

Bears for Elder Welfare

February 2016

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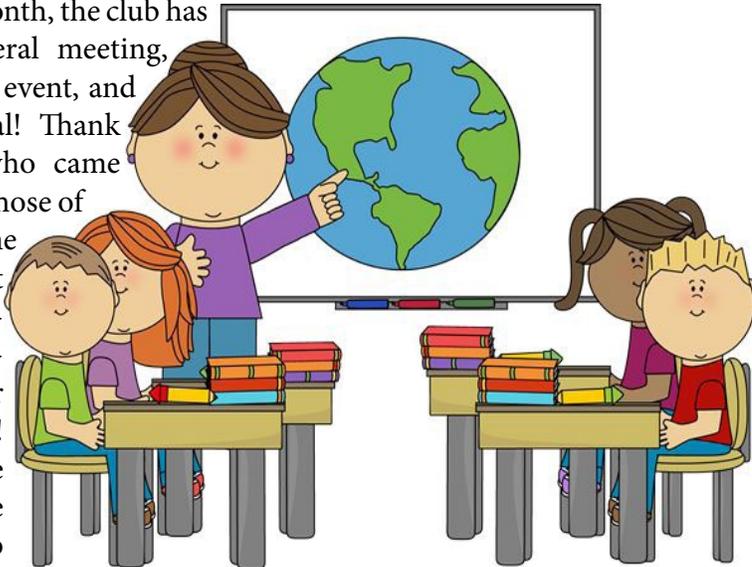
CLUB MISSION: BEARS FOR ELDER WELFARE STRIVES TO PROMOTE CAMPUS AWARENESS OF ISSUES IN AGING, CULTIVATE APPRECIATION IN ELDERS, AND ENCOURAGE STUDENT INVOLVEMENT IN ACTIVITIES PROMOTING ELDER WELFARE.

BACK TO SCHOOL HIGHLIGHTS

With school back in session, mid-terms are already coming up, people are already camping out at MLK, and all-nighters can be seen in the faces of students. But make sure you take a break! Bears for Elder Welfare has five events planned for the month of February, with the last one on a Saturday.

This past month, the club has hosted a general meeting, arts and crafts event, and a movie social! Thank you for all who came out! Also, for those of you who came to our first general meeting, don't forget about your buddy group! There will be a prize for the group who wins the most

points by the end of the semester! And for those of you thinking, "What is a buddy group?" come out to our next meeting to find out! During that meeting, we'll also be hosting our next arts and crafts event! In our most recent one, members created beautiful postcards for elders!



A RACE TO REMEMBER

For a little while now, our officers, Nicole and Breanna, have been planning a 5K race, and now it's finally happening! On Saturday, April 2nd, we will be hosting A Race To Remember: 5K Fundraiser alongside Active at Alzheimer's at Berkeley (AFA). All proceeds will be going towards the Alzheimer's Drug Discovery Fund. We also hope that this event will raise awareness about Alzheimer's disease and promote volunteerism towards individuals with Alzheimer's and other forms of dementia. Registration fee will be \$15 before the day of the race, and \$20 the day of the race. Registration will open near the end of this month, so keep a look out for an email!

FEBRUARY 2016

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

UPCOMING EVENTS

- CENTER FOR ELDER'S INDEPENDENCE:**
Feb. 10, 11-11:45PM -BINGO
Feb. 24, 11-11:45PM - BINGO
- AMISTAD HOUSE:**
Feb. 5, 3-4PM: Teach English to elders!
Feb. 12, 12-1PM: Serve food and chat with elders for Chinese New Years!
- KYAKAMEENA:**
Feb. 27, 3:30-4:30PM - Create art projects with elders!
- JOIN OUR FB GROUP AND VISIT OUR WEBSITE B4EW.BERKELEY.EDU OR EMAIL US AT BEARS4ELDERWELFARE@GMAIL.COM

Lasting Love



By: Lorena Ferguson 
Education Officer

With Valentine's Day fast approaching, thoughts often turn to love. Whether yours is new and exciting, old and comfortable, or you're simply enjoying the single life, many of us look to couples who have been together longer than we've been alive for advice. How did they do it?

One such couple is Morrie and Betty Markoff. They met at a wedding in 1938, and were married that same year. They've had 78 wonderful years together, and recently shared with the Huffington Post how they did it. "You have to speak each other's language. And I don't mean French or Spanish. I mean, listen to what they're saying. It's amazing the things you'll get back." Betty said.

One couple, however, even has the Markoffs beat. In 2013, John and Ann Betar were named as the "longest married couple". They eloped in 1932 to prevent Ann's arranged marriage to a man 20 years her senior, and now they have 16 great-grandchildren and still hold hands when sitting on the couch. If that's not love, I don't know what is. So how does one build a marriage like the Markoffs and the Betars? According to Arthur Aron, a psychology professor at the State University of New York at Stony Brook, found that the more self-development of each person in the relationship, the happier and more solid the relationship. If each partner helps build the other up and facilitate their personal growth, the relationship becomes

more fulfilling for both parties.

As Gary Lewandowski, a co-author of the study said, "People have a fundamental motivation to improve the self and add to who they are as a person. If your partner is helping you become a better person, you become happier and more satisfied in the relationship."

Relationships can be hard. However, we can once again look to our elders and learn from their experiences. Relationships aren't built in a day. They require trust, communication, and openness, traits that we should cultivate in all of our interpersonal relationships.

So ask your grandparents or family friends how they kept up their relationships throughout the years. And who knows, maybe they'll give you a date idea so you can finally figure out what to do this Valentine's Day!