



Resource Center on Aging University of California Berkeley

New Resources on Aging

A Biweekly Email Newsletter from

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The University of California at Berkeley

Resource Center on Aging

November 6 - November 17, 2006

For a comprehensive edition of this newsletter see

<http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html>

a few days after you receive this email.

November is National Hospice/Palliative Care Month

Continued thanks to all for your very generous donations.

EDITOR'S NOTES

The staff at the UC Berkeley Resource Center on Aging wish you a

HAPPY THANKSGIVING

See:

<http://www.jacquelawson.com/viewcard.asp?code=1017865721185>

Remember! If you would like to **post an event in the newsletter**, please email it **at least 3 weeks in advance** of the event so people will have ample time to plan. The next newsletter will be published **the week of December 1**.

If you would like to use the **UC Berkeley Resource Center on Aging library**, please email Desi Owens at: <mailto:desiowens@berkeley.edu> or phone Desi at 510-643-6427. The library database can be seen at: <http://ist-socrates.berkeley.edu/~aging/library.html> Click on the sentence: [Click here to connect to the Resource Center on Aging Library online database.](#)

NEW ON THE WEB

Aging in the Media

Editor's Note: I happened on the following documentary on Public Television recently. If you have a chance to see it do! ***GRANNY D GOES TO WASHINGTON*** is a half-hour documentary that chronicles the extraordinary march across the U.S. by 89-year-old idealist and political activist, Doris Haddock. See: <http://www.grannyddoc.com/index.htm>

Editor's Note: **Memoir: Love Sustained by Ann Patchett**, Harper's Magazine for November 2006. This is one of the most moving accounts of care giving (by a granddaughter for her grandmother) I have read. Go to your public library and read it if you can't find it elsewhere. See: <http://www.harpers.org/MostRecentCover.html>

Consumer Information

Reminders!

Do you speak Medicare Part D? This year the **Medicare Part D Prescription Drug Plan enrollment period** is only 6 weeks! If you need help understanding your choices and getting *free & easy* information and enrollment assistance, **beginning November 15th, 2006** <http://www.MyPartDusa.org/> and <http://www.NewPartD.org/> will be in service.

For information on **where to get flu shots**, consumers should contact their physician, their local pharmacy, their local senior center, or log on to the Flu Clinic Locator at <http://www.flucliniclocator.org/>.

Reports/Articles/Research

VALUE OF FAMILY CAREGIVING SERVICES AT \$306 BILLION WITH STATE BREAKOUTS The value of "free" services provided by family caregivers to their chronically ill, disabled or aged loved ones jumped to \$306 billion--a 19% increase in the past four years--according to research by Peter S. Arno, PhD, a health economist at Montefiore Medical Center/Albert Einstein College of Medicine, Bronx, NY. Data charts are available in rank order at: http://www.thefamilycaregiver.org/pdfs/State_Caregiving_Databyrank2006.pdf or alphabetically by state: http://www.thefamilycaregiver.org/pdfs/State_Caregiving_Databystate2006.pdf. See: <http://www.thefamilycaregiver.org/press/detail.cfm?num=91> for press release.

***When the Chinese run out of daughters* Commentary: Spiritual Psychology**

Bernard Starr, ReligionAndSpirituality.com, November 9, 2006, an interesting commentary on the relativity of caregiving of older adults around the world. See:

http://www.religionandspirituality.com/relation_sexuality/view.php?StoryID=20061108-083237-6890r

The Center for Retirement Research at Boston College has released a new *Issue in Brief*: **What Happens to Household Portfolios After Retirement?** by Courtney Coile and Kevin Milligan

The *brief's* key findings are:

Aging, widowhood, and health shocks cause people to:

- sell their home, car and business.
- move remaining assets to bank accounts and CDs.

For widows, health limitations or other difficulties accentuate these shifts. Thus, shocks may trump standard risk and return calculations.

This *brief* is available at:

<http://clicks.skem1.com/v/?u=79b375ccb7bb0d5695e1339e71f60d65&g=61&c=711&p=e223687942d5ab78521cfb1cf05cbe55&t=1>.

Practice Resources

Quality Jobs/Quality Care is a **free e-mail newsletter that covers issues concerning direct-care workers in long-term care**. The biweekly emailed newsletter summarizes news, reports, legislation and other activities affecting the direct-care workforce.

You can read back issues of the newsletter and sign up for your own free subscription at:

http://www.directcareclearinghouse.org/n_newsletter.jsp It's published twice a month by the National Clearinghouse on the Direct Care Workforce <http://www.directcareclearinghouse.org/>

The National Center for Creative Aging (NCCA) is dedicated to fostering an understanding of the vital relationship between creative expression and the quality of life of older people.

Creative expression is important for older people of all cultures and ethnic backgrounds, regardless of economic status, age, or level of physical, emotional, or cognitive functioning.

See: <http://www.creativeaging.org/who.html> Our own local organization that fosters creative expression is Statebridge. See: <http://www.stagebrdige.org/>

Dr. Robert S. Stall, MD, Buffalo, NY, Internist/Geriatrician has a very comprehensive WEB site, **Geriatrics for Seniors, Baby-Boomers, Caregivers and Health Care Professionals**. His Quicklinks include: Advice | Assessment Tools | Bookstore | Caregiver's Handbook | Dr. Stall's Other Web Pages | Find a Geriatrician | Flash Cards_Geriatric Care Info by Dr. Stall | Geriatric Care Info Links | Grassroots Geriatrics | Humor and Inspiration_Hospice & Palliative Care | Key Principles of Geriatrics | Links from Other Web Sites_On-line Discussion | Radio Show |

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Self-Assessment Booklet. The Assessment Tools are particularly very good, and everything can be translated into several languages. See: <http://www.acsu.buffalo.edu/~drstall/>
Crane Library Web Picks of the Week Thanks to Laurie Blanchard for her generosity in letting us duplicate these. If you wish to subscribe to the Web Pick of the Week, go to: <http://lists.umanitoba.ca/mailman/listinfo/info-ltc>

For more information about the services and resources available at the J.W.

Crane Memorial Library, visit: <http://www.umanitoba.ca/libraries/health/deerlodge/>
Info Long-Term Care (LTC) Blog: <http://infoltc.blogspot.com/>

I am pleased to announce the launch of a new service from the J.W.Crane Memorial Library: The **Info Long-Term Care** Blog. For those of you who are unfamiliar or unsure what a blog is: blog is short for "weblog", a website where entries are made in journal style and displayed in a reverse chronological order. Blogs often provide commentary or news on a particular subject. I've set up the **Info Long Term Care** blog to provide an alerting service to newly published information of interest to those working in geriatrics, gerontology and long-term care. As I come across journal articles, books, and new and interesting websites, I will add them to my blog. If you want to keep up with literature on geriatrics as it's published, visit the blog regularly. Also featured on the blog is a new service offered by Google, called **Google Coop**. **Google Coop** lets you set up a Google search engine to search only sites that you choose. I've set one up for websites which I search and monitor regularly. Try it out. I'd be glad to hear your feedback. The **Info Long Term Care** blog also allows you to see my collection of websites using social sharing software called **del.icio.us**. (You will find this on the right column of the blog under "Links": *Click here for my del.icio.us sites.*) **Del.icio.us** is a software program that organizes and stores links to websites and allows you to share them with others in your community. If you're familiar with RSS feeds you can get a feed of new sites added.

Current Perspectives Update:

Family Involvement in Long-Term Care in the "Current Perspectives Series" has been newly updated. The "Current Perspectives Series" highlights current articles, books and Internet resources on specific topics of interest to long-term care professionals. To access "Family Involvement" and other topics in the series, go to:

<http://umanitoba.ca/libraries/units/health/links/aging.html> - currentpers

Working together: nursing assistants help one another manage stress in the workplace: a four session in-service training kit. Columbia University.

<http://www.sephardichome.org/sephardic/In-Service/Working Together.pdf>

This kit, the result of a study funded by the New York State Department of Health and the Sephardic Nursing and Rehabilitation Centre (Brooklyn), is designed to provide in-service training to help minimize job related stress so that quality of care is not compromised and staff well-being is maximized. The training approach is peer oriented: the primary role of the leader is to encourage trainees to share concerns, issues, experiences, knowledge and suggestions with each other.

Four sessions are contained in the kit, targeting different sources of stress on the job: stress of working with residents; stress of relating to family members; stress of interacting with co-

workers; and stress of handling personal problems while at work. Each session provides a variety of training exercises and includes a number of handouts.

NEW PUBLICATIONS

WORKBOOK: Changing the Culture of Care Planning: A Person-Directed Approach

Many people are interested in learning the culture change methods of care planning. When they hear about "I" care plans, for instance, they want to know where to go to learn more and to get some examples to follow.

This 72-page Action Pact workbook guides you through a spectrum of change, beginning with simple changes to make even traditional care plans more personalized.

To read more about it or to order your copy, click here: <http://www.actionpact.com/wb-cccp.html>

NEW AT THE CENTER LIBRARY (The Center Library Database can be searched on line at: <http://ist-socrates.berkeley.edu/~aging/library.html>)

Social Theory, Social Policy and Ageing: A Critical Introduction (2003), Carroll L. Estes, Simon Biggs, and Chris Phillipson, Open University Press.

Health Policy: Crisis Reform in the U.S. Health Care Delivery System, Fourth Edition, (2004), Charlene Harrington and Carroll L. Estes, Jones and Bartlett Publishers.

CALENDAR OF EVENTS Note: Except for UC Berkeley, the following are **all newly submitted events**. For a comprehensive calendar see *Resources on Aging* on our WEB site at: <http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html> The **Gerontological Society of America** maintains a national/international calendar at: <http://www.geron.org/calendar.htm>, and the *Older Americans Report Calendar* national/international calendar can be found at: <http://www.bpinews.com/hr/pages/oarcalendar.htm>

UC BERKELEY

UCB Extension

Aging and Mental Health

(EDP 402321)

As the U.S. population ages, the number of age-related morbidities will increase and the need for knowledgeable health, social service, and mental health professionals will continue to grow.

To subscribe to this newsletter: <mailto:ddriver@berkeley.edu> with "subscribe newsletter" on the subject line.

This **new Professional Program in Aging and Mental Health** includes a series of CEU workshops offered by leading researchers and clinicians in the Bay Area. A certificate of completion will be awarded to participants who meet all the requirements of the program.

Requirements

The program consists of two required workshops: Assessment and Treatment of Mental Illness in Older Adults (12 hours) and a Clinical Case Seminar on Aging and Mental Health (12 hours; offered in summer, 2007), plus 36 hours of electives from the series of workshops offered during the year. The minimum number of hours to earn a certificate of completion is 60 hours. Substitutions and waivers are not allowed. This program is primarily intended for licensed clinicians (Ph.D.s, LCSWs, MFTs, and RNs) who work with the elderly and their families.

Information

For more information call (510) 643-3883, visit <http://www.unex.berkeley.edu/profseq/aging.html>, or e-mail <mailto:counspych@unex.berkeley.edu>.

BAY AREA

DECEMBER

December 2

A new upcoming 3- hour workshop, on December 2, called **Writing As Healing**. It may be of interest to you, clients, friends, family and co-workers.

What: Memoir and Self-Portrait Journaling

When: December 2, Saturday, 9 AM to 12 PM

Where: N. Berkeley, lovely indoor garden setting.

Cost: \$45 (Call to reserve space)

Contact: Diane Hira Rose for information at 510-525-8056

CALIFORNIA

Nothing new this issue.

NATIONAL

2007

Choreography of Culture Change: one full week of education to help you design and facilitate culture change processes in your long-term care organization.

February 25 - March 3, 2007

June 10 - 16, 2007

September 23 - 29, 2007

Oconomowoc, WI

The upcoming sessions of the “Choreography of Culture Change” have been scheduled for 2007. The Choreography is a week-long intensive grounding in culture change principles and practices which has been critically acclaimed both by culture change leaders and it's past participants alike.

This educational experience is appropriate for CEOs, Nursing Home Administrators, Directors of Nursing, Educators, culture change leaders and both corporate and independent consultants.

Registration:

Call us at Action Pact (414)258-3649, or download the registration form at <http://www.culturechangenow.com/choreography.html> print it out and fax it to us at (414)476-8799.

INTERNATIONAL

Nothing new this issue.

COMMUNITY RESOURCES/FUNDING INFORMATION

The MetLife Foundation/Civic Ventures **BreakThrough Award** is for innovative organizations that tap the passion and experience of people over 50 to improve society. It's a salute to any nonprofit or public sector agency that takes on local, national, or international challenges by engaging this vast and vibrant workforce for good. To nominate an agency see:

<http://www.civicventures.org/breakthrough/>

Frank Norris Place: Redefining City Life for City People 55 and Over. Frank Norris place is bringing together a group of active people who want to be part of a community that lives in an urban center, participates in cultural events, experiences neighborhood delights & lives in a comfortable and convenient location. 32 brand new condominiums in the heart of the city in Nob Hill. Wheelchair accessible lobby and entrance with a stylish and inviting reception area. Elevator from garage level to each floor in the building. For information contact:

Frank Nolan, Senior Sales Associate, Vanguard Properties, 2501 Mission St., San Francisco, CA 94110, Direct (415) 321-7011, Fax (415) 321-7211

Waiting List open

Nov. 6-Nov. 20 for Satellite Central studio apartments in Oakland

The waiting list for studio apartments is open for Satellite Central (540 - 21st Street, Oakland) November 6-November 20th. The head of household must be at least 62 years or older. The household's annual income cannot exceed \$29,350 for a single person or \$33,500 for two people. All applications received or postmarked by the deadline date of November 20 will be randomly selected and the name of the applicants placed in this order on the waiting list. For

more information call the property manager at 510-451-8638, Mon-Fri, 9a-5p or see pre-application at: <http://www.ci.pleasanton.ca.us/community/housing/> or call 925-461-3042.

Lavender Seniors of the East Bay: The LGBT Elder-Friendly Project

An agency that is Lesbian, Gay, Bisexual, Transgender Elder-Friendly:

1. Displays the LGBT emblem below in their front window, reception desk or another visible and public location in their agency, And,
2. Has statements or policies on record of non-discrimination, regardless of sexual orientation or gender identity,
And,
3. One or more of the following:
 - a. Specifically states that they serve LGBT's,
 - b. Displays LGBT literature and other LGBT welcoming materials
 - c. Has "out" LGBT staff members
 - d. Staff has recently been trained in LGBT cultural competency, or
 - e. Has LGBT sensitive forms and publicity

For more information, call Lavender Seniors at 510-667-9655, email:

<mailto:barbara@lavenderseniors.org> or go to our website at <http://www.lavenderseniors.org/>

If a colleague has forwarded this newsletter to you, why not get the newsletter directly? Send an e-mail to <mailto:ddriver@berkeley.edu> with "Newsletter Only" in the message's subject field. If you are interested in receiving job postings in the field of aging in California (primarily but not exclusively in the Bay Area) send an e-mail note with "Jobs Only" in the message's subject field. If you would like to receive both the newsletter and job announcements place "Jobs & Newsletter" in the message's subject field.

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Postings in this newsletter are for informational purposes only and do not constitute endorsement by the Resource Center on Aging or the University of California. **Please do not contact the UCB Resource Center on Aging about information on these posts. Contact the provider directly. Thank you.**

Donations for 2006

(If you have sent a donation for 2006, disregard this message, and thanks!)

Though we do not charge for this service, we do appreciate donations to support our newsletter and job postings.

Suggested amounts:

\$10 a year for newsletter

\$10 a year for job listings

\$20 a year for both

\$20 per job posting.

\$10 per newsletter posting.

We appreciate all donations, large or small. Thank you.

(Donation year is January 1 - December 31 or any portion thereof.)

Please mail checks to: Resource Center on Aging, 140 Warren Hall, University of California Berkeley, CA 94720-7360

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