

# HOMECARE SERVICES

*tailored* to YOUR needs *for* complete PEACE OF MIND



*Stay in the Home You Love  
Experience Everyday Your  
Own Way™*

We provide Homecare Services to help you live with dignity and INDEPENDENCE in your own home...

- » Companionship
- » Transportation
- » Personal Care
- » Wellness
- » 24/7 Support
- » Medications, Meals
- » Nurse / Health Aides
- » Resources & Care Coordination

... for YOUR Needs

- Live-Ins
- Overnight
- Hourly
- Respite
- Placement
- No minimums
- Alzheimer's, Stroke, Rehab
- supportive care, more...

... wherever YOU are

- Your home
- Residential Care Facility

South Bay | Peninsula | Gilroy

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## Bay Area Older Adults and Santa Clara County Parks Transform Life After 50

Bay Area Older Adults (BAO) and Santa Clara County (SCC) Parks have partnered to offer hikes for adults age 50+. Inspired by her grandparents' love of the outdoors, former Silicon Valley biotech executive Dr. Anne Ferguson founded BAO to empower older adults to improve their physical health and social well-being. She explains "As we age and especially after retirement, it is critical to be physically active, develop new friendships and keep our minds stimulated. This is why every hike is two to four miles, has a unique educational component and a social picnic lunch. One hiker, Jean, summarizes her experience: "joining BAO hikes one of my best decisions since retirement. The hikes are not just exercising the body, but also enriching my knowledge about the parks. I made new friends in BAO hikes who have the same passion as me for hiking. It inspires me to continue being active, that age is not an excuse."



Building new social relationships is overwhelmingly the most important aspect of the hikes to the seniors who participate. As one participant expressed "We experience the camaraderie of fellow hikers and engage in conversation with new acquaintances over lunch." The picnic lunches are an integral part of our hikes as it is a time for people to socialize while savoring the beauty of our county parks. We are pleased that Togo's has generously offered to be the healthy picnic lunch sponsor for the 2015 hikes.

Another important aspect of the hikes is that many older adults would not hike alone, and BAO hikes give them the security and comfort of hiking with others. Seniors motivate each other on the hikes, as Sally B. conveyed "Being with other people my age is inspiring—we may be older, but we are challenging ourselves to do more and push on."

The hikes are all over Santa Clara County, from as far south as Gilroy to as far north as Alviso. This gives seniors a chance to experience the diverse nature and history of SCC Parks including the waterfalls of Uvas Canyon County Park, the mining history of Almaden Quicksilver County Park and the world's smallest butterflies that breed at Alviso Marina County Park. For more information, please contact: Anne Ferguson at 408-774-0593 or [share@bayareaolderadults.org](mailto:share@bayareaolderadults.org)



[www.BayAreaOlderAdults.org](http://www.BayAreaOlderAdults.org)  
[info@bayareaolderadults.org](mailto:info@bayareaolderadults.org)

# Activities for Adults Age 50+

## **BAO Select Events For JANUARY**

**1/09 Amish Quilt Exhibit**

**1/15 Art Crimes of the 20th Century**

**1/21 Hike for the Best View of Silicon Valley**

**1/28 Mindfulness Stress Reduction Workshop**



See many more events by visiting  
[www.BayAreaOlderAdults.org/BAO-group-events](http://www.BayAreaOlderAdults.org/BAO-group-events)

**MEMBERSHIP IS FREE!**