

The Social Butterfly

Issue 1

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It takes a Village

We are so grateful for our center volunteers who give their time to make the lives of others a little brighter. We are always looking for people who would like to share their talents with us. Perhaps you are great at chit chatting, maybe you play the guitar, or you like to draw. Whatever your talent is, we encourage you to share it with the most appreciative audience imaginable.

Feels good to give back to those who give to Us

We at IOA are pleased to announce the first installment of our 'Good Samaritan Project'. We've chosen different charities to team up with quarterly. Our first alliance is with our good friends at the SF SPCA who have been bringing therapy dogs to our center for years. To give our thanks we launched a Towel Drive. The SPCA is in constant need of towels to rescue, clean and comfort animals. Day Center families and IOA staff donated slightly used, clean and un-torn towels to help our participants facilitate this purposeful and fulfilling activity. It's so important for us all to find ways to contribute. The 'Good Samaritan Project' encourages our participants to stay connected and give back to our community.





Where Everybody Knows Your Name

Inez and Frank go to our two different Social Day Programs but ride the same bus. The bus becomes an extended activity for participants as they look out the window and chat with their neighbors. It can also be time to catch up with old friends which is the case for Frank and Inez. Frank is a retired hair dresser and styled Inez for decades.

They hadn't seen each other for years until they met again on the IOA social day van. Amazing!!



This Little Light of Mine

Meet Duncan, a high school senior that first came to me three years ago with a mission: to make elders happy by creating art together. Duncan goes off to college next year and we wish him well. We know that the empathy and communication skills he has learned while creating art will serve him and all

of those he will impact. This art project just developed very organically while he and Carolyn chatted but I love that it resembles the two of them. We all have a light in us that is present from when we are babies and is with us as we age. I believe that art is a great way to connect with that light in all of us and a great way to connect with that light in others.



Creative Arts and Dementia Symposium



Family caregivers are invited to explore how the creative arts can provide meaning, joy, and connection to people living with dementia and their care partners.

Learn about local arts programs for persons living with dementia. Leave inspired and equipped with creative arts tools and techniques to implement at home.

PRE-REGISTRATION IS REQUIRED:
Contact Rachel Main at 408.372.9971
or email rmain@alz.org.

Date:

Wednesday, March 16, 2016

Time: 10 am - 3 pm

Lunch will be provided

Location:

Institute on Aging Auditorium

3575 Geary Boulevard

San Francisco, CA 94118

Our very own, Jessica McCracken, Director of the Social Day Program will be featured on the panel.



HAPPY HOLIDAYS

Celebrating a wonderful 2015.

Looking forward to a
happy and healthy 2016.

We appreciate having you in our community.

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.

Post on Institute on Aging's Yelp page

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

Questions? Comments?

Feel free to call

Jessica McCracken

415.750.4182

