

February 2023

Boomers, Elders, & More E-Newsletter

Monthly Elder Care Newsletter of the Vanderbilt Child & Family Center



Boomers, Elders, and More!

[E-Newsletter available.](#)

Upcoming Event: Lunch & Learn
“*Caregiving During Work Hours: Tips to Manage Time to Avoid Burnout*”

Time: Wednesday, February 15, 2023
12:00 PM Central Time

Join Zoom Meeting

<https://vanderbilt.zoom.us/j/94058898463?pwd=LzQ1eFowTnFGb0UrL3RXNDJyOXJEUT09>

Meeting ID: 940 5889 8463 Passcode: 574397



Speaker: Debra King, LMSW

A Licensed Clinical Social Worker, Debra King has been a member of the Mid-Cumberland Council of Healthcare Social Workers since 1997, serving on that organization’s Board of Directors for four years. She is a member of the Senior Services Network and a former member of its Board of Directors.

VCFC Resources

VCFC seeks to establish a community of support. Understanding the changing needs of the Vanderbilt community helps to create impactful programming. [VCFC maintains a list of resources](#) for caregivers. If you have ideas for activities or speakers that would benefit seniors and/or caregivers, please contact: famcenter@vanderbilt.edu

Senior Perks in Nashville

Metro Parks Senior Recreation Program provides services and activities specifically designed for those who are 55 years of age and older. Three designated senior sites; East, Elizabeth, and Hadley, along with nine satellite programs in neighborhood centers, provide a variety of programs including visual arts, dance, crafts, and other recreational pursuits.

Metro Parks and the Metro Department of [Social Services](#) partner to help Nashville’s senior residents meet the challenges of a new day. The partnership provides direct services to extended families and people who are elderly, disabled or homeless. Services offered include: Adult and Family Support Services, Information and Referral Services, Grief Counseling, Adult Homemaker Program, Burial Assistance, Relative Caregiver Assistance and Homeless Services.

In addition, Metro Transit Authority (WeGo Transit) [Access Ride](#) provides transportation for seniors 60 and over Monday through Friday to meal sites, medical appointments and other

important destinations. The program also makes provisions to transport large groups to entertainment and educational venues.

The [Senior Dining program](#) offers a noon meal each Monday thru Friday, in a group setting. This service also provides participants the opportunity for interaction with other seniors. A variety of additional activities are available. The program is available to persons age 60 and over and their spouses, regardless of their age.

Senior Dance Clubs are also offered through the Senior Program. These clubs not only give seniors an opportunity to fellowship with other seniors as they practice and develop new dance routines, it's excellent exercise for cardiovascular health.



Vanderbilt University transitioned to [new well-being and employee assistance program](#) services starting in 2023. For more information please email Wellbeing@vanderbilt.edu.



Valentine's Day Fruit Salad

A delicious way to celebrate the day! Add 1 tblsp baking soda to a large bowl of cold water and submerge 1 pint raspberries, 1 pint blueberries, and 1 pint strawberries. Let sit 15 minutes then strain and rinse thoroughly with more cold water. Let dry. Remove stems from and halve the strawberries. Use the freshest berries available.

Finely dice two fresh kiwi. Removing the fuzzy peel is an option but it has good benefits. Kiwifruit is super nutritious, offering twice the amount of vitamin c as an orange and six times the nutrient density of apples.

Prepare one cup of bite-sized pineapple chunks (if using canned pineapple, make sure to use fruit packed in juice, not syrup.)

Combine all the fruit in a pretty bowl. Allow to rest covered in refrigerator for 30 minutes. Serves eight people or refrigerate leftovers.

Add a scoop of cottage cheese for protein to enjoy a beautiful and healthy treat!

