



# Successful Aging Institute

## SEPTEMBER E-NEWSLETTER

### **Successful Aging Institute September Classes:**

Please come enjoy some fall classes with Lane Community College's Successful Aging Institute. Contact SAI at 541.463.6262 or [lanecc.edu/sai](http://lanecc.edu/sai) for registration, costs, location and other information.

### **September Class Highlights:**

Arthritis Exercise Program: 09/15-11/19 (1:15 PM- 2:00 PM)

Beginning Yoga: 09/28-11/02 (6:00 PM-7:00 PM)

Drawing People: 09/22-11/17 (6:30 PM - 8:30 PM)

Grief, Loss and Peace: 09/29-11/17 (6:00 PM-7:30 PM)

Hospice Volunteer Training: 09/24-10/13 (1:00 PM- 6:00 PM)

Insanity Fitness: 09/15-11/19 (6:00 PM-6:45 PM)

More Legal Decisions: Parents & Families: 09/29-10/13 (6:00 PM-8:00 PM)

Prague & The Danube River: 09/30 (3:00 PM-4:00 PM)

Recreating Your Life: Transitions: 09/30-11/04 (2:30 PM-4:00 PM)

Staying Connected: Both of Us: 09/11-10/02 (10:00 AM-11:30 AM)

**Ongoing:** AARP Driver Safety Program. Visit [lanecc.edu/sai/course-descriptions](http://lanecc.edu/sai/course-descriptions) for dates, times and locations

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### **Senior Companion Program in the News!**

KEZI-TV (ABC affiliate) ran a lovely Senior Companion Program story on Aug 18 & 19. Enjoy this brief glimpse into the daily work of these vital and much-needed volunteers. Then help us spread the word, as many more are needed now!

[http://www.kezi.com/news/Senior\\_Companion\\_Volunteers\\_Needed.html](http://www.kezi.com/news/Senior_Companion_Volunteers_Needed.html)

The Senior Companion Program was also featured on the *Healthy Family* front page of the Eugene *Register Guard* on August 24.

<http://registerguard.com/rg/life/healthyfamilies/33413363-306/senior-companion-program-in-lane-county-needs-senior-volunteers.html.csp>

Thank you

Lane Community College/Successful Aging Institute 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](mailto:susmanb@lanecc.edu) or 541-463-6264.

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## Community Partner Spotlight Tamarack Wellness Center



### Accessibility

Our pool features a long, gentle ramp that begins right at deck level and allows for easy walking or wheelchair access directly into the pool.

### Saltwater Ultraviolet Sanitized Pool

The Tamarack Wellness Center Pool utilizes state of the art ultraviolet and saltwater generators as well as CO2 to sanitize the pool. We are very proud of our sustainable green friendly facility, and offer the clearest bather friendly swimming pool water in the state of Oregon. The benefits are many...

- No eye or skin irritation
- Crystal clear water
- No chlorine odor
- Bio friendly

3575 Donald Street Suite #300, Eugene, Oregon 97405  
541-683-7506 (Pool 541 686-9290) Fax 541 344-7082

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# THE PSYCHOLOGY OF HAPPINESS

By Dr. Susan Biali

Positive psychology researchers, worldwide, have been working on uncovering what aspects of life or actions result in true, lasting happiness. Here are some tried-and-true happiness tips for you and your family:

## 1. Focus on Family and Friends

Psychologist and happiness guru Dr. Tal Ben-Shahar, famous for having had the most popular course at Harvard for several years, consistently cites *"interpersonal relationships"* as the number one predictor of well-being. According to Dr. Ben-Shahar, people who have strong, intimate connections with their spouses, family or friends, demonstrate higher degrees of happiness.

## 2. Analyze the Happiest Period of Your Life

This one also comes from Dr. Ben-Shahar. When in your life did you really flourish? What were you doing then that made you feel so fulfilled? When I think of my happiest times during my 20s, which were mostly spent in med school, two moments stand out: 1) the time a group of us went to Club Med and danced all night, every night; and 2) when I got to be one of the dancing, singing "Spice Nurses" in our class's award-winning "Skits Night" production. It's no wonder, then, that my life became dramatically more enjoyable the day that I finally signed up for dance classes at age 28.

## 3. Get Active

A 2007 study out of Duke University, published in the Journal of Psychosomatic Medicine, found that over 16 weeks, regular exercise was as effective in relieving symptoms of major depressive disorder as the prescription antidepressant Zoloft. The researchers hypothesized that it was probably increased levels of feel-good endorphins and serotonin that accounted for the "happiness" effect of exercise.

## 4. Spend Money on Others and Volunteer

Though our society is more affluent than we were decades ago (at least we were more affluent until recently!), overall happiness ratings haven't increased with that affluence. According to some research, we were actually happier before, when we had less money and "stuff." A study published in the March 2008 edition of Science reported that when college students spent money on buying a gift for someone else or on a charitable donation they experienced far more happiness and satisfaction than if they bought themselves something with that money. The best part: the "happiness boost" from giving was the same, no matter how much money or time was spent on the other person or charity.

## 5. Accept Life as a “Roller Coaster”

This might be the most surprising of these points, as your first reaction may be one of disappointment. Wouldn't it be nice if at some point, life could just be smooth, easy and steadily happy? This tip, too, comes from Dr. Ben-Shahar, who has said in one interview, *“optimistic people have ups and downs like everyone else.”* He went on to say, *“the difference is that happy people realize that if they're sad, they'll get over it. There's a misconception that being happy means being on a high and having positive moods all the time. That's not what happiness is. If you're happy, you have a life-overall-that you find both meaningful and pleasurable.”* Once, when I asked a psychologist about his best piece of advice for his clients, he said just that. *“People would be so much better off, if they just accepted that every now then, with almost regular precision, life is going to hit you with a challenge,”* he told me. *“It's the people who whine and cry about it, and resist and resent the turn of events, that have the toughest time and take the longest to recover.”*

**Embrace those curve balls that life throws you –  
they always contain a gift!**

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### **Marquis Springfield**



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### **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](mailto:sai-eneeds@lanecc.edu)

**"Too many people, when they get old, think that they have to live by the calendar." John Glenn (1921-)**

As the oldest person to board a U.S. Space Shuttle at age 77, Senator John Glenn exemplified the view that we shouldn't let age define us. The calendar is a useful way to let you know the date, but if you let yourself be hemmed in by your chronological age, you may lock yourself out of potentially valuable opportunities.