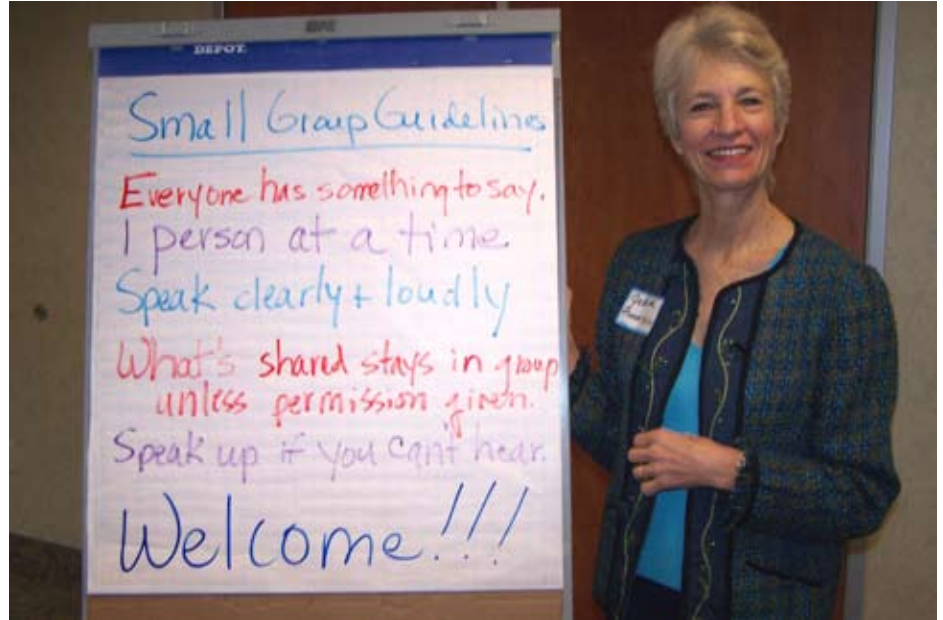


Senior New Ways Newsletter

June 2009

Introduction

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 (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 purpose, meaning, growth and well-being of seniors. These multifaith 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.



Dr. Judith Pruess-Mellow introducing Small Group Guidelines

Still Expanding Our Outreach

SNW is now up to 78 sites for at least one of its programs and is still expanding. We now offer 57 different classes plus Friendly Visitor Training and Brain Fitness classes. Twenty-five of these are appropriate for assisted and skilled nursing. All classes include laughter, brain fitness, and psychological and spiritual growth. If you know the Marketing, Activities, and/or Executive Director at a senior or assisted living or skilled nursing facility, please pass the word on to them about our array of educational programs (listed on our website). It is advantageous to the marketing and outreach efforts of the residential facilities to offer our classes to their residents and also to PROSPECTIVE residents and their families. It is a way of reaching out to the community and offering something new and stimulating, rather than marketing in the same old ways. That's what SENIOR NEW WAYS is all about!



Susan Harlan, teacher; Lois Prior and Terry Morrison, SNW Board of Trustees; Judith Pruess-Mellow



Brain Fitness: Healthy Eating and Healing the Environment

On July 11, we will offer another Brain Fitness Workshop focusing on Healthy Eating patterns to maximize brain health and on Brain Fitness and Healing the Environment. Sound like an unlikely combination? Come and find out how important they are to our own health and health of the planet! Susan Harlan, Geriatric Care Manager and Communications Coordinator for the United Methodist Church, California Nevada Conference, will teach the workshop to be held from 9-12 Saturday, July 11, in the Redwood Room of Los Altos United Methodist Church, 655 Magdalena Ave., Los Altos CA 94024. Pre-registration is strongly advised (650-209-1119). The fee is \$15 for the morning, including handouts and refreshments.

Coming Fully Alive for Cutting Edge Boomers

To address the needs of the “Tsunami Generation,” the Baby Boomers who will turn 65 in two years, SNW is developing a series of courses specifically for them. Acknowledging that Baby Boomers are stressed about caring for aging parents, worried about their own dwindling retirement funds, and unsure about how to best define and plan for their own “retirement years,” SNW’s courses will address such issues as personal



values, hopes, dreams, and options, and will explore ways to find fulfillment in later life through self-care in body, mind and spirit, moving meditation and cultivating joy. We are in the process of scheduling these classes and workshops at Avenidas, Mountain View, and Los Altos Senior Centers for this coming fall. We hope to expand to all South Bay Senior Centers in the near future.

Salinas Brain Fitness Alive!

Salinas UMC held a series of four 3-hour Brain Fitness workshops last winter, led by Susan Diamond, MSW. We followed up with a series of four more two-hour workshops led by Susan Harlan, gerontologist, and Judith Pruess-Mellow in April and May. All classes were a great success, the participants comprising a truly outstanding crowd, some of whom are shown in this pictures on this page. We hope that many other



former teaching sites will bring us back to do more on brain fitness, as there is much new research on ways to keep our brains healthy. This program was funded by a grant from the Beulah Foundation.

Walk the Walk—Breathe a Prayer

If you are inclined this way, we have a “retreat treat” in store for you! The Retreat Facilitator will be Lloyd Young, who after early retirement as a media producer, spent 30 years of volunteer service seeking substitute families for abandoned Brazilian children. After returning home full time to Carpinteria, CA, Lloyd has been leading breath prayer retreats for older adults in Southern California, a ministry described on the website of The United Methodist Center on Aging – Older Adult Ministries. He will be leading mini-retreats for older adults Saturday, August 1 at two locations in Los Altos and Santa Clara. Those attending will seek to deepen their awareness of God’s healing presence by walking in the silence, breathing short prayers, listening for the Spirit’s whispered word.

For those who are more interested in Meditation practices, Senior New Ways plans to conduct a similar Meditation Mini-retreat later in the fall. Locations and hours for each August retreat are: Los Altos United Methodist Church (see address above), 9-11 am and Santa Clara United Methodist Church, 1700 Lincoln St., Santa Clara CA 95050, 1-3 pm. For no-fee advance registration contact Dr. Judith Pruess-Mellow, judithpm@seniornewways.org or (650) 209-1119 (donations will be accepted to help cover Lloyd's travel costs).

Leading Age and Positive Aging Forums

In our ongoing work to establish relationships with other agencies which aim to improve the quality of seniors' lives, we are pleased to be working with many non-profits. One is Leading Age of Cupertino. Headed by Chris Kennedy, Leading Age provides Webinars yearly which bring nationally known speakers to the Cupertino area via the web. The next one will be in December and will function as a kickoff event for a series of Positive Aging Forums designed mainly for aging services professionals. SNW has been involved in the design and planning of these Forums from the beginning, and we look forward to gathering monthly in the late afternoon with other professionals to hear well-known speakers and socialize over appetizers and no host wine. Stay tuned for more details! Also, check out Chris' website, www.leadingage.org.

Pathways to Positive Aging

We were thrilled that this Fremont-based agency, funded by Robert Wood Johnson Foundation, featured our teacher, Susan Diamond, on the topic of Brain Health in its quarterly seminar April 24. The summer quarter focuses on Walk This Way with a kick-off seminar June 26 at the Fremont Main Library from 10-1 pm. Another one of our partners, Generations Community Wellness, will manage the followup walking groups in the Tri-Cities area. For more information, email Pathways to Positive Aging, rgrimm@ci.fremont.ca.us.

Circles of Care in Quincy

In late August, we will travel to Quincy, CA to teach a day long workshop which combines some of our Coming Fully Alive as You Age classes with our Friendly Visitor Training. Every member of that

church will belong to a Circle of Care, each of which will look after its members. We anticipate that the classes on Finding Meaning in Later Life, Aging as a Spiritual Journey, Visiting and Listening Skills and the Importance of Storytelling will greatly enhance the ability of each member to care for others. Contact us for more information on this day-long event August 29, 9-3:30 pm.

Castro Valley UMC Goes Green

We recently completed our series on Elders as Earth Advocates and Partners with Youth at Castro Valley UMC, and we found that WE learned as much as they did. This church is going for certification as a Green Church, and they are extremely aware of how our everyday actions impact our earth and its well-being. For more information, contact their Older Adult Ministry Coordinator, Carol Sugimara, spanky@pacbell.net.

TV Program on the Web

We will be working with the Midpeninsula Media Center of Palo Alto to get our monthly TV Program, "Senior New Ways Presents," onto the web in a more accessible way than it has been. You can now watch snippets of the program on YouTube by going to the Media Center website, www.communitymediacenter.net, and searching under "Senior New Ways" on Channel 30. The entire program airs Tuesdays at 6:30pm, Wednesdays at 10:30am, Fridays at 7pm, and Saturdays at 11 am. (You can also watch on the internet at those times.) It airs on KMTV in Los Altos, Mountain View and Cupertino Wednesdays at 5pm, and Channel 11 in Nevada County on the 2nd Tuesday at 9pm, 4th Sat. at 11am, and many other times throughout the month.

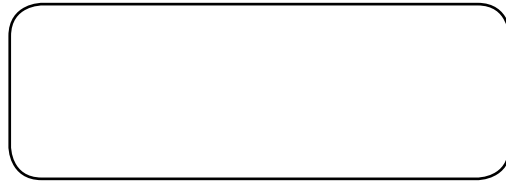
Senior Health Chats, Los Altos, two sites, 1st and 3rd Fridays, 10:00 – 12:00, and 2nd Tuesdays, 1:00 – 2:30. Call for information!

Thanks for your support of Senior New Ways!

From the Board of Directors:

Vicki Bohan	Larry Kavinoky
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