



Resource Center on Aging University of California Berkeley

New Resources on Aging

A Biweekly Email Newsletter from

Cal

The University of California at Berkeley

Resource Center on Aging

October 15 - November 9, 2007

For a comprehensive edition of this newsletter see

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

the Monday after you receive this email.

Continued thanks to all for your generosity and support.

Let us know if you have made a donation and would like to be included on our

Donation Page on our WEB site at:

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

November is National Family Caregivers Month

EDITOR'S NOTES

Important Notice: The newsletter will be published on the following dates during the holiday months of November and December:

Friday, November 30th (next issue)

Friday, December 14th (only issue in December)

We will resume regular bi-weekly publications January 4th.

Remember, If you would like to **post an event in the newsletter**, **please** email it **at least 3 weeks in advance** of the event to allow our readers time to plan.

Job opportunities in aging will continue to be posted on a regular basis throughout November and December.

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.*

All Internet links in this newsletter have been checked. Please allow sufficient time for links to load, **especially pdf documents**

NEW ON THE WEB

Aging in the Media (Continued thanks to readers who forward media tips!)

CBS's *Sunday Morning* Cover Story this week, Sunday November 11th, will be "**The Mystery of Aging**". Technology correspondent **Daniel Sieberg** reports on the latest advances science has made to curtail the aging process. Check your local listing for time and channel number for CBS. (**Bay Area:** Sunday morning is shown at 6:00 AM on KPIX Channel 5; set your recorders! Also the program can be seen on line after it airs, check:

<http://www.cbsnews.com/sections/sunday/main3445.shtml>).

PBS's Frontline aired an interesting **hour on the funeral industry** by spending time with Thomas Lynch a writer a poet and also *a funeral director in a small town in central Michigan where he and his family have cared for the dead -- and the living - - for three generations. For the first time, Lynch agreed to allow cameras inside Lynch & Sons, giving FRONTLINE producers Miri Navasky and Karen O'Connor rare, behind-the-scenes access -- from funeral arrangements to the embalming room -- to the Lynches' world for this film, *The Undertaking*. See the program at: <http://www.pbs.org/wgbh/pages/frontline/undertaking/etc/synopsis.html>*

In a **follow-up** to its September 23rd article "**At Many Homes, More Profit and Less Nursing**" by Charles Duhigg, the New York Times reported that the article has prompted a flurry of Congressional activity. See:

http://www.nytimes.com/2007/10/24/business/24retirement.html?_r=2&oref=slogin&oref=slogin

See **The U.S.'s First Baby Boomer file for Social Security on line!** at YouTube:
http://www.youtube.com/watch?v=aIV_rJpliqq

Consumer Sites

The **open enrollment period for Medicare Part D** is Nov. 15 - Dec. 31. Part D-enrolled seniors will have a chance to change PDPs. For complete information see:
<http://www.medicare.gov/>

The Alzheimer's Association has just launched its **Senior Housing FinderSM**, powered by SNAPforSeniors®, to search a current list of licensed assisted living residences, nursing homes and other types of senior housing. You can customize your search by geographic criteria, name of residence, housing type, availability status, license type and care services, including the level of dementia care offered. See: http://www.alz.org/we_can_help_senior_housing_finder.asp

The US Department of Housing and Urban Development (HUD) also has a new **site to help elders find affordable housing**. See:
<http://www.hud.gov/groups/seniors.cfm>

Research & Reports

U.S. Health Spending By Age, Selected Years Through 2004 from *Health Affairs* can be found at: <http://content.healthaffairs.org/cgi/content/abstract/hlthaff.27.1.w1>

A copy of the report **FRAMING NEW TERRAIN: OLDER ADULTS & HIGHER EDUCATION** from the American Council on Higher Education can be found at: <http://www.acenet.edu/Content/NavigationMenu/ProgramsServices/CLLL/Reinvesting/Reinvestingfinal.pdf>

The following **new reports (among others) from AARP Policy & Research** can be found at: <http://www.aarp.org/research/whatsnew.html>

- Are Americans Talking with Their Parents About Independent Living: A 2007 Study Among Boomer Women /

- Issues in Manufactured Housing
- Comparing Long-Term Care in Germany and the United States: What Can We Learn from Each Other?
- Long-Term Care
- Nursing Homes /
- The Thesaurus of Aging Terminology—a controlled vocabulary of subject terms--also known as keywords or descriptors--used to index all publications cited in AgeLine, the world's leading gerontology database.
- Sweden's Move to Defined Contribution Pensions
- UN Briefing Series: Major Developments and Trends in Global Aging /
- Paying for Hospice Care
- Aging at Home: Long-Term Care in Kentucky
- Doors to Extra Help: Boosting Enrollment in the Medicare Part D Low-Income Subsidy
- African Americans Age 65 and Older: Their Sources of Retirement Income in 2005

Practice Resources

The Center for Healthy Aging encourages and assists community-based organizations serving older adults to develop and implement evidence-based health promotion/ disease prevention programs. The site includes a **collection of resources about healthy aging programs**. See in particular: <http://www.ncoa.org/content.cfm?sectionID=308>

The MetLife Market Survey of Adult Day Services & Home Care Costs

September 2007 is available at:

<http://www.metlife.com/WPSAssets/18746211091190810760V1F2007ADSHCCStudy.pdf>

Medicare Quality Insurance Community (MedQIC) supports Quality Improvement Organizations and providers in finding, using, and sharing quality improvement resources. The Centers for Medicare & Medicaid Services (CMS) developed this comprehensive on-line resource of quality improvement information (e.g. preventing serious bed sores in nursing home residents) for Medicare's

National Quality Improvement Priority Topics. See:

<http://medqic.org/dcs/ContentServer?pagename=Medqic/MQPage/Homepage>

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>

Ex Memoria: <http://www.exmemoriafilm.co.uk/>

The EX MEMORIA website was designed to support a short film project with an outreach program, currently being distributed to the UK care community. Relevant to all those working in the area of dementia and Alzheimer care, the film comes with a study pack aimed specifically at carers. To download these materials, go to http://www.brad.ac.uk/acad/health/dementia/files/ExMemoria_handouts.doc

The 15-minute film focuses on the life of Eva, a 70 year-old Jewish woman born in Poland, and her experience of old age and dementia. As it chronicles her experience living in a nursing home and her interactions with family, staff and other residents, it forces us to face her reality, as she moves in out of the moment, the half-remembered, and the partly-imagined of her difficult past.

My Home Life: <http://www.myhomelife.org.uk>

My Home Life is a new initiative from Help The Aged (UK), aimed at **improving the quality of life of those who are living, dying, visiting and working in care homes for older people.**

My Home Life aims to celebrate existing best practice in care homes and promote care homes as a positive option for older people. The My Home Life team is developing a range of resources, practice development initiatives and other activities.

Over 60 academic researchers worked in partnership with care home practitioners, independent advisors and voluntary groups to examine evidence on the quality of life of older people in care homes.

Based on this review, the My Home Life team put together a program of ongoing research and development to help staff optimize the quality of life in care homes. This research helped identify eight best practice themes which together form a vision for care homes in the 21st century:

- Managing transitions
- Maintaining identity
- Creating community

- Sharing decision-making
- Improving health & healthcare
- Supporting good end-of-life
- Keeping workforce fit for purpose

Promoting a positive culture

The **My Home Life** program has already the following documents available at the Resources section of the website:

My Home Life: A review of the literature - details the evidence for best practice

My Home Life report - outlines key findings of the literature review along with testimonies from residents

The My Home Life summary - a brief executive summary of the program and the underpinning Issue 1 Care Home Staff Bulletin: Managing Transitions (PDF, 380k)

Managing transitions poster

Managing transitions bulletin

As the program advances, the team will continue to publish regular updates, tips and examples of best practice.

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

Eating for Optimal Health by John Edward Swartzberg, MS, FACP, and the Editors of the UC Berkeley Wellness Letter

Controlling Your Cholesterol by John Edward Swartzberg, MS, FACP; Ronald M. Krauss, MD, FAHA and the Editors of the UC Berkeley Wellness Letter

Dietary Supplements by John Edward Swartzberg, MS, FACP and the Editors of the UC Berkeley Wellness Letter

Physiological Basis of Aging and Geriatrics, Fourth Edition by Paola S. Timiras (2007), Informa Health Care USA, Inc.

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>.

UC Berkeley

Join UC Berkeley's Research Subject Volunteer Program (RSVP) and **be a part of the exciting research studies at Cal**. We ESPECIALLY invite healthy adults OVER the age of 50 to participate in our research that ranges from psychology & social science to optometry & neuroscience. You can select from projects that can be anything from completing a survey, to viewing images of facial expressions on a computer monitor, to having images of you brain made while you tap your fingers. To participate just visit <http://rsvp.berkeley.edu> OR, for those with *limited or no Internet access* email or mail us a physical copy of the MS Word form located at http://rsvp.berkeley.edu/rsvp_registration.doc

The University of California, Berkeley Center for the Advanced Study of Aging Services is Co-Sponsoring with the Institute on Aging the following series of professional education programs on the "**Secrets of the Aging Mind.**" All programs will be held at The Event Center, Saint Mary's Cathedral, 1111 Gough Street, San Francisco.

Please mark your calendars for the upcoming dates, and watch for more information!

November 15, 2007, 8:30 am - 4:30 ALZHEIMER'S DISEASE AND OTHER DEMENTIAS: ADVANCES AND ISSUES

January 24, 2008, 8:30 am - 4:30 pm MENTAL ILLNESS AND AGING: DIFFICULT BEHAVIORS THAT CHALLENGE PROFESSIONALS

March 13, 2008, 8:30 am - 4:30 pm RECOGNIZING AND RESPONDING TO CLUTTER ADDICTION AND COMPULSIVE HOARDING IN OLDER ADULTS

May 15, 2008, 8:30 am - 4:30 pm BRAIN HEALTH ACROSS THE LIFESPAN

*For specific details on each program please visit: <http://education.IOAging.org> or to register visit: http://education.ioaging.org/sign_up.html For information: Call Danna Moore at (415) 750-4180 x227

UC Berkeley Extension

Dec. 7

Neuropsychiatric Symptoms and Diagnostics of Dementia, 6 hours CE credit: BRN, LCSW/MFT, and Psychologists, Friday, Dec. 7, 9am-4pm, 425 Market Street, San Francisco, Fee: \$195, Instructor: Heather L. Bornfeld, Ph.D., MSW, EDP 411371

Treating Depression in Older Adults, 6 hours CE credit, BRN, LCSW/MFT, and psychologists, Friday, Nov 9, 9am-4pm, 425 Market St., San Francisco, Fee: \$205, Instructor: Patricia Arean, Ph.D., EDP 411389

For all classes, please call (510) 642-4111 to enroll or (510) 643-3883 for more information.

BAY AREA

November 13

Please join the Statewide Adult Protective Services Project for "**Reaching Within: The APS Investigator's Journey Into Ethics & Values**" - a training for APS Social Workers and Partners.

Guest Trainer: Nyla McCarthy, Director of Training, Office of Investigations and Training, Oregon DHS

Date & Time: November 13, 2007 from 9:00am - 3:30pm (registration begins at 8:30am)

Location: San Jose State Student Union, Loma Prieta Room, One Washington Sq., San Jose, 95112.

Training Fee - \$15 - morning refreshments & lunch provided.

For registration form and brochure - visit

http://bayareaacademy.org/downloads/APS_Investigation_FINAL.pdf

*Pre-registration is required. Make checks payable to the APS Training Project - Bay Area Academy/SFSU - 2201 Broadway Ste 100, Oakland, CA 94610

**Please note: an \$8.00 parking permit fee is charged to park on campus.

Driving and parking directions can be found at

<http://bayareaacademy.org/article.php?list=type&type=91>

For questions, please contact Krista Brown, APS Project Coordinator -
Phone:(510)419-3613 or <mailto:kbrown70@sfsu.edu>

Tuesday, November 13

Building on the information presented in Improving Medication Safety, Part I -

<http://www.lumetra.com/events/index.aspx?id=2362>- **Lumetra presents Care Transitions Web conference**, this one-hour teleconference discusses medication therapy management and reconciliation issues, in particular those pertaining to care transitions from skilled nursing facilities/long-term care to home health care/ambulatory care settings.

Please register early as this session has a limited capacity. We recommend you register only one participant per facility and have staff attend the session together. A recording of Improving Medication Safety, Part I (presented on August 7, 2007) is available on our Web site by clicking on the link above. Fill out the online CEU evaluation form to receive credit for the session.

Date: Tuesday, November 13, 2007

Time: 11:00 a.m. – 12:00 p.m. Pacific Time

CE Credit*: CEU (1 hr)**

Cost: No Cost

Faculty

Peter Kwok, PharmD

Director of Pharmacy Programs

Lumetra

Teleconference or other Questions

Contact Danielle Franklin at (415) 677-2015 or <mailto:dfranklin@caqio.sdps.org>.

November 15

A presentation of Greg Young's film, "Still

Kicking" (<http://www.goldenbearcasting.com>) and Amy Gorman's book, *Aging Artfully, 12 Profiles of Visual & Performing Women Artists Aged 85-105*,

<http://www.agingartfully.com>, will be presented on November 15, 7pm, at the El Cerrito Library, 6510 Stockton, El Cerrito, Info: 510-526-7512. The author will be present for both of them.

The film **Still Kicking**, will be showing at the **Santa Fe Film Festival**
<http://www.santafefilmfestival.com>, November 28-Dec 2.

Amy Gorman was a guest on the **NPR radio show, "To the Best of Our Knowledge," Sunday Sept. 30.** <http://www.wpr.org/book/070930a.html> The book, *Aging Artfully*, won the bronze medal in the 2007 National Independent Publishers Book Awards, category of Women's Issues. FOR MORE INFORMATION; 510-527-4977

November 15-16

The University of Wisconsin-Superior is holding the **7th biennial International Reminiscence and Life Review Conference** on November 15-16, 2007, in San Francisco at the Hotel Whitcomb. The conference draws presenters and participants from around the world, including those most prominent in the field of reminiscence and life review.

Following link for more information <http://reminiscenceandlifereview.org/>

CALIFORNIA

EXPRESSIVE ART THERAPY FOR WOMEN OVER 50

A supportive and relaxed environment for exploring retirement, transitions, and health; expressing the positive aspects of normal aging; and reflecting on wisdom and gratitude. Group activities include discussion and simple art and writing exercises. Women of all cultures, religions, and sexual orientations welcome. No previous art experience needed.

Tuesdays

10:30 to 11:50 am

\$45.00 per session

Twenty-week commitment required. Medicare and insurance accepted; sliding scale available

For more information or to register, please call Reba Connell, LCSW, at (510) 558-7800, ext. 750

Jewish Family & Children's Services of the East Bay

Suse Moyal Center for Older Adult Services

828 San Pablo Avenue, Suite 104, Albany

<http://www.jfcs-eastbay.org>

November 10

Cathy Cress MSW will be presenting "**Taking Care of Parents and Spouses-Midlife Women's Dilemma with Retirement**" on November 10th DeLaveaga Golf Club, Santa Cruz, 11:30. For information go to <http://www.agingfamily411.com/index.html>

November 17

Come meet your professional partners in Gerontology while attending GSA. **The National Association for Professional Gerontologists (NAPG)** invites you to a reception on Saturday, November 17, from 4:30-6:30pm at Villa Florence Machiavelli Room, 225 Powell Street, San Francisco. NAPG is dedicated to promoting and credentialing the education of professionals in the field of Gerontology. Come enjoy the music, food and fellowship. For more information contact: Barbara Gillogly, <mailto:gillogb@arc.losrios.edu>.

NATIONAL**November 14**

Make therapy services have a positive impact on your SNF's bottom line.

AudioEducator.com and The Coding Institute present:

Therapy Revenue Enhancement Strategies for the Skilled Nursing Facility

- LIVE Audioconference -

November 14, 2007 ~ 1:00 p.m. ET ~ 60 minutes

Hosted by Kristen Mastrangelo, Elisa Bovee

Call 800-508-2582 To Register or see:

http://www.audioeducator.com/industry_conference.php?id=629&trk=ELTC1474

January 31, 2008 - February 1, 2008

The **National Academy of Social Insurance 20th annual policy conference**. This year's theme is "Getting to Universal Health Insurance Coverage."

See:

http://www.nasi.org/calendar_reg3634/calendar_reg_show.htm?doc_id=501818

INTERNATIONAL

Nothing New This Issue

COMMUNITY RESOURCES/FUNDING INFORMATION

Colleagues: Please participate in the first GSA Silent Auction. We would greatly appreciate your contributions to this special event! Thank you!

Join the Fun at The Gerontological Society of America's (GSA) First Silent Auction

GSA is holding a Silent Auction at its 60th Annual Scientific Meeting in the Hilton San Francisco. Our Silent Auction is modeled upon the success of AGHE events; it will be a fun way to support GSA and to buy gifts for yourself and others.

What's a silent auction? During a silent auction, you will find tables set up with items on which you can bid, and bid sheets to record your bid. When you find an item you want, you write down your bid, making sure you're above any minimum required bid amount. Then during the time that the silent auction is open, check back and look at the bid sheet to see if anyone is bidding against you. If they are, you need to enter a higher bid. At the closing of the silent auction, the highest bidder gets the item.

How does this work during a professional conference? GSA's Silent Auction is set up in the Exhibit Hall. It opens on Friday, November 16, 2007 during the Exhibit Hall Grand Opening, and closes on Monday, November 19, 2007. So while you're visiting the exhibits or taking a coffee break in the Exhibit Hall, stop by the Silent Auction.

Where do the items come from? From you! Everyone coming to the GSA meeting is encouraged to bring with them one or more items to contribute to the Silent Auction. For every item that you contribute, you get a receipt that you can use to deduct the full, fair-market value of the item on your taxes. **Colleagues:**

Please participate in the first GSA Silent Auction. We would greatly appreciate your contributions to this special event! Thank you!

What should I bring? The GSA Silent Auctions is very eclectic, so bring anything that you think might interest those at the meeting. Some items are always popular: books, candies, chocolates, college insignia items, gift cards, jewelry, accessories, collectibles, holiday gifts, wines and anything with an aging or San Francisco theme.

How will I know if I win? Plan to be in the Exhibit Hall on Monday, November 19, 2007 when the GSA Silent Auction closes. The auction tables will close sequentially, so when the table your item is on closes, pick up the item and the bid sheet, and take them to the cashier to pay.

How do I pay for my items? If you're the high bidder, you pay for the item at the close of the auction with cash, check, Visa, or Mastercard. Please make sure you're in the right check-out line: some are for cash and check, and some are for credit cards. You will receive a receipt from GSA, and any amount that you paid for an item that is above its fair-market value is deductible on your taxes.

We look forward to seeing you at the GSA Silent Auction! If you have any questions, please email Dr. Darlene Yee-Melcihar at <<mailto:dyee@sfsu.edu>>**dyee@sfsu.edu**. To volunteer to work at the auction, please email Ms. Kelly Machleit at machleit@sfsu.edu

Please Note: Due to anti-spam filters on some e-mail services, many messages are blocked or deleted. **Please add lists@berkeley.edu** to your e-mail system's "safe" list of senders to ensure receipt of our messages.

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.

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

The newsletter and jobs lists are complimentary services of the UC Berkeley Resource Center on Aging. Please consider making a donation to support this work.

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