

**Get involved  
in new Ways—  
in person and/or  
through your  
financial support.  
We have room  
for you!**

▶ **Engage our Services**

We work with you (and your budget) to help your clients, residents and staff serve your community in nurturing and uplifting Ways.

▶ **Volunteer**

Get trained as a volunteer visitor. Give talks to “Chats”, caregiver groups, groups at care facilities, home care agencies, senior centers or churches. We will make that happen! Want to market, fundraise, make videos? Exercise your talents in rewarding Ways!

▶ **Donate**

in so many Ways:  
By check or online at  
**[www.seniornewways.org](http://www.seniornewways.org)**;  
give an unrestricted gift or sponsor a program at a Care Facility that is special to you; include SNW in your estate planning.



**Ever thought  
of aging as light,  
uplifting, fun  
and meaningful?**

**Discover  
Senior New  
Ways!**

Senior New Ways is a 501 (c)(3) not-for-profit organization created to honor, engage, entertain and care for our elders.

## Some of our Senior New Ways:

### Senior New Ways: where we are all “ageless” and deserving of dignity

At Senior New Ways we genuinely care about and care for seniors, celebrating the positive aspects of aging and helping our elders do so as well. We make them laugh, brighten their days on our visits, provide recorded and in-person programs that inform, inspire, entertain and even provide health benefits. We help individuals make a difference by training them as volunteers, care facilities by providing valuable yet affordable programs, and seniors by promoting happier, healthier lives. Read on to learn more...

*“...my mom loves the music—she sings along, she remembers when the songs were new. I’m amazed at how much she knows...”*

Kathy, 44

#### Care Facility Visitor Service

Our trained, volunteer visitors make such a difference in the lives of the residents they see. Activity Directors are anxious and delighted to welcome Senior New Ways visitors as they brighten the days of their residents.

#### Educating and Entertaining Groups

Our rich inventory of programs and Chat topics covers all aspects of “ageless” adults : whole health, current events and issues, writing journals and memoirs, caregiver topics, just plain entertainment and so much more! A couple of the most popular include our session with “Elvis”, testing your group’s musical memories (they’re always amazing!) , and our Laughter Therapy session. Not a seminar but real therapy with lots of laughs!

**Men’s Caregiver Resource Group** meets bi-weekly in Palo Alto — all are welcome! Stay tuned for information on more resource/support groups.

#### Programs on DVD

Our newest DVD Laughs and Brains is an hour of laughs and learning that can be enjoyed any time! Need an activity that will uplift your residents and stimulate welcome memories? A gift for an elderly friend or relative? A way to share an hour when you visit? “Laughs and Brains” is just the ticket (and a bargain—check it out and order online)!

#### Discover more about these opportunities and others!

Visit our web site, pick up the phone, send us an email. Be a part of something important . We appreciate your interest and support!



463 College Avenue  
Palo Alto, CA  
94306

info@seniornewways.org

[www.seniornewways.org](http://www.seniornewways.org)

