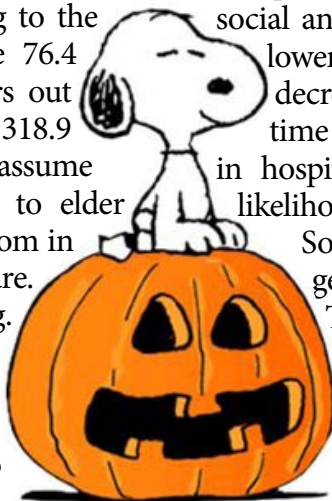


Image details a younger person assisting an elder.

*Photo Credit: Nicole Bengiveno / New York Times*

By **Lorena Ferguson**  
Education Officer

We are currently in the midst of an unusual restructuring of demographics. The Baby Boomers are one of the largest generations in history, and as they get older, they are causing the demographic make-up of the United States change drastically. According to the last census, there are 76.4 million Baby Boomers out of a total population of 318.9 million. You might assume that this rising need to elder care would cause a boom in the field of geriatric care. You would be wrong. Despite this huge increase in the aging population, there are very few doctors who



specialize in geriatrics. In fact, 97% of medical students never even take a course in geriatrics. This means that there is a whole generation of doctors who are not trained in the type of specialized care that many elders need. Recent studies show that good geriatric care can extend independent living, increase social and physical functioning, lower prevalence of disease, decrease the amount of time that seniors spend in hospitals, and decrease the likelihood of depression. So why are there so few geriatric practitioners? The answer may lie in the fact that despite requiring huge amounts of technical expertise and years of

training, geriatricians are some of the lowest paid doctors in the field. It is simply not lucrative enough to attract enough doctors. However, with the growing proportion of senior citizens, there will be soon be a huge need for geriatricians. It is essential that we have professionals that fully understand some of the specialized care that our parents and grandparents are going to need. Hopefully a new generation of doctors will come to understand that helping the elderly is the wave of the future.

