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COMMUNITY

Volunteers give time to elderly

By Hope Neelson
Emerald Reporter

This holiday season, one student gave her steady hand as her gift to an elderly man, so he could write his wife a Christmas card.

The South Hills nursing home resident needed help writing his card, and with the help of student volunteer Alycia Foster, he wished his wife a Merry Christmas and happy holiday season.

This is just one of the activities University student volunteers do to help bring some love and joy into the lives of South Hills residents.

"You make their day a little bit brighter," Foster said, adding that people can learn a lot from residents' stories. "They are not that different from you, even though they are old," she said.

South Hills Activity Director Sindy Mau said even though the volunteers bring a lot of much-needed love and attention to the residents, the volunteers get something in return.

"The elderly have a lot of wisdom," Mau said. "They've been through so much, and you can learn a lot of patience, and a greater understanding of the world and people. They also have a wonderful sense of humor."

South Hills now has seven University volunteers, most of whom visit residents in their rooms either at random or from a list Mau provides.

Foster said she gets a lot out of the experience, saying many of the patients talk about their lives and have wonderful stories to tell. One such patient is Claud.

"He's so easy to talk to," she said. "The first time I talked with him, we talked for 40 minutes. He had lots of stories about World War II, and tattoos

'If I go there and talk with them and get them to smile, then I've done something good.'

— Trina McCartney

all over his arms."

Foster said another woman told her about the different places she's lived, and where she wanted to travel. Foster said it is hard to explain how she feels after she visits with the patients.

"At first it is really sad," she said. "You see these people and think, 'am I going to be there?'"

"That is hard," Foster said. "But when I talk to the people, I just feel good — like I've done something real good."

It's hard striking up conversations with patients at first. But Foster said she just knocks on doors, walks in and introduces herself.

"I jabber on about the weather, or a party ... whatever comes

up," she said.

"There are a few patients who are not very communicative," she said. "You're trying to carry on a conversation with someone who isn't really there."

But many of the residents do like to talk.

"One man is always reading the paper; he's pretty with it," Foster said. "He talks about world events and what's going on in the news."

One journalism student, junior Amber Roberts, volunteered through the ESCAPE program. Through ESCAPE, students receive one credit for a mandatory seminar and an additional credit per 30 hours of volunteer time.

Students must sign up through ESCAPE, and register through Duck Call to receive 400-level practicum credit.

Besides visiting with residents, Roberts wrote a series of articles for the South Hills newsletter, "The Herald," in which she interviewed residents.

"It helps the residents feel special because their stories are being told," Mau said.

But Roberts said volunteering can be frustrating at times.

Roberts cited one instance when she talked with a woman, and thought she had made a real connection with her.

"I had a great talk with her, then, the next time I went to visit her, she didn't even re-

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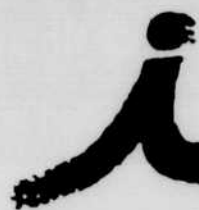
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WINTER CLASSES

Meditation Trough Movement

Sat 1:00-6:00pm
January 25, 1992 (one day seminar)
Instructor: Andre Carpenter
Fee \$8.00.

We will learn how to move from the meditative center, and mostly, each individual will discover his/her individual, unique way of centering in the body and how to function in all circumstances as a centered, whole human being.

Soul Boundaries

Th 4:00-6:00pm
Jan 9-Jan 30, 1992
Instructor: Ann McGinity
Free class, 135 Gilbert
Identifying our choices for this lifetime begins with clarifying the questions. Students will learn techniques to improve use of their intuition. We will cover ways to access inner creative sources and to identify our own personal contracts.

Understanding Self-Esteem

Mon 6:30-8:00pm
Jan 6-Mar 9, 1992
Instructor: Tony Cubito
Fee \$10.00

What you learn in this fun class will enable you to make your understanding of who you are more positive, which is an essential ingredient to happiness. The class will include lecture, discussion and exercises in the practical application of the principles taught.

Understanding the War of the Sexes

Wed 7:00-10:00pm
Jan 8-Jan 29, 1992
Instructor: Andre Carpenter
Free class, 260 Condon

We will explore the essential differences and similarities between the genders and how they affect the psyches of men and women.

Dream Journey

Th 5:30-7:00pm
Jan 9-Mar 12, 1992
Fee \$20
Instructor: Nora Minogue
In this course students will learn sev-

eral ways to improve their dream visions. We will cover dream recall, primitive culture practices, early analytic approaches, and modern process oriented techniques.

Aikido

U/H 7:00-9:00pm
Jan 7-Mar 12, 1992
Fee \$10, B-52 Gerlinger Annex
Instructor: Wayne Vincent

This non-aggressive Japanese martial art places emphasis on centering, balance and relaxation, as well as on self-defense technique. Training is designed to reduce tension, increase flexibility and heighten awareness of inner energy.

Introduction to Yoga and Meditation

Th 7:00-9:00pm
Jan 16-Mar 5, 1992
Free class
Instructor: Dadaji Sarvabodhanada
This class will present basic and effective yoga techniques for improving health, mental balance, and self-awareness. Special emphasis will be given to meditation — both its theory and practice.

How To Register

Both students and non-students are able to register two ways: Drop by our table in the main lobby of the EMU Jan 6-7 between 12:00-4:00, or come to our office EMU 15C during office hours (posted on our door or call 346-4305).

Innovative Educational Development has moved to the ground floor of the Erb Memorial Union in room 15C near Computer Lounge.

Reimbursement Schedule

Before the second class - 100%
Before the third class - 80%
After the third class - 0%

About The Program

Innovative Educational Development provides the Eugene area with a refreshing blend of courses not found in the regular U of O curriculum. We sponsor credit and non-credit classes, workshops and seminars taught by qualified students, community members and U of O faculty. We act as a testing ground for experimental course ideas, welcoming new ones that deal with current and/or controversial issues.