



Bears for Elder Welfare*

September 2015

Issue I, Volume III

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

WELCOME ALL!

September has been a fruitful month for the team, with volunteer events at Center for Elders' Independence, Amistad House, and our campus arts and crafts event after our first general meeting. Thank you all for coming to our meeting - our turnout was amazing! If you couldn't make it, don't worry since we will be having another general meeting coming up in a few short weeks!

At Amistad House, we had two arts and craft events, held every other Friday. We created Memorial Day crafts and helped elders create fruit wedge door tags.

At the Center for Elders' Independence (CEI), our volunteers played an exciting game of BINGO with elders. In October, we will have more BINGO as well as arts and crafts events with CEI.

Over this past weekend, the

club bonded over a social event at Toss Noodle Bar on Shattuck. It was great to meet some new faces and bond over a bowl of warm noodles.

LIVING LEGACIES

This upcoming year, we are arranging a great program for all of our volunteers to interact with elders on a more personal level. Through this project, volunteers will help elders document their experiences and life stories. These elders range from activists, artists, and actors, all of whom have lived in the Bay Area. If you're interested in participating in this wonderful program with the

elders, please feel free to contact us on Facebook or by email. The deadline will be this Friday at the orientation.



In this picture, our philanthropy intern, Sunwoo, took a picture with Kenny, who won Bingo three times in a row.

OCTOBER 2015

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UPCOMING ACTIVITIES

2ND GENERAL MEETING: Oct. 13, 6-7:30PM @ 140 Barrows

CENTER FOR ELDERS' INDEPENDENCE:

Oct. 9, 15, 1-1:45PM - Fall Awareness
Oct. 23, 1-1:45PM - Halloween BINGO

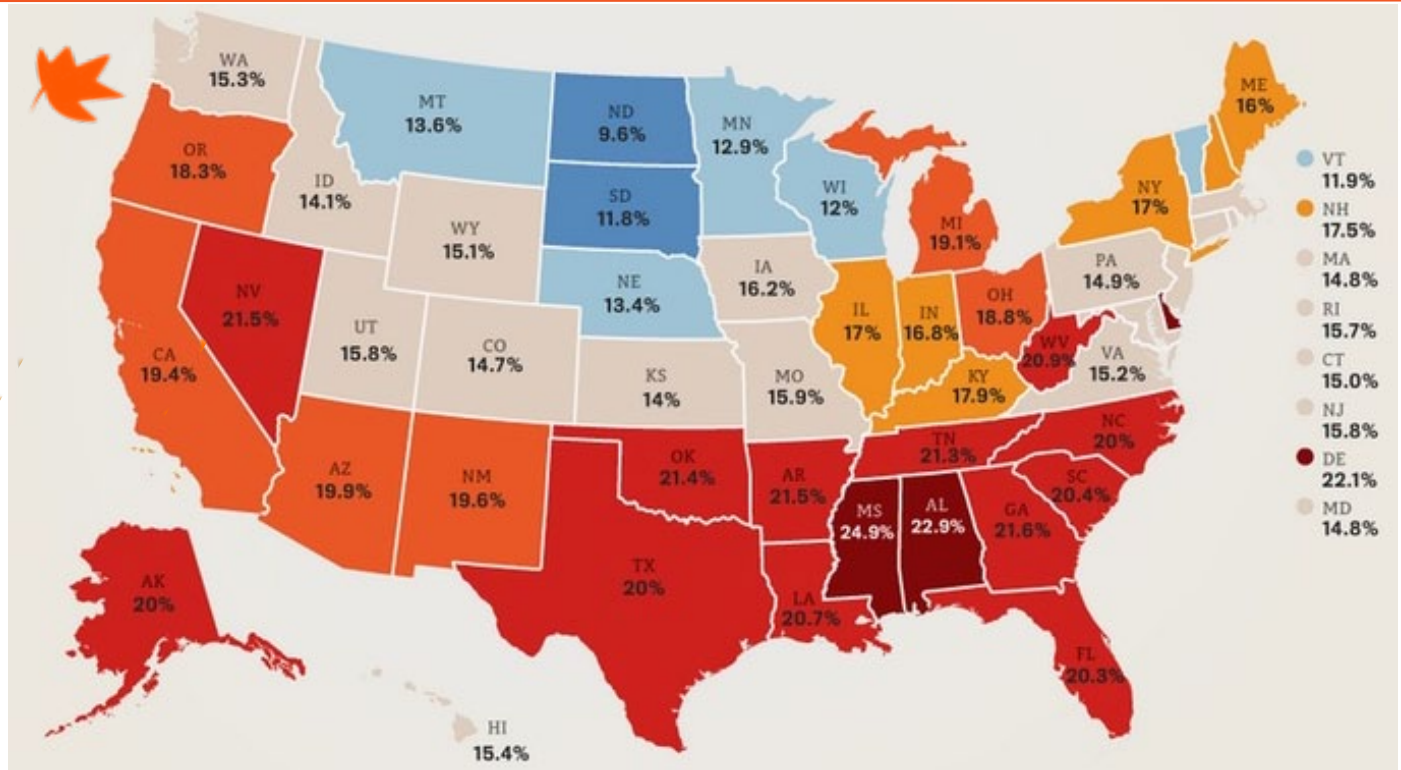
AMISTAD HOUSE:

Oct. 2, 16, 1:30-2:30PM - Arts and Crafts
Oct. 30, 1:30-2:30PM - Halloween Arts and Crafts

LIVING LEGACIES:

Oct. 2, 3-4:30PM @ 104 Dwinelle - Mandatory Orientation to Participate

Elders and Food Insecurity



According to a 2008 Gallup poll, this image describes the state of food insecurity in each state in America.

By **Spencer Liem**

Co-President

What's for lunch/dinner is often a passing thought of every college student every day. Being in Berkeley, students can easily see their position of privilege compared to those less fortunate who may not always have a hot meal easily accessible. What makes things even worse, however, is that many of these nutritionally deficient and food insecure individuals may not only be living on the streets; they are all around us.

Elder food insecurity has been a growing issue for quite some time. Food insecurity is defined as the capability to purchase and consume sufficient amounts of food for a healthy life in socially acceptable ways. Over 2.7 million seniors were at risk of hunger in 2005 and this number is set to increase dramatically with the baby

boomers retiring. As of 2008, over 50 million were already at risk or considered food insecure. Of food insecure seniors, only 38% are deemed "below the poverty line" which shows that although there is a correlation between socioeconomic status and hunger, it is not causal. In the United States, the Southern region is at the highest risk, with close to 10% of the population being at risk of hunger and food insecurity. While many research studies have been done on food insecurity of different age groups in the United States, those age 40+ are set for the biggest increase in food insecure individuals within the coming two decades. Those experiencing functional impairment (i.e. dementia) are often at a higher risk of food insecurity, which

has been shown to increase the likelihood of developing depression, heart attacks, asthma, and other long term health complications.

Many organizations such as Meals on Wheels and Feeding America are focused on tackling the issue of hunger risk and food insecurity. This can be done through health programs and nutritional plans that help elders and other individuals get back on their feet health-wise. Because elders often have specific, unique nutritional needs, programs directed at helping them must be specialized and tailored more closely to avoid other complications. In the end, it is important for us to recognize the issues and ramifications of the impending increase in food insecurity and it will take a collective effort to alleviate the consequences of an ever-increasing population and a stagnated food supply.