



ACT III

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Mission: To provide collaborative faith-based services that meet the health and wellness needs of the whole person.

Summer 2008

Legacy: Then Whose Will These Things Be?

One of our Sunday adult Bible class options this summer is titled "Legacy: Then Whose Will These Things Be?"

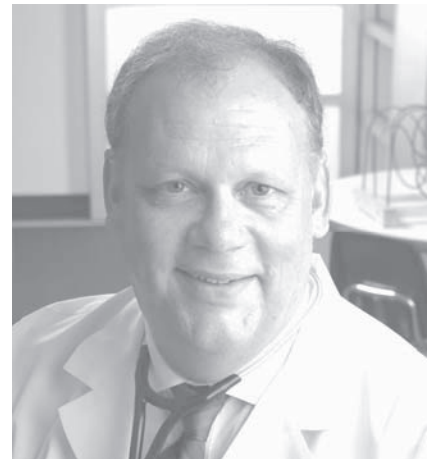
This class is hosted by James Vandiver, director of the Resource Center on Aging at Harpeth Hills, and Turney Stevens, dean of the College of Business at Lipscomb University. The class meets in room 211 from 9:45 - 10:30 a.m.

This class grew from the educational aspect of our Legacy Fund at Harpeth Hills. Through our educational programs, we hope to focus on significant aspects of stewardship, life planning, and the legacy we leave.

On July 27, Dr. Bruce White will join us during this class time to discuss facing the end of life with courage and dignity. Dr. White is chairman of the Department of Pediatrics at St. Joseph's Hospital and Medical Center in Phoenix, Ariz. He holds faculty appointments as

clinical professor of pediatrics in the University of Arizona College of Medicine and clinical professor of pharmacy practice and science in the College of Pharmacy, Tucson; and Clinical Professor of Pediatrics, Creighton University, Omaha, Nebraska. He is a fellow of the American Academy of Pediatrics. Haworth Press, New York, recently published his medical and pharmacy ethics textbook titled *Drugs, Ethics, and Quality of Life*. He recently participated in the Christian Scholars Conference at Lipscomb University.

Dr. White headed the ethics committee at St. Thomas Hospital for a number of years when he lived in Nashville. He also taught pharmacy law at Samford University in Birmingham, Ala. He is a physician, attorney and ethicist. His wife, Sarah, previously served as a geriatric nurse practitioner at Vanderbilt. She currently works with INSPIRIS, a unique health-care management company focused on improving the



Dr. Bruce White

quality of life for the elderly population, while reducing the cost to Medicare Advantage health plans. INSPIRIS partners with individual health plans to provide acute, post-acute, custodial and hospice-care programs that address the needs of the plan's membership. Both Drs., Sarah and Bruce White, serve on our Resource Center Advisory Board.

Continued on page 2

Continued from page 1

On August 17, Congressman Jim Cooper will be the presenter for the class. He will speak on the topic "Medicare and Social Security: Life after Our Social Contracts Bankrupt." Cooper has taught courses at Vanderbilt University on this topic. This subject is also a focus of his attention and committee involvement in Congress.

"Most of our national conversation about healthcare is about the 47 million Americans who are currently uninsured. As important as this is, the larger issue of concern is how Medicare will pay for its future healthcare obligations to those already over age 65 and the 73 million additional baby boomers who will be turning age 65 over the next few years.



Congressman Jim Cooper

The Medicare Trustees estimate that Medicare will bankrupt by 2013 at the earliest, 2019 at the latest. Social Security is also projected to bankrupt as well.

If all future Medicare and Social Security obligations are added together, the full obligation is larger than the net worth of all American families and businesses combined. What happens to future seniors who are depending on these two programs as cornerstones of retirement plans?

Even affluent seniors must have healthcare coverage and expect to receive back from Social Security a portion of what has been paid in. Our own Congressman Cooper is among the nation's most influential and knowledgeable legislators... and most candid. In a no-media, off-the-record session, he will be at Harpeth Hills to advise us all as to how best to plan for our futures," said Turney Stevens.

Program expansion includes grief and loss focus

As the Resource Center on Aging continually assesses needs of the congregation and the community, new programs arise that address these needs. Two new programs are currently being designed to concentrate on issues of grief and loss. The programs will not just address the issues of grief in the context of death and bereavement, but will discuss grief and loss in the larger context of life.

The first program, scheduled to begin this fall, is being developed under the leadership of Dr. Karen Nash, director of Grief Support Services at Alive Hospice. On a monthly basis, speakers uniquely qualified to address issues of grief and loss will lead discussions on topics such as tasks for healing, grief during the holidays and self-care during grief.

We are also developing a grief support group led by Dr. Phillip Pistole, a marriage and family therapist in private practice in Brentwood. Dr. Pistole is a Harpeth Hills member very active in our Single Adults Learning Together (SALT) program. He also directs our divorce recovery program. The material for this support group will be based on GriefShare, a resource used throughout the United States, Canada and in over 10 other countries. The group will meet during the Wednesday evening class hour beginning in September. Registration will be required for this class.



How Much Volunteering is Good for You?

Research frequently reports on the positive effects - in health and well-being - of volunteering activities among older people. This research asks the interesting question: Is there an upper limit to the positive effects of volunteering? Could too much volunteering be counter-productive to well-being?

The 2,500 participants in a recent study were 60-64 year old people from Australia, and in a survey they enumerated their volunteer activities. Other information, including a sense of well-being, health indicators, employment status, marital status, and years of education, was also gathered.

After adjusting for various demographic variables, the researchers concluded that a moderate amount of volunteering is most beneficial. People who volunteered at least 100 hours per year, but fewer than 800 hours, scored highest in well-being.

There was no indication that volunteering great amounts of time to good causes filled the gap left by the absence of a partner. There were no gender differences found in satisfaction, but the types of volunteer activities tended to follow stereotypical lines, with women engaged in more nurturing activities and men in more managerial ones.

The researchers caution that government policy that retreats from addressing social ills by assuming that the older population will pick up the burden may be detrimental both to those in need and to those who feel morally obligated to provide. "Social policy could be best served by working toward the optimal balance of creating opportunities for older adult volunteers while guarding against excessive burden on individuals and ensuring that human services and the voluntary sector have adequate funding support" (pg. 69).

From: *Volunteering and Psychological Well-Being Among Young-Old Adults: How Much is Too Much?* By Timothy D. Windsor, Kaarin J. Anstey, Bryan Rodgers. *The Gerontologist*, 2008, 48, 59-70.

Older is Wiser

Can't think of your next door neighbor's first name? Don't remember your brother's birthday? Having a "senior moment"?

Most people worry that as they age, their brains are going to become less sharp. But in certain respects, the assumption that the aging brain is in decline is itself in decline.

Studies reported in a new edition of *Progress in Brain Research* suggest just the opposite. For most aging adults, much of what occurs over the life-span is a gradually widening focus of attention. As the focus broadens, it is more difficult to recall one small fact, such as a name or a tele-

phone number.

The older brain has more information to remember, thus making it more difficult to select one out of the crowd. (After all, how many more people has a 60 year old met than a 20 year old?)

Because older adults retain more information, they can be better problem solvers than younger people. They can transfer information learned in one situation to another different one more readily.

These tendencies can offer benefits in life situations when it is unclear what information is useful in solving problems or avoiding them. A broad attention span may enable older adults to know more about a situation and the indirect messages about what's going on than their younger peers.

Some scientists conclude that a reduced ability to filter out so-called "useless" information could also contribute to creative thinking.

The results of various psychological studies suggest that older people are "wiser" than younger ones. As Jacqui Smith, professor of psychology at the University of Michigan said, "If older people are taking in more information from a situation, and they're then able to combine it with their comparatively greater store of general knowledge, they're going to have a nice advantage."

From: *Getting Older May Indeed Bring Wisdom* by Sara Reistad-Long. *International Herald Tribune*, May 22, 2008, pg. 11.

SAVE THE DATE...

When: Thursday, October 30, 2008

Where: Harpeth Hills Community Room

What: Wellness 66: End of Life Issues

This seminar will be a collaborative event coordinated by the Harpeth Hills Resource Center on Aging, Centennial Medical Center, Center for Healthy Living and Parthenon Pavilion.

Book Review:

The 36-Hour Day

by Nancy Mace and Peter Rabins

The 36-Hour Day: A Family Guide to Caring for Persons With Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life, written by Nancy Mace and Peter Rabins, has helped over half a million families cope with issues surrounding the care of a person with memory loss diseases.

When someone in your family suffers from Alzheimer disease or other related memory loss diseases, both you and your loved one face enormous challenges. For over twenty years, this book has been the trusted "bible" for families affected by dementia disorders. This guide, now thoroughly revised and updated, provides the practical and specific advice you need to make care easier, improve quality of life, and lift the whole family's spirits. It features the latest medical research and news on current delivery of care. Comprehensive and compassionate, this book is a guide to help your family through this difficult time. You'll learn:

- ◆ The basic facts about dementia;
- ◆ How to deal with problems arising in daily care—meals, exercise, personal hygiene and safety;
- ◆ Financial and legal issues you must address;
- ◆ How to get outside help from support groups, friends and agencies;
- ◆ How to cope with an impaired person's false ideas, suspicion, anger and other mood problems. *

*From : *The 36-Hour Day*. This book is available in the Harpeth Hills library, recently donated by Dr. Steve & Melinda Yearwood-Graham.

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