



outside in

BRINGING THE OUTSIDE WORLD IN FOR SENIORS IN OUR COMMUNITY

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OUR MISSION: "Using primarily volunteers, PeopleCare will assist and support the homebound elderly by providing socialization, emotional support and access to service providers where no one is denied services."

The Positive Impact of the Arts on Health and Aging

Making art can have a significant effect on an older adult's mental health and self-esteem. The visual arts have often been the most successful way to reach a frail individual or empower the healthy elder to seek further creative growth. Older adults face a staggering number of life changes associated with loss: They may lose family, friends, homes, and cognitive and physical capacities. Art and art therapy can help the older adult cope with, adjust to, and adapt to age-related changes. It can elicit a cathartic and creative experience, give support during loss or crisis, or provide care related to physical loss, such as loss of memory, mobility, sight, or hearing. Art therapy is a useful modality in working with well elders, those who are physically disabled, and those with dementia, using methods that draw on the strengths and abilities of each person.

The Creativity and Aging Study, conducted at the George Washington University Center on Health, Aging & Humanities examined the influence of professionally conducted community art programs on the general health, mental health and social activities of



older people. (Cohen, 2005). The study showed that those individuals that participated in community art programs experienced increased feelings of empowerment and a greater sense of control. Scientists have

found that the positive feelings associated with a sense of control trigger a response in the brain that sends a signal to the immune system to produce more beneficial immune system cells which fight to keep the body healthy.

Many forms of art programs also provide significant opportunities for social engagement. A number of studies have shown that socialization promotes a positive influence on general health with aging, and has also been associated with reducing blood pressure, reducing stress levels and even mortality reduction.

In addition, art activities that creatively challenge us and foster a sustained involvement in the process, also prove to be good for the brain. Virtually every form of art provides optimal utilization of the benefits of simultaneous brain involvement -- optimally integrating left and right-brain capacities.

Creativity has always been at the heart of our experience as human beings. The



Positive Impact of the Arts on Health & Aging

continued

art-making process is creative, with the potential to evoke a multitude of emotions and memories. It can serve as a visual link by which the individual may explore past and present experiences - a powerful tool that assists an older adult with reviewing his or her life. In addition to fostering exploration and emotional growth through creative expression, art therapy can be a means for older adults facing increasing physical impairments to relate to their environment in new ways.



Generations - Spring 2006

"I SAID TO MYSELF, I HAVE THINGS IN MY HEAD THAT ARE NOT LIKE WHAT ANYONE HAS TAUGHT ME - SHAPES AND IDEAS SO NEAR TO ME - SO NATURAL TO MY WAY OF BEING AND THINKING THAT IT HASN'T OCCURRED TO ME TO PUT THEM DOWN. I DECIDED TO START ANEW, TO STRIP AWAY WHAT I HAD BEEN TAUGHT."

- Georgia O'Keeffe

Visit Your Local ART CENTER



Since 1993, the Riverside Arts Center (RAC), located at 32 E. Quincy Road, Riverside IL, has been providing

Riverside , its surrounding suburbs and the city of Chicago with art classes, free art exhibitions, and special events.

The RAC offers over thirty art classes each term (Winter, Spring, Summer, and Fall) for children and adults in mediums ranging from clay, to oil painting, to fused glass jewelry, to printmaking.

SENIOR DISCOUNTS: Seniors, ages 65+, who sign up for any class will receive an extra 10% off the cost of any class. The RAC is handicapped accessible.

The RAC is interested in hearing about what kind of classes that the older adult community might be interested in. To offer a suggestion or to find out more information, please call **708-442-6400**.

WALK AWAY FROM ARTHRITIS

It's no secret walking is simple, inexpensive and one of the best forms of physical activity for overall health and well-being. But, for 46 million adults with arthritis and many more at risk, walking is crucial to preventing and managing the nation's leading cause of disability. In fact, the Arthritis Foundation says Americans cannot afford **not** to get moving.

Walking can help achieve and maintain a healthy weight and reduce the risk of arthritis. "Obesity in this country is at an all-time high, putting millions at risk for disabling arthritis," said Patience White, M.D., chief public health officer, Arthritis Foundation. "Coupled with sedentary lifestyles and an aging baby boomer population, we are facing a public health crisis if Americans don't take action now." Losing just 10 pounds relieves 40 pounds of pressure on knees and for those already living with arthritis symptoms, losing 15 pounds can cut knee pain in half.

For a free copy of the Arthritis Foundation's brochure, **Walking and Arthritis**, call 1-800-735-0096 or visit www.arthritis.org.

This newsletter is also available to read on-line. Just go to: peoplecareinc.org and click on the newsletter link.

CONNECT AT-RISK OLDER ADULTS

Definition of an At-Risk Older Adult:

- An at-risk older adult may be isolated, living in the community with a limited social network or suffer from loss of consistent contact with the outside world.
- An at-risk older adult may not necessarily live alone
- An at-risk older adult may lack, fail to utilize or have a dysfunctional support system

Why are At-Risk Older Adults an Issue and Concern for Our Community?

- The older adult population is quickly increasing as the baby boomer generation turns 60
- Older adults aged 85 and over are the fastest growing segment of the senior population
- According to the 2000 Census, over 31,000 or 16% of the population of Lyons Township is 65 and over
- A study by Mather LifeWays showed that 18% of older adults surveyed reported that they had "no friends in the community"
- Isolated Older adults are at an increased risk of:
 - Self neglect
 - Elder abuse
 - Illness
 - Premature institutionalization
 - Vulnerability to extreme weather
 - Death

How You Can Help:

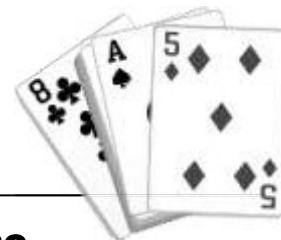
If you encounter an older adult whom you believe may be at risk, call the **Southwest Suburban Center on Aging**. A caseworker will offer appropriate needed services.

Call 708-354-1323

ALL CALLS ARE CONFIDENTIAL

I've never doubted my sanity.
Most things I can usually grasp or see,
But then I've never been faced
With anything like Medicare's Part D.

- Laverne Hart, Weatherford, Texas



Trump the Common Cold

For older adults, there is growing evidence that card games, crossword puzzles, and other leisure games, have been associated with modest improvements in cognitive ability.

Recent research indicates that playing bridge may also have health benefits. In addition to fighting memory loss, the game may actually combat the common cold! According to a study conducted by the University of California at Berkeley, bridge may boost your immune system, the body's main defense against harmful infections and illness.

The Berkeley study, which monitored test subjects as they played bridge, found an increase in disease-fighting T-cells in the majority of players, proving that brain activity and the immune system are closely connected. So keep dealing the cards!

- source: *The Erickson Tribune*



"LONELINESS
AND THE
FEELING OF
BEING
UNWANTED IS
THE MOST
TERRIBLE
POVERTY."

- Mother Teresa

THE SPIRITUAL
EYESIGHT
IMPROVES AS
THE PHYSICAL
EYESIGHT
DECLINES.
-PLATO



Overcoming Computer Intimidation

It is an intimidating piece of equipment and there is nothing that seems easy about it. Part of it looks like a TV, though there are no wires protruding from the back. Next to it sits a "tower," though the unit is merely two or so feet high. Then there is the keyboard, the mouse and the huge button that turns the thing on. Why can't using a computer be simply pressing a button or inserting a blank piece of paper behind a row of iron keys?

Technology has changed and computers are being used now more than ever. Just 10 years ago, the internet was fairly new to consumers. Computers were nowhere near as powerful as they are now. Fifteen years ago, computers were rare. Thirty years ago, they were something relegated to futuristic novels and science-fiction films. And while the youth of today are being raised on the cusp of new technology, those who have seen its rise seem to be left in the techno-dust.

Computers, however, are not extremely hard to understand. There are several centers around the nation committed to helping seniors understand the growing trend in technology. Beverly Scroggins teaches a starter computer class at a Missouri Area Agency on Aging. She said most of her students take the class to learn about e-mail, so they can inexpensively keep in touch with their family and friends. "At the beginning of every class, I



take a survey, and e-mail is always the number one reason."

Learning information about using the internet is another common answer in Scroggins' survey. "Others want to keep up with the world," she said. "They realize they need to use this technology. Sometimes they think they have to know everything about a computer before they can use one. Learning how to control the mouse is often the hardest part."

For those who feel intimidated by computers, there are people like Scroggins who can help. The first step, though is to realize that their ignorance toward computers won't cause them to fail. They're a tool to be used, like a hammer or a calculator.

Moreover, there are great benefits from learning this technology. Through e-mail, you can keep in contact with distant family and friends, view photos and even video instantly! People utilize the internet to: research health and medical information, conduct product research and purchase products including medicine, make travel reservations, look up religious and spiritual information and conduct banking tasks. Even newspapers from all over the world are available to read on line and are up to date. From weather to sports to genealogy and crafts, the limits of the internet are virtually endless.

For many older adults, isolation is a major factor in the decline of their physical and mental health. Being able to keep in touch with the world through the internet and especially e-mail is a huge benefit. A person is never too old to learn and after taking that initial step, you'll be amazed at what you'll find.

- source: *David Haut / Kevin McClintock Specialty Publications*

WEB SITES FOR OLDER ADULTS

www.aarp.org
www.seniors.gov
www.govbenefits.gov
www.healthfinder.gov
www.ssa.gov
www.google.com
www.fraud.org
www.consumer.gov

American Association for Retired Persons
government web portal for seniors
government benefits
health information
Social Security Administration
search engine
help identifying and preventing fraud
government consumer web site

RIVERSIDE PUBLIC LIBRARY
presents
A Computer Basics Primer
Weekly Clinic

(Things I Wish I Knew How to do On-line!)

Every Wednesday, Beginning January 2nd

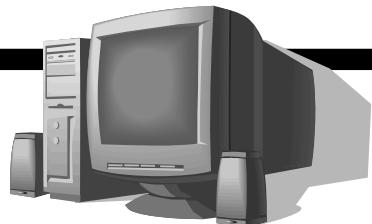
10:00 a.m. or 2:00 p.m.

in the Public Meeting Room on the Lower Level

A drop-in one-hour seminar, designed to encourage more patrons to use computers. Topics to be addressed will include navigating our website, shopping on-line (Amazon via our Library's website), email access, including attachments, emailing groups of friends or associates and maintaining their privacy, downloading photos, make greeting cards, finding a recipe, white and yellow page searches, job applications, search engines, finding simple answers, medicare sign-up, U.S. Savings Bonds values, and much more! This group class will be an open forum including sharing of website info, tips and tricks, etc.

Stop in at or call the reference desk and tell us what you'd like to learn...
allowing us to prepare for the seminar.

Riverside Public Library
1 Burling Road
Riverside, IL 60546
708-442-6366
www.riversidelibrary.org



I'M NOT OLD... JUST MATURE

Today at the drugstore, the clerk was a gent.
From my purchase he subtracted ten percent.
I asked for the reason of this lesser amount;
He cheerfully answered, "The Seniors' Discount."

I went to McDonald's for a burger and fries;
And there, once again, got a pleasant surprise.
The boy poured some coffee, he handed it to me.
He said, "For you seniors, the coffee is free."

Understand - I'm not old - I'm merely mature;
But some things are changing , of that I am sure.
The newspaper print gets smaller each day,
And people speak softer - can't hear what they say.

My teeth are my own (I have the receipt),
And I almost remember all the people I meet.
Oh, I've slowed down a bit...not a lot, I am sure.
You see, I'm not old...I am merely mature.

The gold in my hair has been bleached by the sun.
You should see all the damage the chlorine has done.
Washing my hair has turned it all white,
But don't call it gray...saying "blond" is just right.

My friends all get older...much faster than me.
They seem much more wrinkled, from what I can see.
I've got "character lines," not wrinkles...for sure,
But don't call me old..just call me mature.

But I'm keeping up on what's hip and what's hot.
I think I can dance...on second thought, not.
But I'm still in the running... in this I'm secure,
I'm not really old..I'm only mature.

"GRANDCHILDREN DON'T MAKE
A MAN FEEL OLD; IT'S THE
KNOWLEDGE THAT HE'S MARRIED
TO A GRANDMOTHER!"

- G. Norman Collie

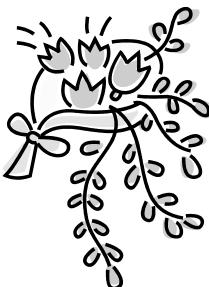
Thank You

**FOR YOUR DONATIONS & FOR
SUPPORTING OUR
FUNDING DRIVE**

“WHEN YOU ARE
YOUNG, YOU HAVE
THE COURAGE OF
INNOCENCE. IN
MIDDLE AGE, YOU
TEND TO BECOME A
LITTLE PEDESTRIAN
AND CAUTIOUS. IN
OLD AGE, YOU HAVE
THE COURAGE OF
EXPERIENCE.”

- Edith Kramer

Childhood and Art Therapy



Thank you to all the donors that have contributed to PeopleCare's mission! We couldn't do it without you! Your thoughtful contributions will continue to support our vision that older adults in the last third of life would never feel abandoned but should be able to live their life in the most productive way possible.

(The following are names of donors for 2007 up to the time of printing. We regret if any names were inadvertently omitted due to printing deadlines.)

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Riverside Junior
Women's Charity

Riverside Township
Lions Club

Sam's Club

Veverka, Rosen
& Haugh

BRAIN EXERCISES - KEEP YOUR MIND HEALTHY

A STORY FULL OF BLANKS

Supply the missing words in the text below, by deduction and by drawing on your knowledge of language. Use all 15 words from this list. Each word is used only once.



"Only 15 minutes
in the drugstore,
and a short
ride home...but
we talked the
whole time..."

Make a difference in
an older adult's life

VOLUNTEER

Call



PeopleCare
inc.

708.442.1223

encountered, not, thing
all, was, years, paid,
advantage, in, most, could,
said, related, royal, his,

A Story Full of Blanks Answer:

could	paid	years
advantage	most	related
all	said	his
was	encountered	royal
in	not	thing



paid
most

years
related
his
royal
thing



Some ____ he has been a Russian spy, others
that he was ____ to one of Europe's ____ fam-
ilies. Nearly all ____ acquaintances took ____
of his incredible hospitality. ____ his castle,
he gave the ____ fabulous parties one ____
remember, and the most amazing thing of
____ is that guests were never quite sure
who the host _____. He had also lived in the
jungle for ____, and ornaments in his home
____ tribute to the animal world he had ____
there. You could ____ imagine what amazing
____ this man was going to accomplish next.



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www.peoplecareinc.org

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"Just One More Thing..."

TO KNOW HOW
TO GROW OLD IS
THE MASTER-WORK
OF WISDOM, AND
ONE OF THE
MOST DIFFICULT
CHAPTERS IN THE
GREAT ART OF
LIVING."

- *Henri-Frederic Amiel*

...When the phone rang, the gentleman picked it up and answered, "Hello."

"Good afternoon," said a woman's voice on the other end of the line. "I am calling today to extend a free offer to you."

"Great," replied the man.

The woman continued, "I am an estate planner and I would like to talk to you and offer free advice on estate planning."

"Terrific," replied the man.

"I am available to come to your home next Wednesday afternoon," said the woman. "Would you be available then?"

"Next Wednesday would be fine," replied the man.

"Great. See you then." answered the woman.

"Just one more thing," said the man. "I just wanted to make sure that when you come, you are bringing the estate with you, because I don't have one."

