



Senior New Ways Inc., 463 College Ave, Palo Alto, CA 94306
www.seniornewways.org info@seniornewways.org (650) 468-5456

Look for an envelope inside this newsletter to send with the cutout for the donation request!

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"Baby Boomers" – those born between 1946-1964 in the United States number? (in the millions)

A. 25; B. 46; C. 76; D. 100

Answer on pg. 2

Remember!

Send your Email Address to info@seniornewways.org if you would like receive our newsletter.

Many thanks to our Journal Makers—Faye Hane, Judi McCalla and Charmaine Lehman. You can buy their Journals at Wine Country Living on Big Basin Way in Saratoga.

An advance word of Thanks for responding to the donation request on pg. 3.

From the Co-Chair

“DEPENDS”

Well, what kind of images does that title bring up? An older man visits a local department store, stops in the underwear department and the clerk says, “So, are you a ‘briefs’ guy, or a ‘boxers’ guy?” to which the man replies, “Depends.”

A little chuckle? A truth? Maybe it just *depends*.

The life of an elder is like that. Want to go out today? Want to get out of PJs today? How about going to that class over at Avenidas, or the church, or the senior center, or the library? How about some intimate time with your loved one? Well, it **DEPENDS**...

- On how I feel physically and how I slept the night before
- On how lonely or isolated I feel
- On the weather
- On whether a family member or friend has visited or called me
- On whether breakfast is appetizing or bland
- On whether the bathroom visit is a success
- Etc., etc., etc.

Are you any different than your “ageless” parents? Does your attitude about doing things today *depend* on the reactions from your kids, your boss, your colleagues, your neighbors, and whether you slept well and how the finances are?

Our parents don’t have our built-in “support systems” to help them through tough minutes, tough hours, or tough days..many left those behind in their careers, us (their kids, when we left), their tennis or jogging partners, their long-time neighbors..

We at Senior New Ways are your “surrogates”, your everyday “stand-ins” for you to your parents, grandparents, aunts and uncles. We are there visiting, giving entertaining programs, leading “chats”, making fun and interesting DVD “shows” available to those at home or anywhere. Where will we go today, and who will we see and give some dignity to? It just *depends*.



Terry Morrison
Co-Chair SNW Board

Caregiver Resource Groups



John Lehman,
Executive Director

Senior New Ways leads caregiver resource groups for men caring for spouses and parents, and for caregivers of COPD sufferers. **CONTENT OF MEETINGS IS CONFIDENTIAL TO ALL ATTENDEES.**

The men's groups focus is on alternative ways of dealing with caregiving and caregiver circumstances; an ability to release joys, frustrations, successes, anger, disappointment etc. by talking with and hearing about others in similar roles and circumstances. SHARING IS NOT REQUIRED. The most time is spent *checking in* about how we are doing as caregivers.

The group meets every other Thursday at 10 a.m. at the Senior New Ways office, 463 College Avenue, Room 23, or other locations that minimize group member financial outlay. Each meeting lasts approximately 60-80 minutes, twice monthly. Future meetings and groups may include women.

There is no mandated group size but five or more at each meeting increases the sharing potential. The facilitator's experience includes:

- Five years as a 50-100% caregiver for spouse
- Member of an adult men's sharing group, five years
- Leader of church men's group for six years
- (Senior) Health Chats: created and supported two ongoing group at churches for six years.

The Chronic Obstructive Pulmonary Disease (COPD) Caregivers Group began at El Camino Hospital in Mountain View November 18, under the sponsorship of Breathe California of the Bay Area (www.lungsrus.org). Meeting content is similar to the men's caregiver group above, with no restrictions on attendees.

Senior New Ways expects to add caregiver groups. Let us know how we can help you "get going".

[Answer to question on page 1: D, 76 Million](#)



Anabel O Pelham,
Co-Chair SNW Board

World Health Organization's (WHO) Age-Friendly Initiative Awarded!

by Anabel Pelham, Co-Chair
SNW's Board of Directors

Seniors in Los Altos and Los Altos Hills may enjoy an extra special holiday season this year knowing that both cities have been designated Age-Friendly by the World Health Organization (WHO). The exciting news was delivered from Geneva, Switzerland in mid-November. Certificates are to follow.

Both cities are the only ones in California to receive this title to lead the way for wellness, civic engagement and intergenerational cooperation. Through this Age-Friendly designation, Los Altos and Los Altos Hills can expect to attract national and international attention, resources, and enjoy an age-integrated vision of an exciting future.

This high honor was the result of nearly two years of work by a team of Senior Commission members, civic leaders, San Francisco State University and Foothill College students and yours truly. The WHO application required active participation of seniors in planning and programming; a comprehensive assessment of needs; and a three-year plan of action.

Both cities are now challenged to address in meaningful ways the eight areas of development outlined by WHO. You can find details of the eight areas at: http://www.who.int/ageing/age_friendly_cities/en/

Interestingly, the 5 areas of need emerging from the recent senior survey almost mirrored the categories of the WHO. So we are on the right track in terms of future program development. *Stay tuned for more details...*

Here is the Senior New Ways' quick response symbol. Click on the symbol with your Smartphone or



other intelligent device (if you have the appropriate application) to go directly to the Senior New Ways website.

Help us Help the "Ageless"

Help us enhance their dignity and daily enjoyment. Senior New Ways appreciates your support.

And don't forget our DVD "Laughs and Brains", on sale this Christmas at \$27.95, and we pay the tax.

Yes, my donation/DVD order is below



Name _____

Amount Donated \$ _____.

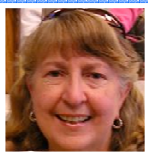
DVD Order \$ _____.

Email _____

Please return this cutout with your donation and/or order in the enclosed envelope

or: info@seniornewways.org; or: donate online www.seniornewways.com

Questions: contact John Lehman at 650-468-5456



Senior Chat

by Dona Smith Powers

Got 90 minutes? Got Snacks? Got Energy to Exercise a little? Got interest in how fellow "chatters" are doing? Got room for a dose of philosophy or meditation?

Twice every month since 2006, Friday mornings from 10-11:30, Senior New Ways sponsors chats about *whole* health (physical, social, mental, spiritual) on topics from "how to prevent falls" to "how to get up" to "how to be intimate" to "laughter therapy" to "the history of gospel music" to "writing memoirs" to "who sang it?" to.....

Laura Mae Scott: Sometimes we seniors get a little lax about getting out and the Health Chat gives me the incentive to get out of the house. Not just to get out of the house, but to hear interesting programs and see friends. It provides me companionship and I'm 100% for "the Chat"! It's one of the best programs at LAUMC! (the Senior Chat meets at the Los Altos United Methodist Church).

Harriet Palmer: Dona Smith-Powers provides us with timely topics and new information. It's a place to see people and to have real fellowship where we discuss ideas and share ourselves, rather than just saying 'hello' and shaking hands.

John & Ginny Grigsby: We are learning a lot of new things - and are surprised about the new re-

sources in our community. The information brought to us is timely and useful information as we age. Dona is doing "really good" and we're continually amazed at the new presenters that she finds! Of course we like the friendship and camaraderie, as well!

Bill & Johannah Webster: We appreciate the variety of topics and it is good solid information. We also like the leadership.

Dona Smith-Powers: I grown to love the folks who attend the Health Chat! For the past five years I have tried to find presenters on topics that I personally want to explore. I have learned much from the over 100 volunteer presenters and also from the responses of the people who come to the chats. For me, this has been an important ministry and an opportunity to serve. Thank you Senior New Ways for sponsoring this program!!

Please come to the "Chats"....or let us know days & times when you could come....we would be happy to start another Chat convenient for you.

Location: LAUMC Garden Room (to right of Sanctuary)
655 Magdalena Ave., Los Altos, CA 94022

Tel 650-468-5456 email: johnl@seniornewways.org

Humor Corner

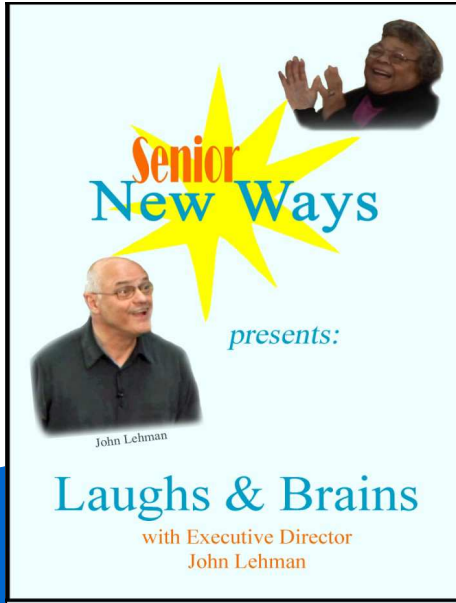


If you want to make God laugh, tell him your future plans. Woody Allen

If it weren't for Philo T. Farnsworth, inventor of television, we'd still be eating frozen radio dinners. Johnny Carson



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Order the DVD now! www.seniornewways.org



No that's not our Executive Director, John Lehman, after a big fundraiserbut he is a "tired chef" in a "living masterpiece" from a 1942 Norman Rockwell painting...and he still says that he "prefers to be Elvis."

Ole & Lena joke (Scandinavian -Midwestern humor)
Ole went to the Sons of Norway Hall one night and finally won the door prize, a toilet brush. He was so excited that he brought it home and used it often. Someone asked at the next meeting what the prize was and if he liked it. Ole replied, "I like the toilet brush, but now I'm gonna go back to using paper."

SNW Care Facility Visiting update...

Some of the care facility residents we visit, particularly in nursing centers, had a hard time communicating when we began..10 residents who wouldn't talk at all have begun to talk about—

- Past career(s)
- Past homes and places visited
- Family
- What they like and don't like about their current health and care situation

It is difficult to "measure" the improvements in a service like visiting. Senior New Ways welcomes your thoughts on breakthroughs or improvements you saw when you visited your parents or other relatives in a care facility. Many whole health services, including SNW, point to reduced depression and reduced visits to hospitals as justifications; since our visitees are already in care facilities, we need to be more precise.