



Successful Aging
Institute

AUGUST 2015 E- NEWSLETTER

Successful Aging Institute August Classes:

Enhance your summer with some Lane Community College Successful Aging Institute classes. Contact SAI at 541.463.6262 or lanecc.edu/sai for registration, costs, location and other information.

August Class Highlights:

Cook like an Etruscan: 08/01-08/08 (12:00-3:00 PM)

Legal Decisions: Our Parents, Ourselves: 08/12-08/27 (6:00-8:00 PM)

Meatloaves and Meatballs: 08/29-09/05 (12:00-3:00 PM)

Threshold Intensive Home Ownership: 08/05-08/26 (6:00-8:00 PM)

You owe it to Yourself to Volunteer: 08/04 (9:30-11:30 AM)

Ongoing: AARP Driver Safety Program. Visit lanecc.edu/sai/course-descriptions for dates, times and locations

Lane Community College appreciates our 10 financial sponsors! Scroll down & visit them all today: Pinnacle Healthcare, Cascade Manor, Waterford Grand, Willamette Oaks, Marquis Springfield, Banner Bank, ElderCare Resources, ElderHealth & Living, Addus HomeCare, and Trillium CHP!

To find out how YOUR organization can benefit through sponsorship, please contact Barbara Susman, Director, at susmanb@lanecc.edu or 541-463-6264.

6 THINGS YOU SHOULD NEVER CALL SOMEONE OVER 50

The Huffington Post | by Shelley Emling

BOOM, YOU'RE 50! What Not to Call Boomers. Names People Hate Labels People Hate Names for Older People post50 what to Call Boomers Fifty News

There are few words that spark such a strong reaction among middle-aged women than "ma'am." Most say it makes them feel old. But what other names do those over 50 never want to hear? We asked our Facebook fans and received a massive response. According to them, here are the top six things you should never call someone 50 or older. What do you think? Let us know in comments.

1. "Honey or Sweetie."

"I hate being called 'honey' or 'sweetie' by people younger than me. It's like I'm a sweet old lady. I guess that's better than 'old bat' though," wrote Nancye Hernsmith Bright. Being called "honey" also upsets Chrissie Johnson, who wrote: "It sets me off coming from strangers! I don't know them and, at that rate, they will NEVER know me!!!"

2. "Old."

"Old. Call me anything else but that. I'm good." wrote Lois Rubin Gross.

3. "Madam."

"I like ma'am actually, but can't stand 'madam'. I turned 50 a few months ago so I am still getting used to it... eek," wrote Nadia Ashkenazy-Jones.

4. "Miss."

"I hate ma'am, but am suspicious of their motives when they call me 'miss.' And I'm neither elderly nor a senior citizen yet!" wrote Kimberly Palmer Wright. (However, Pam Jessurun Williams felt the opposite, writing that: "When in doubt, always use 'miss' -- we love it! Or 'assie' -- I like 'lassie'.")

5. "Elderly."

"I hate the word 'elderly'. Elderly is someone 20 years older than me, no matter how old I am," wrote Janice Fleming Morgan.

6. "Guys."

"One of the things that really bothers me is being referred to as 'guys.' In restaurants, waiters and waitresses constantly refer to customers this way, saying things like, 'are you guys ok? can I get anything else for you guys?' Well last time I checked, I sit to pee, so that rules me out as a 'guy.' Whatever happened to proper etiquette such as 'can I get you anything else? Is everything ok here?' I am almost 60 years old, not an 18-year-old 'guy'. You might think of showing a little respect for us older folks, and you might get a better tip if you address me properly," wrote Lorraine Rosen.

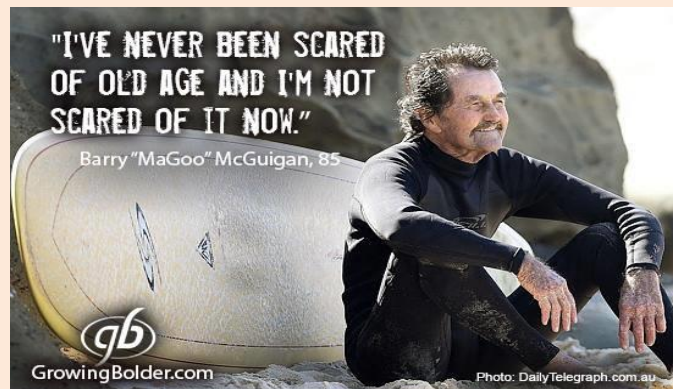
COMMUNITY PARTNER SPOTLIGHT

Waterford Grand



Our Mission:

To offer individuals and couples the unique opportunity to live in the comfort and luxury of a truly resident-focused community with access to an array of programs, activities and health services to help them thrive- body, mind and spirit- through their senior years.



Please Visit Our Sponsors

[Pinnacle Health Care](#)



[Cascade Manor](#)



[Waterford Grand](#)



[Willamette Oaks](#)



[Marquis Springfield](#)



[Banner Bank](#)



[ElderCare Resources](#)



[ElderHealth & Living](#)



[Addus Home Care](#)



[Trillium CHP](#)



We also thank Lane Senior Guide for Publicizing SAI

Thank you, for taking the time to read our newsletter.

We welcome your input at sai-eneeds@lanecc.edu