

Bears for Elder Welfare

Vol III, February 1, 2014



Upcoming Events

- **1st General Meeting**
Thurs, 2/6, 7:00pm
104 Barrows
- **Coffee Hour**
Fri, 2/7, 10-11am
(Weekly Event) Amistad House
- **Valentine's Day w/ Girl Scouts**
Wed, 2/12, 2:30pm
Amistad House
- **Health Education Seminar**
Thurs, 2/27, 2:30-3:00pm
Amistad House

Welcome Back!

Welcome back to a new semester, bears! We hope you had a very relaxing winter break and are ready to fight for your survival at Cal again. But don't fret! Volunteering with BE4W has been unscientifically proven as the best way to de-stress in the new semester. We have some amazing new events planned ahead, so stay tuned and wait patiently for emails. If you haven't signed up for our mailing list, be sure to do so or you will never again hear about these amazing opportunities. Happy new semester!



What is BE4W, you ask? We are a non-profit organization that focuses on improving the well being of elders. In the past semester, members of BE4W have actively volunteered at various locations for different events. From celebrating Thanksgiving at Amistad House, to reciting poems to elders, our volunteers had spent memorable times with elders. Aside from fulfilling their urgent wish of serving the community, some volunteers cultivate personal relationships with the elders. Several volunteers have reported incidents of being asked for phone numbers! If you are starting to miss your grannies, talk to these elders and they'll make you feel right at home.

Past Events

Volunteering at Center for Elders' Independence was great! It's been a really long time since I've volunteered at a senior home, so it was nice to be able to do what I've enjoyed doing in the past. Four of us went to the event. Just walking in the doors, we were welcomed with a very cozy atmosphere and smiling faces from the staff and elders. We took turns reading out the poems - some short and sweet, and others really brought about the thankful sentiment celebrated this holiday season. The elders and us volunteers were able to interact and share much of our own experiences about this season and what we ourselves are thankful for. It was really sweet to be able to share generational and cultural differences in how we perceive this holiday, knowing that we all have in common the thanksgiving attitude for our individual lives and unique experiences. I had fun, knowing that I was able to take part in bringing joy to others this holiday season in a simple way!

-- Rose Hoang



Though the original plan of walking together had failed, all of us volunteers arrived at Amistad House promptly to serve Thanksgiving lunch. We were led into the house and stood behind the catering table, forming a "food assembly line". The elders walked in, greeted us, and sat at the tables as we started putting together the dishes. There were several adorable kids to help us carry the dishes to the tables. After lunch, several kids sang and performed for the elders. Another group of volunteers was also present and played guitar. The lunch was a great experience; it was heartwarming to see the elders enjoy their meals and performances so much, laughing and clapping as the lunch went on.

Interesting Facts



1. The elderly -- aged 85 and up, is the fastest growing age group.
2. The oldest person living right now is a woman born in 1896, named Besse Cooper.
3. Only 5% of people over 65 are in nursing homes. Elderly men are likely to live with a spouse while elderly women are more

Not on the mailing list? Send us an email at bears4elderwelfare@gmail.com!