

December 2008

TV Program Contest Finalist

Our television program, "Senior New Ways Presents," was recently given the honor of being one of three finalists for the western US in the WAVE awards, given to productions of community media centers. The particular program which made the finals was "Who Sang It?" Judith Pruess-Mellow, monthly program host, interviewed SNW Board Chair, John Lehman, about his life and his lifelong passion for music. In addition to being on TV with his favorite topic of Who Sang It? (he plays snippets of songs and listeners guess the vocalists), John has spoken at both of our Senior Health Chat sites (*Los Altos UMC* and *Los Altos Public Library*) and also taught classes at *Catholic Charities Daybreak III Adult Day Care Program* in Sunnyvale.



Bev Bender, certified laughter leader, at Garden Party

SNW Mission

Our newsletter is an occasional publication that tells the story of our diverse activities around northern and central California and western Nevada. *Senior New Ways* (SNW) is a 501 (c)(3) non-profit outreach organization headed by Dr. Judith Pruess-Mellow. We create, offer and support group programs that enhance the well-being of seniors. These programs are funded by tax-deductible donations, grants, and fees for service. For more information on SNW programs, visit www.seniornewways.org, call (650) 209-1119 or email judithpm@seniornewways.org.

DVD-based Curriculum Project Goes into Reprint

The DVD Kit for SNW's popular "COMING FULLY ALIVE AS YOU AGE" program has released 50 copies to date and has gone into a second printing. You can view You Tube video clips from the talks of each of the four presenters by going to our website's homepage and clicking on the DVD links. Sales were helped by a full-page ad in the September Center *Sage*, published by Nashville's *Center on Aging and Older Adult Ministry*. We were given this ad in appreciation for our article on "Elders as Earth Advocates and Partners with Youth." You can also view this article by following that link from our homepage.

Expanding Our Outreach

The number of sites that have hosted SNW for at least one series of courses is now up to 65! If you would like to become one of our

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sites, let us know!! With the help of Jackie Finley of Grass Valley, we are in the process of doing a mas-



Teachers Krista Meade & Marita Grudzen

sive market-
ing effort to
independent
and assisted
living sites
in northern
and central
California,
and to Jewish
synagogues
and commu-

nity centers. Jackie has written personalized letters and email messages, explaining our 20 assisted living classes, our special one-time talks with Q and A for independent living facilities, and all of our 44 total classes to the Jewish sites. We have had such good experiences at all the Jewish sites we have ever been to, and they have been so supportive of our work, that we wanted to do a special outreach to them.

SNW Collaborates with other Agencies

In our ongoing work to establish relationships with other agencies who aim to improve the quality of



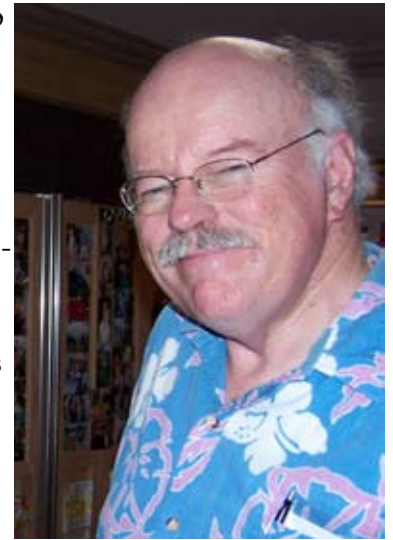
Susan Diamond, Teacher

seniors' lives, we are pleased to be working with *Generations Community Wellness (GCW)*, *Lifelong Fitness Alliance (LFA)*, *Leading Age*, and *Hooked on Nature*. We have some one-time and/or ongoing projects and future endeavors in the works with

GCW, LFA, and Leading Age. Our newest partner is the non-profit, Hooked on Nature. In line with SNW's

program, Elders as Earth Advocates and Partners with Youth, Hooked on Nature aims to help children and youth find a relationship with the natural world.

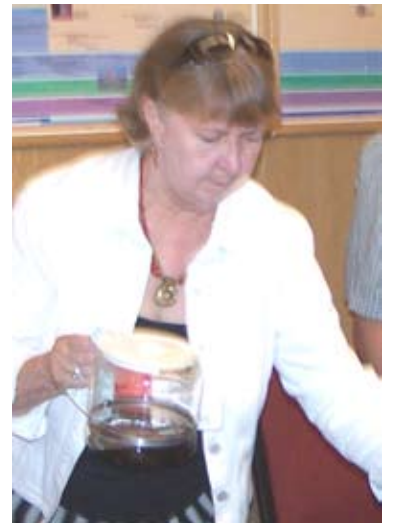
Their work is based on much research showing that contact with nature is good for children, youth, and their communities. It raises students' test scores, reduces absenteeism, and improves cognitive functioning. Children's ADD symptoms decline when their play areas are greener.



Ray Wilson, Teacher

People in housing communities with green spaces know their neighbors better, and nature-scaped highways reduce road rage. Hooked on Nature, like SNW, laments the fact that in today's culture, time spent in nature is considered non-essential. We are all experiencing the effects of that attitude in global warming and the extinction of mammals, birds and insects. Child Advocate, Richard

Louv, explains in his recent book, *Last Child in the Woods*, how our children are suffering from "nature deficit disorder." SNW and Hooked on Nature are planning joint efforts to publicize each others' programs at the events and classes we both hold. In view of the global environmental challenges we all face and the hope which



Donna Smith Powers, Facilitator

contact with nature presents, we believe this work is incredibly important and exciting. Seniors can play a huge part in this work, because we (who, me??) have more time to spend with children, spending time with them in nature. Check out their websites, www.hooke-donnature.org and www.childrenatureandyou.org. In the next months, SNW will continue to refine its four class curriculum for Elders as Earth Advocates

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and Partners with Youth. The topics include 1-Elders as Earth Advocates and Partners with Youth; 2-What's Really Important? Slowing Down; 3-Simplifying Our Lives; 4-Where Do We Go from Here. We have tried out the series at two sites, *Chadbourne Adult Ed* at Millbrae's *New Vision UMC*, and *Grace Yuba City UMC*. Feedback has been very positive, and elders' intentions to follow up with actions in their own lives very sincere.

SNW Donors Celebrate

Yes, we at SNW can definitely party! Both the annual celebration Garden Party on September 27 at the home of Howard and Sheri Neff and the Sock Hop at John and Charmaine Lehman's home on November 22 were great fun.

SNW Receives New Grants

The Older Adult Ministry Council of the United Methodist California Nevada Conference funded SNW programs at seven sites in the past year, three (Clovis, St. Andrew's Sacramento, and Carson Valley Gardnerville UMC's) with Beulah Grant funds and four (Santa Rosa, Lower Lake, Walnut Creek, and New Vision Millbrae UMC's) with Board of Discipleship funds. Since these programs were all quite successful, we are pleased that we were awarded more funds from these agencies for 2009. We will return to some sites to do sequels and expand to new sites. Shasta District also awarded us \$2500 for programs in that district, and we are seeking requests for programs from churches in that District. San Leandro UMC received a Beulah grant for the second year, with which they will bring SNW back to do its five session, Looking Forward, Looking Back which includes these classes: Journaling for Life Discernment, Movement and Meditation, Rituals and Celebrations in Later Life, Communication and Intimacy, and Capturing Our Life Stories. This site had an excellent turnout in 2008, with about 55 people attending. We look forward to returning. Finally, Salinas UMC also received a Beulah grant for us to do a number of Brain Fitness half day workshops.

From the Chair

This message is coming from the "chair" but not from the "easy chair". Our world has a lot on its mind...so it all is all the more important that we continue to remember those of us who have contributed greatly to an economic system that WILL prevail, regardless of the blows it takes.

As seniors, we may or may not know all the answers,



John Lehman

but one thing is sure...we know what adversity is... we know what challenge is...we know what pulling together for a good cause is....and that's probably all the knowledge that matters in the end.

A wonderful Christmas and an exciting 2009 to you. Go Seniors and Senior New Ways!!

~John Lehman for the Board of Directors

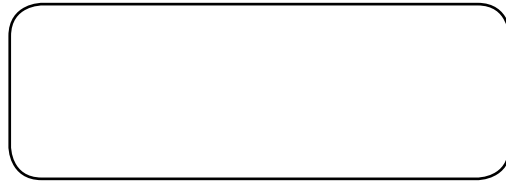
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