Virtual Learning Community
Faces and Places of Peer Support Webinar Series

Part 1: Supporting Older Adults: Honoring Their Strengths

Broadcast on March 30, 2020

References

AARP, Millennials Show Us What ‘Old’ Looks Like. Disrupt Aging [Video, 4:08 min.]
https://youtu.be/IyDNjrUs4NM

https://www.academyofpeerservices.org/


Eight Dimensions of Wellness: https://cpr.bu.edu/living-well/eight-dimensions-of-wellness/


Intentional peer support: https://www.intentionalpeersupport.org/

International End of Life Doula Association: https://www.inelda.org/


Wellness Recovery Action Plan: https://mentalhealthrecovery.com/wrap-is/


Woolf, L., Webster University, Aging Quiz http://faculty.webster.edu/woolfilm/myth.html

World Health Organization (WHO), Aging Attitudes Quiz: https://www.who.int/ageing/features/attitudes-quiz/en/


Video Resources:

Shanti Vani, making medical masks at home (Gainsville Florida News Channel WCJB Report): https://www.wcjb.com/video?vid=569040152&fbclid=IwAR1gsactYZ1mylJupZBZE9NCN-SGeZE1QMhcvZ6Vjg6jsioa_S4hQ5YFqA

Helen Hardy and Thierry Mingione [Video 3:10 min.], Helen Hardy and her son-in-law communicating through Alzheimer's brain. (Recommended by Shanti Vani) https://youtu.be/pAqG5z6-10E


A Poem by Gayle Bluebird

Always Remember,
Things do change,
Grandchildren do remember
You,
Losses can be filled again;
Fires can be restarted
With mere sticks and paper,
Tiny embers fanned to flame;
The once again’s do happen,
Maybe differently,
New faces may sit across
From us,
Our tables may serve tea
Instead of coffee,
The same’s we want,
Stability, familiarity,
Paths we walked so
Smooth, packed
Down, with history—
Now,
We step ever so cautiously;
Sweet is future,
Take it,
Make it,
Have patience—move
On...