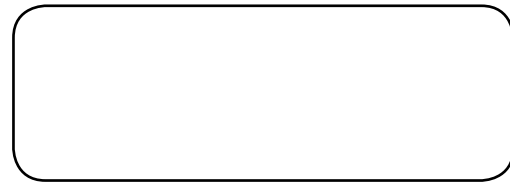


Senior New Ways
655 Magdalena Ave.
Los Altos, CA 94024



Newsletter

Summer 2007



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650/209-1119

Visit the website
for more information
<http://seniornewways.org/>
or email
info@seniornewways.org



Dr. Judith Pruess-Mellow, Executive Director, at American Society on Aging, Chicago, March 2007.

Senior New Ways Receives National and Regional Recognition for Elder Programs

We were recently recognized for outstanding work with seniors and their families by the Princeton Theological Seminary under its Older Adult Ministry Aging Initiative. In a directory soon to be available online at www.ptsem.edu/Academics/departments/PT, Senior New Ways (SNW) is acknowledged for its excellent offering of group programs that enhance the well-being of seniors throughout northern California.

The Center for Older Adult Ministry of the United Methodist Church, headquartered in Nashville TN, recently published an article on SNW's "Coming Fully Alive as You Age" program, and awarded grants to two agencies in northern California that are SNW partners. As the article states, "our culture places so much emphasis on the physical, people often become despondent as they age, not realizing that they can continue to grow in mind and spirit. One way of helping elders continue to develop is to bring them together in group programs to learn new information about healthy aging and apply it to their lives. This is the passion of Senior New Ways."

Judith Pruess-Mellow will be one of several speakers at the Annual Conference of the United Methodist Church which is celebrating the 10th anniversary of the Diaconate. She will be part of a team presentation on these ministries of teaching, preaching, and service, describing how her appointment to Senior New Ways brings a bit more light into the world. She will also be one of several presenters at Annual Conference about the resolution to establish an Older Adult Ministries Council for the Conference. She has worked closely with Susan Harlan, John Oda, Kathy Kim, Martha Milk, Patricia Sanford, Herb Bowman, and Bee Kavinoky, all members of the Older Adult Task Force, on this resolution.

May was Older Americans Month

The US government designated May as Older Americans Month. Senior New Ways did its part to honor Older Americans by offering the most programs ever in the Bay Area, including Coming Fully Alive as You Age, brain fitness, whole health support and educational groups, children/caregivers of elders support groups, and memoir writing.

Introduction

Our Newsletter will be an occasional publication that will tell the story of our diverse activities around northern California. Senior New Ways is a 501 (c)(3) organization headed by Dr. Judith Pruess-Mellow.

Our programs are funded by tax-deductible donations, grants, and fees for service. The Board of Directors is multifaith and community-based. We create, offer, and support group programs which enhance the well-being of seniors. For more information on SNW programs, visit www.seniornewways.org, call 650/209-1119 or email judithpm@seniornewways.org.

New TV Program and DVD-based Curriculum Projects Get Underway



Learn more about SNW and our offerings by watching the new television program, "Senior New Ways Presents," on Channel 30 from Palo Alto, Mondays at 9 PM, Tuesdays at 6:30 PM, Wednesdays at 10:30 AM, or Fridays at 7 PM. (You can also watch at these times on the internet, www.communitymediacenter.net,

or on Channel 11 in Nevada County on the 2nd Wednesday at 8:30 PM or 4th Saturday at 11 AM. We hope to be on more community television networks in the near future).

We have begun development of a DVD-based curriculum for churches, synagogues and agencies of all types which can be used by facilitators-teachers to teach their constituents about healthy aging in body, mind, spirit and social relationships. The DVD production has been underwritten by Visiting Angels of Sunnyvale. Tani Wheaton, Visiting Angels co-owner, said, "We are big fans of Senior New Ways and happy we can support this effort to spread their wisdom, tips and good teaching to a much larger audience than the local and regional classes can reach."

Save these dates!!

Sunday, September 22, 4-6 PM: 3rd Annual Wine, Cheese and Cello Garden Party, with special program this year featuring our teachers, a raffle, and Sharlyn Heron and Dirk Damonte, at a home in the foothills.

Friday, June 22, 8:30 AM-3:30 PM: 2nd Annual Express Yourself! Arts Workshop, co-sponsored with the Center for Aging and Spirituality and Redwood City Vets Memorial Senior Center. www.agingandspirituality.org. Call 408/454-5625 to register. Also, Wednesday, October 24, "Clearing Cluttering," with Dr. Patrick Arbore, Los Altos UMC Creekside Center, same email and phone for info and registration.

Friday, November 16, 8:30 AM-3:30 PM: Sign Chi Do: Moving Prayer Workshop with Dr. Anne Borik of Tucson, Los Altos UMC Creekside Center. Register on our SNW website after August 1, and call 650/209-1119 for information.

Make a Long Term Difference to Senior New Ways by Including Us in Your Will

SNW programs help people realize that they CAN make changes in their lives, that they CAN still make a difference in the world, and that it is NEVER too late to try something new. We also emphasize the legacies which we all have, for our friends, family, community and the planet. Your financial legacy is one mechanism by which YOU can make a big, long-lasting contribution to organizations and causes in which you believe. By contributing to agencies which embody your beliefs and values, you make a difference that will last for many years. Your gift to Senior New Ways through your will helps ensure that those who benefit from our programs will continue to do so.

A will guarantees that your financial legacy will benefit those you choose. When you include Senior New Ways in your will, you may designate any of our programs as the recipient or SNW as a whole. You may honor or memorialize a person. You reduce the cost of settling your estate, and your estate benefits from the charitable deduction. Because gifts through your will (called "bequests") are dispersed only when you no longer have need of the property, they enable you to make contributions that would not have been possible during your lifetime. You can include Senior New Ways in your financial plans by completing the brief form below and giving it to your attorney. Contact us if you need assistance. Our phone number is 650/209-1111.

I bequeath [choose one: a percentage, a dollar amount, or specific property] _____ to Senior New Ways, 655 Magdalena Ave., Los Altos, CA 94024.

We've got the pioneering spirit!

This spring we expanded our Coming Fully Alive (CFA) programs north and east to new sites—Covenant Presbyterian/First Presbyterian/First Baptist in Palo Alto, the Reutlinger Center for Jewish Living in Danville, Castro Valley UMC, San Ramon Valley UMC in Alamo, Loomis Senior Life Center, Mercy Center-Auburn, and Placerville Federated Church. This summer and fall will give rise to course offerings in Redding, Crescent City, and Fortuna (open to all surrounding areas). We hope to do the Coming Fully Alive II sequel at Temple Beth Jacob in Redwood City, Grace UMC in Yuba City, Walnut Creek UMC, Peninsula Jewish Com-

munity Center, Downs UMC in Oakland, and New Vision UMC in Millbrae. We finished the sequels at Livermore UMC and Congregation Beth Am in June.

Sunnyvale Senior Center and Little House in Menlo Park have just completed successful Senior New Ways classes, and Cupertino Senior Center will offer CFA for the first time beginning July 24. Avenidas Senior Center in Palo Alto will begin ten sessions of "Sage-ing Circles" July 3. We are in conversations with the community education programs of several hospitals regarding a proposal to do with each of them what we do with Sierra Nevada Memorial Hospital

Wellness Center of Grass Valley—offer CFA 1 and "Laughter and Brain Fitness" several times a year.

In order to cover all these sites, we have expanded our Bay Area team of Susan Harlan, Merrylen Sacks, Marita Grudzen, Vivian Silva, Margriet DeLange, and Susan Diamond to include Ron Zielske, Alice Jacobs, and Rosemary Landry in the Central Valley. We are also expanding into new retirement communities, senior centers, denominations and faith communities. If you know of an agency which might be an appropriate site for our programs, please let us know!

Get Involved!

Become involved in Senior New Ways as a participant, a volunteer, a donor, and a spreader of the word! Currently, we have urgent need of a person to take flyers to various agencies in the area. Call us for more information on how you can help: 650/209-1119.



John Lehman, for the Board:

Vicki Bohan
Mark Bollwinkel
Cathy Chavez
Holly French
Sharlyn Heron
Larry Kavinoky
Carol Stetson
Bob Stetson
Julie Tsoi Rockhold