

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."

Volunteers

BRING FAITH INTO ACTION...

In This Issue

Speaking from Experience	1
My Volunteer Story	2
Immigration in an Aging Society	3
PeopleCare Volunteer Breakfast Photos	4
New Volunteers	6
Five Brain Health Factors	7
Brain Exercise	7
Elderhood Reborn: Overturning Age Bias	8

"GRATITUDE IS
THE MEMORY OF
THE HEART."

- JEAN BAPTISTE

Speaking From Experience *by Helen Jablonski*

We're all living longer today and many of us into our nineties. Some even older. So when we do finally retire, we often cannot work any longer. Our bodies just don't work the way they used to. Consequently, we often need help doing the things we could normally handle ourselves.

I discovered this when I recently had to go into the hospital for a hip replacement. At 92 years old, needless to say, it took a lot out of me. I was more fortunate than most since I have two sons in the area and they could handle many of the issues and problems as they arose. But what about those who are alone or have families out of the area?



My experience pointed out to me the importance of good caregivers and volunteers. They were indispensable!!

My home has been at the Wye Valley Apartments, the independent living facility in The British Home Community, so I entered the British Home Healthcare Unit in preparation for my hip surgery. After the surgery and

the accompanying hospital stay, I returned to the Rehabilitation Center at the British Home to try to strengthen my resolve and my new hip.

After all the months in the Healthcare Unit and the hospital I was definitely ready for a change. I really needed the environment of the Rehab Unit. It was in this environment of hope that I began to notice and respond to the caring attention of the people around me. They listened to the stories of our aches and pains while they encouraged, complimented and challenged us to get better.

I feel like I am going through what most of the elderly are experiencing as our bodies age. That's why our

Speaking From Experience

continued

volunteers at PeopleCare are important and why we are always searching for more caring people to help others. If you would like to join us...just say the words... I WANT TO HELP. Thanks for listening to me .

Helen Z. Jablonski

PeopleCare Executive Director

For more information about PeopleCare please visit our website: www.peoplecareinc.org or call **708.442.1223**.



Being a PeopleCare volunteer, for some, starts at a young age. The lovely holiday cards sent to PeopleCare clients are created by local scout troops and the children and young friends of our staff members. It's never too early to begin giving! ***Thank you!***

Be sure to see the next issue of the PeopleCare newsletter, **Outside In**, for more on the **PeopleCare Community Social!!**

(pictured: Girl Scout Lily Jerz and PeopleCare client Ann Diombala at the PeopleCare Community Social.)



my Volunteer STORY

STORIES, MEMORIES & THOUGHTS
BY PEOPLECARE VOLUNTEERS

Georgiana, a PeopleCare Visitor Volunteer, had been visiting a PeopleCare client for over five years. When the client had moved to Texas to be with her son and his family, Georgiana had received a special letter from her client's granddaughter:



"Dear Georgie,

Thank you for the letter you sent to my grandmother and the lovely Easter card. My grandma wanted me to write to let you know how much she appreciates hearing from you. She did very much enjoy your letter and hopes to hear from you again. She is doing very well and is much happier with us so nearby. Best Wishes."

"It was so wonderful to hear the news about my People Care client," said Georgiana. "I was so happy to hear from her and am so glad to know that she is doing well."

Immigration in an Aging Society

The U.S. is in the midst of a remarkable demographic transition. Primarily due to immigration, it is becoming more diverse. At the same time, it is aging rapidly. These trends will dramatically transform the nation by the year 2030 as a result of the arrival of foreign individuals from across the globe. With increasing numbers of older people living in communities with growing numbers of immigrants, it is imperative to begin a movement toward coalitions that are more intergenerational, interracial, and interethnic.

Current debates about immigration in the U.S. have focused on what citizens like and dislike about immigrants. But these debates have failed to consider how changes in this population as a whole - particularly the aging of the population - interact with immigration. As we know, population aging, led by the baby boomer generation who are now passing age 62, has important implications for every aspect of society. Examples are seen in declining workforce growth, a weakened housing market, and the need for increased government funding of social support programs. Immigration will surely play a major role in the challenges of our aging society.

The senior ratio in the U.S., which refers to the ratio of people age 65 and older to the number of working-age people, will change drastically between 2010 and 2030. In just 20 years' time, the ratio is expected to climb from 24 to 41 elders per 100 working-age adults, an increase of 67 percent. Being both predominantly white and rapidly

graying, the baby boomers have a major stake in these changes. Most of these older adults will, at some point, need some form of homecare, whether for home health and rehabilitation, personal assistance, companionship, or basic household help. But who will provide this help? Baby boomers may find their quality of old age may depend on immigrants and minorities and will call on workers among the ethnic, racial, and immigrant groups who lack better-paid alternatives or who belong to cultures that still value serving older people.

The consensus is that immigration can never prevent societal aging, however, research claims that immigration can make a useful contribution to mitigating some of the problematic effects of an aging society, including reducing the rise in the senior ratio by about 1/4 from what it would otherwise be. Either way, senior ratio is bound to increase, but with immigration, the increase is slowed dramatically. Clearly immigration makes a difference, even if it is not a complete solution to problems posed by population aging.

The underlying lesson is clear. Over time, everyone changes roles and we take turns helping and getting help. The intergenerational social contract is about mutual support over time. The social contract in the U.S. links the generations together, no matter what their ethnicity or whether they are foreign born.

- from *GENERATIONS: Journal of the American Society on Aging*, Winter 2008-09, article by Dowell Myers.



My Prayer

Give me the eyes
That I might see,
The work that can
Be done by me.

Give me ears
That I may hear,
The cries of those
That need me near.

Give me lips
That I might speak,
Comfort and peace
To all who seek.

Give me a mind
That I might know,
To help the ones
That need me so.

Give me hands
That I might do,
Some large or simple
Task for you.

Give me some prayer
That I may pray
For help and guidance
Every day.

And these things
All else above -
Give me a heart
That I might love.



(Answers may vary.)
MEAN, meat, melt, mall,
male mile, mice, NICE

Word Ladders PUZZLE ANSWER

Volunteer BREAKFAST 2009

Volunteers are love in motion! ~ Author Unknown



Paladino Photography

(above) Volunteers **Olivia Murphy** and **Carolyn Boch**;

(right) Volunteers **Dolores Worobice**, **Genevieve Wright** and **Gloria Arbuckle**;
(far right) **Mary Kedrowski**.



Paladino Photography

*No one is more cherished
in this world than someone who
lightens the burden of another.*

*Volunteers and Staff
enjoying breakfast
at the **Jem Café**
in Riverside;*

(above right)

Volunteers

Jean Vondriska
and **Frank Magdic**;

(below right)

Volunteer

Luella Burke.



Paladino Photography



*"It's very gratifying for me to know I'm able to
help people in need."*

- A PeopleCare Volunteer

(right) Volunteers **Margaret Anderson, Barbara Prack** and **Jean Vondriska**;
(below) PeopleCare Executive Director **Helen Jablonski** and Communications Director **Linda Roberto**;
(below right) PeopleCare Transportation Assistant **Cindy Antene**, and Visitation Coordinator **Lorraine A. Marek**.



Paladino Photography

On Saturday, May 23, 2009, PeopleCare, Inc. held a **Volunteer Appreciation Breakfast** at the Jem Café in Riverside. We are so grateful for all of our volunteers and the valuable time that they openly give.

Compassionate, unselfish, caring and patient...graying or young adults...man or woman, they are all PeopleCare volunteers. They are drivers, pen pals, phone pals and friendly visitors. They are at the very heart of PeopleCare and if not for them, our mission would remain unchallenged.

Thank you, for your gift of time and devoted service...you have helped to improve someone's world.



(We would like to extend a special thank you to the **Arthur Foundation** for their support in hosting this event.)



"I've enjoyed giving rides and have met many new people. One of them was my neighbor!"

- Jim Roberto, Volunteer

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

~ Anne Frank



Paladino Photography



(left) Volunteer **Debbie DeMichael**, and Transportation Coordinator **Nancy Chmell**.

Paladino Photography

outside in

“VOLUNTEERS
DO NOT
NECESSARILY
HAVE THE
TIME; THEY
JUST HAVE
THE HEART.”

-Elizabeth Andrew



Paladino Photography



Paladino Photography

(above left) PeopleCare Associate Director **Bruce Jablonski**, Visitation Coordinator **Lorraine A. Marek**, Executive Director **Helen Jablonski**, and Financial Director **Scott Schulze**; (above right) PeopleCare Volunteer **Dolores Worobice**; (left) Volunteers **Carolyn Boch** and **Keith Karlson**.

“IT’S EASY TO
MAKE A BUCK.
IT’S A LOT
TOUGHER TO
MAKE A
DIFFERENCE

-Tom Brokaw

Welcome Our New Volunteers

We are so grateful for the valuable time that our volunteers give. Their commitment makes a difference in the lives of so many others. **Thank You!**

Visitor Volunteers:

Carmen Doyle
Virginia Quade
Bridget Fusco

Driver Volunteers:

Frank Magdic
Kimberly McCord

“I will always remember the wonderful volunteers that helped me last winter. They were always so cheerful and ready to help when I needed them. Thank you, PeopleCare for being there. You just never know when you are going to need help.”

Sincerely,

- A PeopleCare Client



Five Brain-Health Factors

Five factors are critical for optimizing brain health. These include:

Socialization: People should try to stay connected to their communities and involved with others in personally meaningful ways. Studies indicate that those who are isolated and segregated have a higher risk for dementia. Recent research also suggests the feeling of loneliness relates to risk of dementia through increased stress and altered blood flow.

Physical Activity: The human brain demands 25% of the blood from each heartbeat. Research has demonstrated the brain-health effects of walking daily, aerobic exercise, dance and other physical activities. These activities enhance cerebrovascular blood flow so necessary for healthy brains.

Mental Stimulation: Beginning in infancy, brains desire mental stimulation. Research indicated the positive effects on brain health of new learning, such as language development (including sign language), increased IQ, reading, writing, puzzle and board-game play, computer-based cognitive exercises and travel. Each person struggles with performing a list of activities. Often these are the activities that present people with the novel and complex challenges associated with stimulating the cortex and building brain reserves.

Nutrition: Research indicates foods rich in Omega-3 fatty acids, such as certain fish and walnuts, and antioxidants (vitamins A, C and E) promote the health of brains, which contain at least 50% fat. Fruits and vegetables continue to be some of the best brain-health foods. Reducing the intake of processed foods, saturated fats and elimination of trans-fatty acids also is encouraged. Experts also suggest reducing daily calories, and eating 80% of one's usual portions at each meal is a practical goal for achieving this.

Spirituality: Slow down! Research shows that animals exposed to environments that are too stimulating demonstrate slowed brain development. Stress has also proved to adversely affect animal brains, and recent research suggests similar negative outcomes for humans. Daily prayer, regular participation at a formalized place of worship, meditation, and relaxation procedures represent examples of spiritual activities that promote general health and help us to slow down.

- by **Paul David Nussbaum**, *AGING TODAY*
Sept. - Oct. 2007

BRAIN EXERCISE

Word Ladders

Change just one letter on each line to go from the top word to the bottom word. Do not change the order of the letters. (answers on page 3)

MEAN

 _____ cheesy sandwich

 _____ 5,280 feet



NICE

"Recently, I asked for some assistance, a helping hand to get me to the doctor. Thank you for sending your volunteer, who was very pleasant, supportive and helpful! She was indeed a good shepherd who took care of her sheep, ME! Her services were appreciated very much. Thank you!"

- A PeopleCare Client



NON-PROFIT ORG
U.S. POSTAGE
PAID
Permit No. 1
Riverside, IL.

60 Akenside Road
Riverside, Illinois 60546

708.442.1223

708.442.1425 fax

peoplecareinc@sbcglobal.net

VISIT US ON THE WEB AT:

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.*

Elderhood Reborn: Overturning Age Bias

The value of elderhood, and its unique capacity to serve the needs of people of all ages, is in danger of being lost. Instead, we increasingly worship the virtues of an extended adulthood. Our culture declares that adulthood is forever, that old age is decline, that perfection is lodged in youth and youth alone. In fact, the opposite is true. A person who willingly sets aside the clatter of “adulthood,” entering deliberately and specifically into a life beyond adulthood, becomes a beacon of hope to others.

Our attitudes about and approaches to longevity reflect a jumble of conflicting and overlapping ideas and beliefs. Old age is the time of life when similarly aged people are most distinctively different. Aging in modern society is not one thing; it is many things, many beliefs and many practices. Still, there is a perspective that can overturn the bias in our society that aging is really nothing but decline.

Though it is hard for many people to believe, old age can be seen as a time of rich potential for personal development. It was (and can be again) the governor on the engine of human society. We are witnesses to an extraordinary, history-making tri-

umph of longevity that requires us to act. We must prove ourselves capable of capturing the immense social wealth that the age boom is laying before us.

Developmental aging helps us see old age as part of the miracle of human development. The fetus becomes the newborn, the infant becomes the girl, the girl becomes the mother, the mother becomes the grandmother, the grandmother becomes the elder of her family and community. While all of these transitions are precious, and potentially beautiful, the last has, more than we know, enriched all the others. We have, as a species, taken aging out of the evolutionary dustbin and made it into a powerful tool for human advancement.

Imagine a growing cadre of socially engaged older people who are willing and able to dedicate time, money and energy to leading positive social change in our society. It is the fog of ageism that makes it much more difficult to see how people who have been labeled old and frail could contribute to this effort.

an excerpt by William H. Thomas author of In the Arms of Elders: A Parable of Wise Leadership and Community Building