



AgeSong
senior communities

Beyond Dementia Toward Forgetfulness Care

Old Age Makes Us Useless/ Old Age Offers Us a New Kind of Usefulness

So many things we can't do:
Lift, pull, carry, tend, transport,
Run fast, work at night,
Trust our eyes and ears
To transmit correctly.
Or if we can do them
We're embarrassed
By our lower standards:
Short, slow marches for
Good causes, temporary
Day care, only while the
child sleeps.



The talents and abilities,
So proudly owned, lie shrouded
under grayed hair and frail bodies,
marginalized by time.
Furthermore we are expensive
to maintain.

Creating Therapeutic Environments

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There is an interim here between
older and old when we're a cheap
and available force, smart
and experienced, willing,
even enthusiastic: minds, hearts
hands, filling in, offering, carrying
A load. We know how to wait, bide our time.



our numbers grow. Statistics
surprise. Paying back society's
questioning investment in health care
and basic security. Fortunate the elder
who can afford to commit
to the welfare of others.
Many who can, do.

From "Love Fills in the Blanks"
by Elizabeth Bugental

Love Fills in the Blanks:

Paradoxes of Our Final Years



Elizabeth Bugental's latest release, *Love Fills In The Blanks*, is an insightful, heart-opening book that examines paradoxes of aging as they form from the direct experience of the author and many of her students, each of whom is more than seventy years of age.

For Elizabeth, many things became apparent during the writing of this book. One is that we live in contradictions and paradoxes -- the main ones being that as we grow old, we are more conscious of living than we are of dying and of finding than we are of losing. So it is natural that this book forms itself around paradoxes. The book suggests that the "right conditions" for seeing and embracing the exquisite beauty that life offers us while at the same time experiencing difficulties that life presents us, are all present once we approach old age consciously -- although at times it is difficult to stay aware of the possible hidden in the seemingly impossible.

The reality is that when we care for an ailing partner or adult child, contend with our own aches and pains, face unwanted surgeries, lose a spouse or sibling or friend, we get a rough shove into awareness. But with or without that shove, losses slowly mount and force us to wake up and deal with the inevitable. The paradoxes in this experience are a daunting and beautiful learning.

"I find myself seeing (paradoxes) everywhere now and I find that comforting."

As Elizabeth says, "I find myself seeing them everywhere now and I find that comforting. No need to decide, but to just acknowledge both sides of the seeming contradictions, and to live enjoyably with one in each hand for better balance and perspective."



AgeSong Goes

Greener

Creating Therapeutic Environments

What do we mean when we say "creating therapeutic environments?" There is a world-wide effort to find the meaning and purpose of aging in the human mind. We're involved in a paradigm change as we work with our bodies and minds to understand the meaning and purpose of the changes we experience. It's likely that we're a long way from an ultimate resolution. We must develop preventive medicine that can allow us to fulfill our life's purpose. Let's pray we beware treating ourselves and our families like our machines - created as good as they'll ever get and requiring only maintenance thereafter. It's the goal of AgeSong to make life for our residents as therapeutic and meaningful as possible.

We believe the physical, mental and emotional health of residents draws much from their opportunity to live as fully in care as they did previously. Our programs make a daily practice of offering opportunities for residents to enjoy as many aspects of life fulfillment and involvement as possible, founded on our belief in the value of aging as an important phase of human development.

At AgeSong, we believe that we can have a positive impact on the quality of life not only on our elders, but on everyone whose lives we touch. We therefore recognize the importance of maintaining an environmentally

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responsible business. In this spirit, the kitchens at Hayes Valley Care and Laguna Grove Care have made the shift toward greener methods and products. Already, we use biodegradable cutlery and trash bags. Water filters are used instead of bottled water, which not only saves plastic but also the fuel necessary in transport. All recyclable and compostable waste is disposed of accordingly and an effort is made to reduce the overall amount of waste.

We hope to continue our vision with AgeSong's expanding programs throughout the Bay Area including additional sites in San Francisco, Oakland and Emeryville.

AgeSong at Lakeside Park

AgeSong at Lakeside Park, located on beautiful Lake Merritt, is a special place -- warm, spacious, vibrant. Our mission is to help residents with forgetfulness and the many other challenges to aging gracefully. Lakeside Park is designed to feel like a home, yet provide the trained support and programs important to residents' health and well-being.

Although Lakeside Park cares for up to 70 residents, a typical neighborhood serves just 6-8 residents. The spacious activity areas and state of the art security systems allow Lakeside Park to offer safety while allowing residents the freedom to walk through the community, participate in activities and groups, and have access to the outdoors.

In addition to our building design, our location



allows us the opportunity to stay connected to the greater community by participating in activities in the park, walks around Lake Merritt, and group lunches or tea at local restaurants.

Editor Ed Voris is a consultant to community development non-profits, specializing in housing and finance. He was recently diagnosed with Dementia.



Hayes Valley Care - Lagune Grove Care - Lakeside Park
Visit us online at www.agesong.com



Pacific Institute

AgeSong is proud of its partnership with Pacific Institute, an organization dedicated to gerontology and elder wellness.

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