



outside in

BRINGING THE OUTSIDE WORLD IN FOR SENIORS IN OUR COMMUNITY

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."

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"IN YOUTH, WE
LEARN. IN AGE WE
UNDERSTAND."

-MARIE EBNER-
ESCHENBACH

Writing from Life: Elder Learning & Power of Blogs

by Grace Talusan

What is a BLOG? A *blog*, short for *Web log*, is a website where entries are displayed, often in reverse chronological order. Posting entries or updating a blog is as easy as filling out a couple of forms and pressing a button. Often, people use blogs as online diaries or journals, where they post their thoughts and writing either on life in general or for a particular purpose or topic. For example, families that are spread all over the United States keep blogs that they update regularly with photos and stories to share with family members. Although most blogs are heavy on text, bloggers can also post images or pictures, links to other Internet sites, audio and even video. Currently, many free or low-cost software and hosting services are available, including WordPress, Moveable Type, LiveJournal and Blogger.



Blogs are increasingly emerging as important and influential spaces on the Internet. In 2005, Garrett M. Graff, an editor at the Wash-

ingtonian Magazine, was the first blogger to be granted a daily White House press pass. Although readers need to be cautious about the quality of the information in blogs, bloggers often post legitimate news before traditional print and television news services do, investigating and breaking important stories that influence politics and culture.

Many elders are gaining fame for their blogs. Mildred Garfield, at age 82, is one of the Internet's oldest bloggers. Garfield writes about many aspects of her life on the popular My Mom's Blog (<http://mymomsblog.blogspot.com/>). Maria Amelia Lopez of Spain, born in 1911, blogs at A mis 95 anos/95 years old blogger (<http://amis95.blogspot.com>) and was profiled in November of 2007 by Reuters news service. If Lopez is not the oldest blogger in the world, she is certainly one of the most popular and famous, making international television and print media appearances about her blog. More examples of elder bloggers can be found through the Ageless Project (<http://jenett.org/ageless/>), an Inter-



Elder Learning and the Power of Blogs *continued from pg. 1*

“WHAT IS MOST
VALUABLE, IS
NOT WHAT WE
HAVE IN OUR
LIVES, BUT
WHO WE HAVE
IN OUR LIVES!

- Author Unknown

“NO HOUSE
SHOULD EVER
BE ON A HILL,
OR ON
ANYTHING. IT
SHOULD BE
OF THE HILL.
HILL AND HOUSE
SHOULD LIVE
TOGETHER, EACH
THE HAPPIER
FOR THE OTHER.”

- FRANK LLOYD
WRIGHT

PAGE 2

net site whose mission is to communicate “the message that the personal, creative side of the web is diverse and ageless.”

Here’s how blogs work: Blogs have posts, made up of a title, the body text and a comment feature. Blog owners can choose to turn the comment tool off, but leaving it on allows readers to respond to a post. Posting a blog entry is as easy as filling out a form. Bloggers can write a post on the blog software itself or in their favorite word processing software, cutting and pasting the text into the blog. Bloggers can make their blogs available to the general public or can limit access to certain groups or friends.



Emerging and even experienced writers can benefit from blogging. Among the advantages are having an instant audience and readership and being able to bypass the traditional, time-consuming print publishing process.

Writer Vicki Forman, who blogs at www.vickiforman.com recently explained, “Blogs, online columns, social networking sites and all the rest give an emerging writer the opportunity to create an audience, build readership and even control

the flow of information in a way that puts the writer in charge. The availability of these forums, their ease of use and increased connectivity allows writers to create and build communities. These changes are permanent—there’s no going back to a life before blogs— and they are revolutionary. Any writer worth her salt now either has a website or keeps a blog or both.”

Another great benefit is that writers can share their work and receive feedback through the comments feature on the blogging software. In face-to-face writing workshops, often the feedback is given during class discussion. Sometimes participants are unable to process all the feedback; the advantage of blogs is that they

offer a written record of other writers’ comments. Another plus to posting one’s writing to a blog is that entries are automatically organized by date and saved, a process that offers an alternative backup measure for those tragic occasions when a computer crashes.

Writing can often be lonely. Having a community of readers and writers on something as accessible as a blog can be extremely helpful to writers.

- by Grace Talusan, *Aging Today*, January-February 2008

AFFORDABLE HOUSING STEWARDS

Stewards of Affordable Housing for the Future (sahf) is a citizen-sector organization formed in 2003 to strengthen nonprofit owners, preserve affordable rental housing and make rental housing energy efficient. SAHF members are large nonprofit groups: Mercy Housing, National Affordable Housing Trust, National Church Residences, NHT/Enterprise Preservation Corporation, Preservation of Affordable Housing, Retirement Housing Foundation and Volunteers of America. Together, they own and operate approximately 70,000 affordable apartments in all parts of the United States, about two-thirds of which serve low-income seniors. Visit the sahf website at www.sahfnet.org.



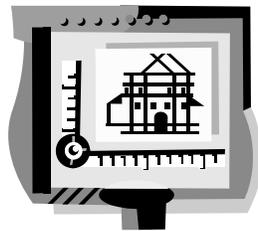
- source: *Aging Today*, January-February 2008

AGING-FRIENDLY COMMUNITIES Two New Guides

Global Age-Friendly Cities: A Guide was published by the World Health Organization to help “tap the potential that older people represent for humanity.” Based on research conducted in 35 cities in 22 nations, the guide involved interviews with 1,500 elders and 750 caregivers and service providers. It is available online in English or French at www.who.int/ageing/age_friendly_cities/en/index.html. To view the pdf of the guide, visit: http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf



A Blueprint for Action: Developing a Livable Community All Ages resulted from a collaborative survey conducted in 2006 by the National Association of Area Agencies on Aging, the International City/County Management Association, the National Association of Counties, the National League of Cities and Partners for Livable Communities and funded by the MetLife Foundation. Download this guide at <http://www.n4a.org/pdf/07-116-n4a-blueprint4actionwcovers.pdf>



- source: Aging Today, January-February 2008

BOOMERS: REMAIN CLOSE WITH THE KIDS

by Amy Sherman

One of the most important relationships you'll ever have is with your children. Now that they're older, with their own lives and interests apart from you, how can you keep the relationship and bond strong and healthy? Here are several effective principles that will keep you close:

1. Be willing to listen first, and then offer opinions, rather than turning the dialogue into a lecture. Anybody will shut down if what you say sounds like a sermon. Therefore, be a good listener, using reflective listening skills. You may say something like, "I understand what you're saying. You feel... However, I would like to assure you that..."

2. Improve your understanding by using good body language. Be sure that your facial expression and words are in alignment because body language reveals an overall emotional tone.

3. Encourage a free expression of feelings, thoughts and ideas. This would keep the conversation open and maintain an awareness of the child's perspective.

4. Allow "special together time". In other words, save time in your day or week to go shopping with your 12 year old, a movie with your 15 year old or out to dinner with your 22 year old. Be generous with your love, hugs and compliments. This encourages a sense of trust and closeness, which is essential for security and well-being.

5. Be empathetic. By putting yourself in your teen's shoes you begin to remember what it was like to be that age—what you were afraid of, what your most important concerns were, what you needed from others. Remember that all feelings they experience are real.

6. Practice being a good role model. Therefore, express the traits you want your children to copy, such as respect, fairness, friendliness, honesty, kindness and tolerance of others. How you handle your anger, for instance, is the behavior you pass on to your children. If you don't like what you see, take a look at yourself.

7. Be a strong support system for your children. You are there to help and encourage them. Seize every available moment to make a connection. Help your children identify other supportive people in their lives with whom they can also talk.

8. Make flexibility a priority. Try not to base your expectations on "shoulds". Every child is different and his/her response to a situation will be unique. Adjust your handling of each child according to the personality and needs of the individual.

Be patient, tolerant & aware of your own needs and limitations. You have strengths & weaknesses and with an awareness of both, you can be kinder and gentler with yourself. If you take care of yourself and your own well-being, you are modeling an important value for your children, as well.

Puzzle Answers: (from page 7)
TICKLE YOUR BRAIN
Spring a Leak, Indy 500, 40 Winks
Mad dash for home, For crying out loud, Peek around the corner
Put 2 and 2 together, Shopping online, Eyes in the back of the head

outside in

*Strangers
becoming
Friends...*



Thank You!!!!
Chris Borzym at Christopher Mark Florist in Brookfield for helping out with the **PeopleCare Ice Cream Social**.
For help with your floral needs, please call them at 387-7112.



ICE CREAM

SOCIAL 2010



Girl Scout Troop 657 join PeopleCare clients and staff at the PeopleCare Ice Cream Senior Social on June 8, 2010 at the Riverside Presbyterian Church in Riverside. Ice cream with all of the toppings, sweets and fabulous flowers from Christopher Mark Florists were part of the festivities. The girl scouts also shared songs and stories to make for a wonderful event.



MARK YOUR CALENDARS

The next PeopleCare Senior Social will be held on **Tuesday, November 30, 2010**. Please call PeopleCare for more information at **708-442-1223**.



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outside in

BE

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that's all we ask. You can certainly find the time.
I did.

call 708.442.1223



It all Starts with One Call.

PeopleCare was called on over 2,500 times last year to help the frail elderly and their families. We could not have done that without the valuable gifts of time, talent and resources in support of our mission. Thank you!

The Power of an Hour

What can one hour mean? To a PeopleCare client it can mean getting to a doctor's appointment, having a prescription filled or a few minutes of good conversation.

To a PeopleCare volunteer it's seeing the amazing difference their time can make. Every hour is precious. At PeopleCare we think that's the most important lesson of all.

To learn more, volunteer or request assistance, please call us at (708) 442-1223 or visit our website at www.peoplecareinc.org.

Charitable Giving

PeopleCare welcomes monetary and in-kind gifts to help maintain our vision that "no older adult in the last third of life should ever feel abandoned but should be able to live their life in the most productive way possible". All donations are tax deductible according to current IRS regulations regarding 501(c)(3) non-profit organizations.

Become a Better Caregiver To a Loved One

As the population ages, a growing number of people are caring for an ailing family member or friend at home. Here are a few tips for all caregivers:

Take care of yourself. Stress puts caregivers at greater risk for colds, flu and illness such as heart disease and diabetes. Eat well, exercise, get enough sleep and see a doctor regularly.

Don't help too much. Let the person you are caring for be as independent as possible. Let the patient make some decisions.

Let people help you. Don't be afraid to ask for things you need such as groceries or help around the house.

Give the patient things to do. Studies have shown that nursing home residents asked to care for pets or plants live longer.

Look into outside services. Your options may include home health aides, adult day care centers, respite care, Meals on wheels and grocery delivery programs. Your local agency on aging can help connect you.

Take pride in your efforts. Being a caregiver is not easy. Take a break if you are feeling too much stress.

Watch for signs of depression. Extreme sadness or hopelessness that lingers more than two weeks is a sign that you may need help.

- Alison Johnson, Special to Tribune Newspapers, Chicago Tribune, Sunday, July 18 2010

Life has to be lived — that's all there is to it. At seventy, I would say the advantage is that you take life more calmly. You know that 'this too shall pass!'

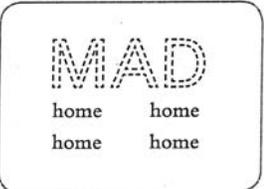
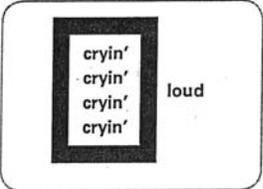
- Eleanor Roosevelt

BRAIN EXERCISES - KEEP YOUR BRAIN AND BODY HEALTHY

Tickle your Brain!

Can you solve the picture puzzles below? *Answers on page 3*

Tickle your brain!

Balanced / Frenzied

Speed is not the essence. A gentle pace allows observation and learning. Nature is the great buffer, balancing back the extremes of our acids and bases, drawing life together, advancing harmony. Life is learned by modeling. All forms of life and all living are formative. We pay a price in our own development for the way we treat—positive or negative—the world and her inhabitants. To walk lightly is to listen closely to the teachings. Some may be heard, others only felt. Material needs must be fulfilled, but they alone cannot fill a person up, nor replace the sensation and penetration of beauty's presence. Look to nature and to children for your instruction and model their lessons throughout your entire life. Understand that storms must be allowed to rage and pass, that you will still be here, and the question still will be the same.

"Why the haste? To what end?" You are interrelated.

Trust life. Trust health. Trust yourself. — *author unknown*

DON'T QUIT

When things go wrong
As they sometimes will,
When the road your drudging
Seems all uphill,

When the funds are low
And the debts are high,
And you want to smile
but you have to sigh.

When life is pressing
You down a bit,
Rest, if you must,
but don't you quit.

Life is queer with its twists & turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he
stuck it out.

Don't give up though the
pace seems slow,
You may succeed with another blow.
Success is failure turned inside out —
The silver tint of the clouds of doubt.

You never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you're
hardest hit,
It's when things seem worst that you
must not quit!

— *Anonymous*



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www.peoplecareinc.org

If you would no longer like to receive this newsletter, please call PeopleCare at 708-442-1223 and we will remove your name from our mailing list. *Thank You.*

CHURCH BULLETIN BLOOPERS

These sentences actually appeared in church bulletins or were announced in church services.

- Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist.
Come hear Bertha Belch all the way from Africa.
- Announcement in a church bulletin for a national PRAYER & FASTING Conference:
"The cost for attending the Fasting and Prayer conference includes meals."
- The sermon this morning: "Jesus Walks on Water." The sermon tonight: "Searching for Jesus."
- "Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands."
- The peacemaking meeting scheduled for today has been cancelled due to a conflict.
 - At the evening service tonight, the sermon topic will be "What is Hell?"
Come early and listen to our choir practice.
 - Don't let worry kill you off - let the Church help.
- Miss Mason sang "I will not pass this way again", giving obvious pleasure to the congregation.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
 - Barbara remains in the hospital and needs blood donors for more transfusions.
She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.