

Senior New Ways Newsletter

June 2008



Susan Harlan, Margriet DeLange, Dr. Judith Pruess Mellow

SNW Presents at American Society of Aging

The Washington, D.C. hotel room was packed with persons interested in “Looking Forward, Looking Back,” the second in the Coming Fully Alive series. Three of our SNW teaching team presented at the American Society of Aging Conference in late March. They also demonstrated the new DVD kit on “Coming Fully Alive as You Age.” Afterwards, the presenters rewarded themselves with a visit to major Washington sites, as this photo in front of the White House attests.

SNW Mission

Our Newsletter will be an occasional publication that tells the story of our diverse activities around northern and central California and western Nevada. Senior New Ways Inc. 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 multifaith programs are funded by tax-deductible donations, grants, and fees for service. We welcome your donations. For more information on SNW programs, visit www.seniornewways.org, call (650) 209-1119 or email judithpm@seniornewways.org.

First DVD-based Curriculum Project Completed

The long-awaited DVD Kit for SNW’s popular “COMING FULLY ALIVE AS YOU AGE” program was released at a Global Premiere May 4. Sixty-five persons gathered at the Media Center in Palo Alto to view portions of each instructional unit. This DVD is a component of a four-part curriculum aimed at educators to facilitate discussions that promote positive aging. This teaching resource consists of four units:

1. “Finding Meaning in Life”
2. “Being Fully Alive in Body, Mind and Spirit”
3. “Aging as a Spiritual Journey,” and
4. “The Uplifting Power of Humor”

Each unit is designed to last one to 1 ½ hours, with each lecturer on DVD speaking for a total of one half-hour. The facilitator on site uses the Pause and Play buttons in order to hold group discussions about questions suggested by the speaker on DVD. The setting for the DVD is an actual classroom, and teachers were videotaped as they taught a class. Because of this, the program seems very real-life. Viewers feel as if they are right in the classroom with the speaker and other participants. Senior New Ways created this teacher’s resource for the benefit of senior citizens and those who work closely with them, especially educators with churches, synagogues, senior

➔ First DVD Project, from page 1

centers, public libraries, retirement communities and wellness centers. Teachers appearing in the DVD are gerontologists Susan Harlan and Merrylen Sacks, Marita Grudzen, MPH, and Vivian Silva, MSW.

Visiting Angels of Sunnyvale, a service organization providing care and services to senior citizens, played a major role in funding this teacher's resource, which will retail for \$97.00 plus tax, shipping and handling. It is available at the Senior New Ways website at www.seniornewways.org. Proceeds from sales will go toward Senior New Ways' operating expenses. SNW hopes to produce more DVD's for its sequel programs in the Coming Fully Alive series.

Expanding Our Outreach

SNW has considerably broadened the "reach of our outreach" in the last six months by going to several underserved sites. In late March, we went to Clovis to hold a two-day Coming Fully Alive as You Age program attended by people from *Clovis MUMC* and *Wesley Fresno UMC*. Gardnerville, NV was the site of



the first Coming Fully Alive as You Age program held in Nevada. Persons from *Sparks* and



Carson Valley UMCs convened to take part in our first Nevada effort. These offerings were funded by a Beulah grant. *La Trinidad UMC* of East San Jose will be the site of our first Coming Fully



John Brundage
Alive as You Age program translated into Spanish. This program is funded by an LAUMC



Nancy Enloe & Judy Gross

Program and Mission Fund grant. We hope to videotape the program and have the materials translated into Spanish, in order that a wider audience might ultimately benefit.

TV Program Features Lively Seniors

Our television program, "Senior New Ways Presents," has featured some incredible seniors in recent months: Lois Prior and Nancy Roslund discussed Challenges of Aging; Tippy Irwin described Long Term Care Advocacy in San Mateo County; Diane Wilson presented Social Work Services of Avenidas; and Pat Maximoff told some of her fascinating life story as a Multi-faceted Woman. Remember, you can watch the program on Channel 30 from Palo Alto, Mondays at 9pm, Tuesdays at 6:30pm, Wednesdays at 10:30am, or Fridays at 7pm. (You can also watch on the internet, www.communitymediacenter.net.) It airs on KMTV in Los Altos, Mountain View and Cupertino Wednesdays at 5pm, PEN-TV 26 of San Carlos Thursdays at 3pm and Channel 11 in Nevada County on the 2nd Tuesday at 9pm or 4th Sat. at 11am.

Lifelong Fitness Alliance is A New Partner

We were thrilled to have an exhibit at the Stanford "Dare To Be Fit" weekend held May 31 on the Stanford Campus. This event featured well-known authors/speakers such as Dr. Walter Bortz, Sam Keen, and John Ratey, all of whom have written books helpful to seniors.

Board of Trustees Convenes

An exciting part of the Global Premiere of the DVD kit May 4 was that the newly formed Board of Trustees convened afterwards to brainstorm ideas on how to spread SNW programs to a wider audience. Members of the Trustees have generally committed to a minimum \$500 donation and one meeting per year, public support of SNW by allowing us to use their names in

➔ Board of Trustees Convenes, page 3

➔ **Board of Trustees Convenes, from page 2**

fundraising and helping us publicize our programs in the community. If you are interested in being a SNW Trustee, please let us know!!

Total Brain Fitness Classes at Asbury Livermore UMC

After Asbury Livermore UMC offered the first two programs in our Coming Fully Alive series, it wanted to follow up with another series on Total Brain Fitness. Susan Diamond, MSW, and Susan Harlan, gerontologist, teamed up to teach this program in April and May, with great success. We hope that many other teaching sites will bring us back to do more on brain fitness, as there is so much research coming out now on ways to keep our brains healthy.

Senior New Ways To Co-Present about the Older Adult Ministry Council

Susan Harlan and Judith Pruess-Mellow will report on the first year's accomplishments of the Older Adult Ministry Council at the United Methodist Annual



Kathy Kim, Marilyn Wilson, Barbara Ryder, Edna Andres

Conference. They will show some photos from

Com-
ing Fully Alive programs funded by the Council and publicize the Best Practices Guide, which is now being compiled. Check out the OAM Council Website: Go to www.cnumc.org and click on Older Adult Ministries. Email: Susan.Harlan@pacbell.net.



Susan Harlan, Marilyn Wilson, Judith Pruess-Mellow

Tributes to Carol Stetson and Outgoing Board Members

Since our last newsletter, we have said goodbye to Carol Stetson, who died January 30 after a year-long battle with cancer. We admire her courage and



John Lehman

kindness throughout her life and so appreciate her contributions as an SNW Board member. We also say "Thanks" to two other Board members whose terms expire July 1, Julie Tsoi Rockhold and Holly French. Your hard work and

loyalty on behalf of SNW has been a real gift.

~John Lehman for the Board of Directors

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**Senior New Ways
655 Magdalena Ave.
Los Altos, CA 94024**



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2008 Vol. 3 No. 1

**Published by
Senior New Ways**

**655 Magdalena Avenue
Los Altos, CA 94024
(650) 209-1119**

**Visit the website
for more information
www.seniornewways.org
or email
info@seniornewways.org**