



## February E-Newsletter – 2016

### *Visit our Sponsors:*

*Pinnacle Healthcare, Inc; Waterford Grand; Cascade Manor; Pacific Cascade Federal Credit Union; Sage Wealth Management; Willamette Oaks; Marquis Springfield; Banner Bank; Crescent Park Senior Living; Visiting Angels; and Addus HomeCare*

The Successful Aging Institute of Lane Community College Presents: Class Highlights for March 2016.

**Become a Medicare Expert:** March 2nd and 3rd 9 AM-4 PM and 9 AM-12 PM ; **Become a Senior Companion:** 03/03 10:00 AM-11:30 AM; **Car Ownership:** 03/01-03/22 6:00 PM-8:00 PM; **Optimizing Social Security Benefits:** 03/15 5:30 PM-7:00 PM; **Sunshine on Your Plate:** 03/05-03/12 12:00 PM-3:00 PM; **Women's Health: Sharing the Basics:** 03/03 3:00 PM- 5:00 PM.

Ongoing- AARP Smart Driver Course

Please Visit: <https://www.lanecc.edu/sai/course-descriptions> for times and locations or call [541.463.6262](tel:541.463.6262)

---

### As we age – a humorous look

Some 15 year old girlfriends decided to meet for dinner. They discussed where to eat and finally agreed on McDonald's next to the Sea Side Restaurant because they only had \$6.50 between them and Bobby Bruce, the cute boy in science class, lived on that street.

10 years later, the same girlfriends, now 25-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because it had free snacks, there was no cover charge, the beer was cheap, the band was good and there were lots of cute guys.

10 years later, the same girlfriends, now 35-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the combos were good, it was near the gym and if they went late enough, there wouldn't be many whiny little kids.

10 years later, the same girlfriends, now 45-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the martinis were big and the waiters wore tight pants and had nice buns.

10 years later, the same girlfriends, now 55-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the prices were reasonable, it had windows which opened (in case of hot flashes), the wine list was good and fish was good for their cholesterol.

10 years later, the same girlfriends, now 65-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they had an Early Bird Special and the lighting was good.

10 years later, the same girlfriends, now 75-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because the food wasn't too spicy and it was handicapped accessible.

10 years later, the same girlfriends, now 85-year-olds, discussed where to meet for dinner. Finally they agreed to meet at the Sea Side Restaurant because they'd never been there before.

---

## News Update - Successful Aging Institute Advisory Council

The Advisory Council held a retreat on February 4<sup>th</sup> at Crescent Park Senior Living. Crescent Park Senior Living is a beautiful place that is designed for seniors who value their independence, yet want to be able to live in maintenance – free comfort.

The advisory council worked on enriching their work experience professionally and personally, as part of the SAI Advisory Council, They learned how to work more effectively together to achieve SAI goals, and to build a sense a community through their individual and combined strengths. Many wonderful ideas and goals were realized at this retreat. A good time was had by all.





The retreat was facilitated and lead by Shannon O'Leary

*Thank you to Shannon O'Leary and April Leathers of Crescent Park Senior Living!!*

---

### **How can social issues affect the life and health of seniors?**

Social issues can have a significant impact on life and both physical and [mental health](#) of seniors. Some of the major contributors to social and psychological problems for seniors are as follows:

- Loneliness from losing a spouse and friends
- Inability to independently manage regular activities of living
- Difficulty coping and accepting physical changes of aging
- Frustration with ongoing medical problems and increasing number of medications
- Social isolation as adult children are engaged in their own lives
- Feeling inadequate from inability to continue to work
- Boredom from retirement and lack of routine activities
- Financial stresses from the loss of regular income

These factors can have a negative impact on overall health of an older individual. Addressing these psychosocial problems is an integral component of seniors' complex medical care

**To request this information in an alternate format (Braille, digital, audio or large print), please contact Center for Accessible Resources: [\(541\) 463-5150](tel:5414635150) (voice); 711 (relay); Building 1, 218; or [AccessibleResources@lanecc.edu](mailto:AccessibleResources@lanecc.edu).**

---

*Thank you for taking the time to read our newsletter. Any comments or feedback please let us know!*