

The Social Butterfly

Issue 2

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The Greatest Gift to Share is a Piece of Our Hearts

In April, we take special time to thank the volunteers that help make Institute on Aging's Social Day Center a very special place. We believe each day is an opportunity to connect with others and share all of the joys this wonderful world has to offer. From the SPCA to student visitors, it is truly our connections to others that bind us to life.



"No act of kindness, no matter how small, is ever wasted." ~ Aesop



The Swindells day center has been blessed to have Jean Hansel as a volunteer. Jean has been donating her Wednesdays to the center for several years now.

She enthusiastically engages participants in arts and crafts, horticultural therapy, and story-telling. She is a true friend and helping hand.

We truly thank Jean for her kindness, dedication, and amazing handmade scarves

she presents us over the holidays. Jean is a part of a remarkable group of volunteers that bring us creative writing, yoga, and live performances.



Celebrating Seniors!

We are proud of our all our student volunteers but this Spring we highlight two teens that have shown outstanding dedication to IOA's older adults.



Gwen McLaughin started at Institute on Aging her Sophomore year and has come back weekly ever since. She has personal experienced caring for a family member living with Alzheimer's and used that as inspiration to serve others. A talented artist, Gwen designed her Senior Culminating Project to illustrate the life stories of our participants.

Duncan McDonell came to IOA in 2013 with a mission to make older adults happy through art. In 2014, he wrote and was awarded a Generations United Grant to offer art classes to IOA's older adults. He also was presented the teen version of the Jefferson Award for outstanding civic engagement. We were able to join him on the SF Giants field as he received this honor.



Thank you for your dedication to our older adults. I know you will go on and change the world for the better. Institute on Aging is pleased to have been a part of your service learning experience. And thank you to the teachers who collaborate with us to make these magic moments happen.



You Are What You Eat

Everyone feels better after a good meal. The lunches served here at the Social Day Program are low in sugar and salt but high in flavor.

We pride ourselves on a pleasant dining experience to enhance socialization and pride. The positive atmosphere and our trained staff support those who may have difficulties around meal time.

IOA is pleased to have contracted with Beli Deli for over a decade now. Their chef works with a dietitian to ensure the healthiest options are available for our participants. Beli Deli partners with local produce companies who deliver us the freshest ingredients every morning. Beli Deli Catering has been a family run business serving the Bay Area for over 32 years.



Dima and his wife both work for Beli Deli.
We enjoying seeing him everyday at lunch delivery



A Few Caregiving Tips:

- Take Time for Yourself
- Reach Out to Others
- Be Playful, Use Humor
- Simplify Instructions
- Encourage Independence

“It’s not how much you do, but how much love you put in the doing.” -Mother Teresa

Help Us Spread the Word

You, above all others, know how hard it is to find the right place for your loved one. Please help other’s find the support offered by our Social Day Program.

Review Institute on Aging on Yelp!

The Institute on Aging depends on support from those who know us best - clients and friends like you. Would you mind posting a review on Yelp?

<http://www.yelp.com/biz/institute-on-aging-san-francisco-3>

Questions? Comments
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