



Keeping Adults Connected
to Their Communities.

Since 1953.

Adult Day Program

Volume 5, Issue 2, May 2011

Keeping the Peralta Connection



Bobbie Pires, Therapy Pets volunteer, and beautiful Oona met third graders while visiting BACS in April.

In May, seniors and second graders made kazoos and played beautiful music.



During the school year, students from Peralta Elementary School take monthly field trips to BACS Adult Day program. Under the leadership of Ellen Oppenheimer, Artist-in-Residence with the City of Oakland, each class learns specific project techniques and shares that learning with the seniors. Peralta teachers prepare students ahead of time to understand their elders' special needs.

Since 2007, students and seniors have shared origami, reading, jewelry making, reminiscing, cooking and a host of other creative experiences. Their time together gives senior participants new opportunities to interact and verbalize. While staff, volunteers, parents and students come away with a deeper appreciation for each other and the interests we share.



Featuring our Noteworthy Nineties

Did you know five BACS day program attendees have been enriching their families and communities for more than 90 years? On March 29th, two days before her 94th birthday, Marika Richard celebrated this major milestone surrounded by her BACS friends. Marika began attending BACS nine years ago. Born in the Netherlands and raised in France, she speaks French, German, and English and is an accomplished pianist, still delighting us on occasion with renditions of Chopin and Mozart.



Celebrities Visit North Oakland

Roberta Randolph and Dorothy Sybil pause to chat with Oprah Winfrey, one of several celebrities, including Michele Obama, Cesar Chavez, Aretha Franklin, and Booker T. Washington, to visit the halls of North Oakland Senior Center last month. The celebrity connection was made possible through the hard work of Hoover School teachers and fourth graders, whose research and reenactment abilities make Living History Day a memorable annual event.

Mark your Calendar!

Wednesday, May 26th, 1-2:30 pm, Arts & Crafts Room

Special Presentation: Tony Chicotel, CANHR Attorney, will speak on COMMUNICATING WITH CARE FACILITY STAFF AND ESTABLISHING RESIDENT COUNCILS.

Monday, May 30th ~ MEMORIAL DAY HOLIDAY. BACS closed.

Wednesday, June 8, 2-4 PM, Monarch Place, 4500 Gilbert Road, Oakland
BACS, ASEB, Monarch Place and Family Caregiver Alliance present
ELDERCARE AND CAREGIVING (CAREGIVING 101). To register contact Hilary at (800) 445-8106, ext. 317 or email htoyryla@caregiver.org.



in collaboration with BACS Adult Day Care and Sojourner Truth Manor

Exercise sessions offered weekly. Thursdays at 11:30 AM at North Oakland Senior Center Multipurpose Room 5714 Martin Luther King Jr. Way

Fridays at 11:30 AM at Sojourner Truth Manor, 5915 Martin Luther King Jr. Way, Building B

Exercise led by Amanda Cartwright, BACS Adult Day Care Activity Coordinator and Certified Arthritis Foundation Exercise leader.

For more information, call Roberta Tracy at 601-1074 or Donna Murphy at 655-8823.

Bay Area Community Services presents

Caregiver Support Group

Providing emotional support and practical advice for those caring for long-distance or nearby frail older adults.

4TH THURSDAY OF THE MONTH

1 to 2:30 PM

North Oakland Senior Center
Arts & Crafts Room
5714 Martin Luther King Jr. Way
Oakland, CA 94609
510-601-1074 for info

Hats off to ...

Amanda Cartwright, our Activity Director extraordinaire, for donating her expertise and individual Mary Kay makeup kits to make everyone, even the dads, look good on May 11th, Mother's Day Makeover Day!



BACS (Bay Area Community Services) presents ...

Brain Boost

a weekly group program for persons experiencing early memory loss.

- Join with others experiencing early memory loss
- Benefit from educational programs, cognitive exercises and social activities
- Share in group discussions
- Participate in outings

For more information, contact Roberta Tracy at 510-601-1074 or rtracy@bayareacs.org

BACS Adult Day Care Services receives funding, in part, through Alameda County Area Agency on Aging and the Adult Day Services Network of Alameda County. Additional services provided by City of Oakland; North Oakland Senior Center; Lao Family Community Development, Inc; Alameda County Vocational Rehabilitation Services; and City of Oakland Senior Assets Program.