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One Generation to Another

By Konnie Guo



Konnie Guo is currently a sophomore at Miramonte High School in Orinda. She is an avid reader, and during her spare time, enjoys playing the piano and doing volunteer work.

whether these individuals are grandparents, a family friend, or strangers. Anyone can make a difference simply by visiting a local senior home. It is the responsibility of our generation to offer community care and friendly camaraderie to our golden seniors.

Teen Scene is YOUR voice. If you have something to say or have writing skills and want to be part of our Teen Scene team, email our Teen Coach, Cynthia Brian, Cynthia@CynthiaBrian.com.

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Besides academics and sports, high school students often appear to be worry free. However, teens have views on important issues, and one of them is improving the care for the elderly. Once an older person succumbs to a disease like Alzheimer's or Parkinson's, he or she is dependent on others for care and medical treatment.

Lamorinda is fortunate to offer a variety of options accommodating the needs of senior citizens. The Orinda Senior Village, the Stratford at Countrywood in Lafayette, Aegis Living, and Moraga Royale in Moraga are all unique facilities providing excellent medical, emotional, and social care to their inhabitants. Other smaller services like the Lamorinda Adult Respite Center and Comforcare Senior Services in Orinda aid seniors preferring a more private lifestyle. According to the 2010 U.S. Census, there were 10,582 residents in Lamorinda aged 65 and older, making up about 18 percent of the total population of 57,552.

Margot Mai is a member of the Orinda Juniorettes, a group of teenage girls who perform various acts of community service. Around Halloween, the Juniorettes delivered pumpkins to the elderly at Orinda Senior Village. Mai says, "They were really excited to see young people who cared, and were willing to connect with us by telling stories."

Orinda resident Marisa Chow is part of the student chapter in the Contra Costa Performing Arts Society. Along with other young musicians, Chow frequently performs at senior homes around the Bay Area. "The audience claps enthusiastically when we perform. Their faces light up and many enjoy sharing music-related stories."

Madeleine Becker, a sophomore, has a personal reason to help elders. Her own grandfather worked at a senior home. "Just hearing all the different stories, histories, and accomplishments they have to share is such a rewarding experience."

Teens I know care a great deal about the elderly,

Reach the reporter at: info@lamorindaweekly.com

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