

# SCIENCE FOR SENIORS:

**Q. & A. With Gloria Hoffner**

By: Krista Fischer, ADC of My Activity Resources

Gloria Hoffner is an award-winning and nationally certified activity consultant and creator of the revolutionary science program, Science for Seniors. I had the wonderful opportunity to ask her questions about her program.

**Krista: What inspired you to create Science for Seniors?**

**Gloria:** I have always loved learning something new. It's exciting. In October 2007 with the anniversary of Sputnik around the corner, I proposed a 1-hour program on Sputnik for Sterling Healthcare and Rehabilitation in Media, Pa. The activity director, Nancy Newman, approved my idea.

My program engaged residents with photos from space, fun space trivia, and demonstrated with a yoyo how satellites stay in orbit. I called it - Science for Seniors. The residents loved it! They wanted to know the topic of the next program. It became, and remains, a monthly event at Sterling. Nancy Newman submitted Science for Seniors to NCCAP for the Best Practice Award and it won first place I bring live programs to communities in PA, DE and NJ weekly to over 300 locations. I have several online NCCAP approved classes at [raronline.org](http://raronline.org). I write a Science for Seniors column for A New Day magazine. I enjoy traveling and presenting classes to activity and CTRS professionals.

**Krista: How have seniors been responding to your programming?**

**Gloria:** Residents LOVE it! Here's why! Everyone at every age is always curious. I work in independent, assisted living, personal care, long term care and memory care communities as well as adult day, senior centers and senior club meetings. They constantly come to me after a presentation to say how much they enjoyed learning. A lifelong gardener said she learned new things about flowers. A WWII Vet said he saw a volcano during the war and never knew how it worked until Science for Seniors. Learning is addictive! Residents never stop loving in retirement what they loved in their working years. In traveling to communities for Science for Seniors

**Krista: I love your theory that we are "Never too old to learn". How do you believe an Activity Director can intrigue residents to participating in educational programs as a leisure?**

**Gloria:** It is a proven scientific fact that learning something new improves brains of all ages and may even delay the symptoms of dementia. (I can cite many research studies and books if you need details.) To engage residents, like everything you present it in the right way. Science is NOT memorizing facts for a school quiz. Science is how the world works. Activity directors sell their program ideas every day and science is no different. Make a poster that says "Science for Seniors ocean life Tuesday 3 p.m. Come and hold a preserved shark and a 350 million year old sea shell in your hands." Build excitement!

**Krista: Please share some information about your book, Science for Seniors**

**Gloria:** My book "Science for Seniors" is published by Idyll Arbor Inc. and costs \$28.

It features 276 pages of step by step instructions for activity and CTRS professionals to do programs on topics of animals, energy, ecology, space, oceans, plants, Earth science, chemistry, physics, and tall tales. Every topic has information on the topic, trivia, a safe experiment using everyday items such as flour and corn syrup (even residents who might put their hands in their mouth during a experiment will never ever be harmed), discussion topics, references and book and video suggestions for further information.

The success of this book lead to more books:

**'Going Places in Northern Europe'**

is a step by step travel program for \$24

**"More Science for Seniors"**

which is a self-published workbook that costs \$20 with topics of weather, light, sound, nature and more. It also includes holiday science themes such as Halloween programs.

**"Brain Boosting Games"**

another self-published, \$12 workbook based on the proven research from Japan that residents who do real math -

**\*\*\* For readers of this blog I will sell all 4 books for \$75 including postage. Checks should be mailed to: Gloria Hoffner, 311 Summit Rd., Media, PA 19063**

**Krista: What topics have seniors found the most interesting?**

**Gloria:** Residents love ocean, volcano, birds, plants, rain forest, space travel but they also love - time and maps answering who created the 24-hour day and how did the first travelers navigate?

**Krista: What do you see as the future for Science for Seniors?**

**Gloria:** I have presented in 26 states, with 27 already scheduled for 2018. I'd love to present in every state, so I could teach activity and CTRS professionals everywhere how to engage residents with science. I am

very hands on with my workshops and very research based oriented. I want to do activities that are fun but have proven brain benefits.

Every year I have 12 months of new topics for my live programs.

I am working on a third science workbook - 'Still More Science for Seniors' and a second travel book - 'Going Places in Southern Europe'. I'd like in the future to write an activity book filled with fun history ideas such as how pioneers really lived vs TV and movie images.

*As of today, Gloria has presented Science for Seniors in 26 states in activity, CTRS and health care conventions as a keynote speaker, breakout sessions and alone as full day workshops. Gloria has several online NCCAP approved classes at [raronline.org](http://raronline.org). Amongst her accomplishments she writes a Science for Seniors column for A New Day magazine. She has a BA from Temple University and is wants to finish her master's degree in either astrophysics or switch majors to the history of science discoveries. We are very excited to see all of her future endeavors!*

*Krista Fischer is the owner of My Activity Resources. For more blogs and content visit [Myactivityresources.com](http://Myactivityresources.com)*