



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

April 11, 2008

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>

EDITOR'S NOTES

The newsletter is slightly early this week because **I will be away** on a personal medical matter from April 8 through April 15th. **Email will be read, and jobs will be posted during that time.**

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. **The next newsletter will be published April 25th.**

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 (Portable Document Format) documents**. . To view a pdf document, you will need the **Adobe® Acrobat® Reader** available **free** from Adobe at:

http://www.adobe.com/products/acrobat/readstep2_allversions.html

NEW ON THE WEB

Aging in the Media

(Continued thanks to readers who forward media tips!)

KQED's QUEST: [Alzheimer's: Is the Cure in the Genes?](#)

By 2050, as our population ages, 15 million Americans will suffer from Alzheimer's disease - triple today's number. Researchers at San Francisco's Gladstone Institutes have found that a gene may hold the key to a cure.

View at: <http://www.kqed.org/quest/television/view/818>

Suburban seniors move on to city life, San Francisco Chronicle,

Wednesday, April 2, 2008, Susan Fornoff, Chronicle Staff Writer. See:

<http://sfgate.com/cgi-bin/article.cgi?f=/c/a/2008/04/02/HO04VNAM8.DTL>

The Buck Institute was featured on the PBS-TV “NewsHour” program with Jim Lehrer in a segment about **[Geroscience--Researchers Examine Impact of Exercise on Aging](#)**. The News Hour team spent a full day at the Buck a few months ago, gathering video footage and interviewing faculty members Dale Bredesen, Simon Melov and Gordon Lithgow. See: http://www.pbs.org/newshour/bb/science/jan-june08/aging_03-31.html

Consumer Sites

The National Clearinghouse for Long-Term Care Information web site was developed by the U.S. Department of Health and Human Services to provide information and resources to help you and your family **plan for future long-term care (LTC) needs**. See:

http://www.longtermcare.gov/LTC/Main_Site/index.aspx

Prevent Shingles - A Vaccine

A new way to keep you from getting shingles has recently been approved by the Food and Drug Administration. You should ask your doctor if the new shingles vaccine is right for you. It is available for ages 60 and older. Read **NIA's Age Page on Shingles** at:

<http://www.niapublications.org/agepages/shingles.asp>

Kidney Disease Newest Offering on NIHSeniorHealth

Information about the diagnosis and treatment of kidney disease has just been added to NIHSeniorHealth, the National Institutes of Health Web site designed especially for seniors. Consumers can visit

<http://nihseniorhealth.gov/kidneydisease/toc.html> to learn more about kidney disease, which affects a growing number of older adults and is most often caused by diabetes or high blood pressure.

A new, user-friendly online tool has been developed jointly by AARP Tax-Aide and the National Council on Aging's (NCOA's) BenefitsCheckUp®. **The Stimulus Payment Tool** will help the more than 20 million people--many of whom are seniors-- fill out an IRS Form 1040A to receive payments under the Economic Stimulus law. People can access the tool through AARP's web site at:

<http://www.AARP.org/stimulus>.

The Spring issue of *Itineraries*, Second Journey's e-newsletter, is now posted to their website at <http://www.secondjourney.org/NEWSLTR.htm>
The Spring issue focuses on the **role of elders in caring for the planet.**

Research & Reports

Don't forget to check **what's new at AARP Policy & Research** at:

<http://www.aarp.org/research/whatsnew.html>

END-OF-LIFE CARE: Key Components Provided by Programs in Four States, GAO, December, 2007. In this study, GAO (1) identified key components of end-of-life care, (2) identified and described how certain programs incorporate key components of end-of-life care, and (3) described the challenges program providers have identified to delivering the key components of end-of-life care. See:

<http://www.gao.gov/new.items/d0866.pdf>

A new research summary, **Do the Elderly Get Influenza Vaccinations?**, has been posted to the Aging Research Translator (ART)! Please follow the link below to view this new post and the entire blog index of aging research summaries.

<http://www.agingresearchtranslator.com/blog.php>

New Policy Brief by Orsolya Lelkes, European Centre for Social Welfare Policy and Research Vienna

"Happiness Across the Life Cycle: Exploring Age-Specific Preferences"

Abstract:

Existing evidence suggests a U-shaped relationship between age and happiness, when controlling for income and other personal characteristics. On the other hand, there is no clear pattern without the use of controls. Thus, it is not ageing as such, which results declining happiness, but rather

the circumstances which are associated with ageing. Which of these circumstances could be averted? Are the preferences of the elderly are similar to others? The paper aims to explore these issues, using the European Social Survey. The results imply that the varying level of life satisfaction during the life cycle may be explained partly by changing preferences (by the decreasing importance of work, the increasing importance of religion, and the declining disutility of being single), and partly by changing circumstances. While changing preferences seem to increase well-being, changing circumstances seem to decrease it. Old days thus are happy above all due to changing priorities in life.

See: http://www.euro.centre.org/detail.php?xml_id=1151

2007/2008 Older Worker Profiles

Two New Profiles are available in the PDF format and supplementary and appendix tables for Older Workers in Colorado and Wisconsin (Released March 31, 2008) at the state, metropolitan area, and county levels.

Industrial data available by North American Industry Classification System (NAICS). See

http://lehd.did.census.gov/led/library/profiles_2007.html

From the Urban Institute: **Older Americans' Reliance on Assets**, Barbara A. Butrica <http://www.urban.org/publications/411632.html>

From the Urban Institute

Older Americans' Reliance on Assets,

Barbara A. Butrica <http://www.urban.org/publications/411632.html>

Practice Resources

Crane Library Web Picks of the Week Continued 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>

Patient Safety in Long-Term Care Under the Microscope

<http://www.patientsafetyinstitute.ca/news/ltcPaper.html>

In February 2008, The Canadian Patient Safety Institute released a background paper calling for a stronger research push to identify the best practices to optimize the safety of residents in long-term care settings. The paper, jointly funded by CPSI, Capital Health (Edmonton) and CapitalCare (Edmonton), reviewed the current scientific literature on resident safety in long-term care and surveyed long-term care stakeholders from across the country - including frontline staff, senior management, policy makers, researchers, and family members.

The study concludes that despite the abundance of scientific literature examining quality and patient safety in long-term care, there are numerous limitations with existing studies and very few have been conducted in Canada. This has left a considerable knowledge gap regarding patient safety in Canadian long-term care settings.

NEW PUBLICATIONS

Nothing New This Issue.

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

Nothing New This Issue.

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

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!

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

For specific details on 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

BAY AREA

Variety of Daytime Language Classes offered through LGS Recreation's 55+ Program

Daytime classes, for beginners as well as those with some language experience, are being offered in Chinese, French, Italian, and Spanish

through LGS Community Education and Recreation's **55+ Program** -- starting as early as April 10, 2008. (Additionally, a new evening class, French for Travel, will begin on April 23 from 7:30-9PM.) All of these classes will be held at the Los Gatos Neighborhood Center, 208 E. Main Street. For information about days, times, and class fees, visit LGS Recreation's website at <http://www.lgsrecreation.org/> or call 408-354-8700 x 221 or 225.

April 25 - June 26

The 55+ Program & Mtn. Area 55+ Program (650) 747-0605.

"An Enduring Creativity": Mixed-Media Artwork by Local Seniors in Town Council Chamber

The Town of Los Gatos Arts Commission will be sponsoring a mixed media exhibit of artwork by participants in LGSRecreation's 55+ Art Workshop from April 25 - June 26, 2008 in the Los Gatos Town Council Chambers, 110 E. Main Street, Los Gatos, CA. The public is invited to come meet the artists at a **reception** in their honor on **Thursday, May 8** from 6-8PM in the Council Chambers. Light refreshments will be served. For further information, call The 55+ Program at (408) 354-2360.

Saturday, April 26,

Caring For The Caregiver: A one-day seminar introducing a wellness model for managing career, caregiving and self-care!

This seminar is open to family caregivers and those who support family caregivers. The event will be held on Saturday, April 26, 2008 from 9am to 4pm at the beautiful Christian Brothers Retreat & Conference Center in Napa Valley and includes 7 CEU hours.

Contact: Sandra Call Sultan <mailto:scall@call-productions.com>
<http://www.call-productions.com>

MAY 7

NAVIGATING THE LOSSES OF AGING

Presented by the Osher Lifelong Learning Institute, SF State
Downtown Campus, 835 MARKET ST, Room 612, Served by MUNI and
BART - Powell St. Station, Parking at the Mission Street Garage

WEDNESDAY , MAY 7, 2008

CONTINUED FACILITATED DISCUSSION ON THE LOSSES OF
AGING,

Wednesday, May 14, 2008, 12 - 2 pm, same location

Free, (donations are gratefully accepted)

THIS IS THE FOURTH of FIVE EVENTS in the series:

PLAYING on the TIGHTROPE of TIME: AGING WELL,

organized by the Aging Explorers, members of OLLI, SF State.

Contact Rufus Browning <mailto:rufusb5269@sbcglobal.net> 510.486.8149

or Judy Goddess <mailto:JudyGoddess@sbcglobal.net> 415.759.1994.

Friday, May 9

War Memorial Building, Room 223

401 Van Ness Avenue, San Francisco

You are invited to a **Talent Extravaganza! Performed by San Francisco's Older Adults and Adults with Disabilities.** 10:30-12:00:

Social Time and Setup. 12:00-1:30: Talent Show (with refreshments

served). 1:30-2:00: Future Directions and Door Prizes. Drop by for

however long you can stay! Please **RSVP by April 25** to Cathy Spensley,

415-474-7310, <mailto:cspensley@fsasf.org>. Those interested in

performing, please join us! Organized by the Older Adult Reintegration

Services (OARS) of Family Service Agency and Canon Kip Senior Center

of the Episcopal Community Services, along with MSC - South and

Planning for Elders in the Central City.

Thursday, May 15**Osher Lifelong Learning Institute - SF State Presents: [Easing in & Out of Retirement: Working, Volunteering, Entrepreneurship](#)**

Join us as we discuss the issues facing adults over 50 on finding meaning, fulfillment and financial independence after retirement. We will hear from the Bay Area's leading experts on how to explore new directions, achieve financial security, tackle the challenges of the workplace, and choose new career or volunteer opportunities. Whether you are retired or nearing retirement and wondering what's next, you will find valuable insight into discovering the possibilities for the next chapter of your life.

Location: SF State Downtown Campus, 835 Market Street, 6th Floor, San Francisco, California

Registration: \$25 Space is limited; register early!

Includes basic membership to the Osher Lifelong Learning Institute through summer 2008 (for non-OLLI members only). Registration form available at <http://www.cel.sfsu.edu/olli/events.cfm>.

Thursday, MAY 22

[SENIOR FAIR](#), FREE Support Businesses That Support Seniors
SPONSORS TABLES/GIVEAWAYS, Receive Information on Cost Savings For Seniors

Place: San Mateo Senior Center, 2645 Alameda DE LAS PULGAS
SAN MATEO, CA 94403

Date: Thursday, MAY 22, 2008, Time: 9:00 am to 12
noon

Raffle Prizes, Continental Breakfast, American Golf Program For Senior Centers, P.O. Box 6370, Albany California 94706

RSVP to 522-7490. For more information: <http://www.agpsc.org>
and/or *Nancy Foster*, AGPSC Executive Director, 510-528-1576
or <mailto:puttnutt@sbcglobal.net>

CALIFORNIA

Deadline - June 20, 2008

Call for Proposals, California Assisted Living Association Fall Conference & Trade Show *Explore! Create! Innovate!*
October 27 - 29, 2008

Hilton Costa Mesa, California

CALA welcomes innovative, thought-provoking submissions that provide effective strategies and excellent take home value to our members. Click here to submit a proposal:

http://caassistedliving.org/Events/08FC_CFP.html or for more information contact: Jan Trifiro <mailto:jmt@caassistedliving.org>

NATIONAL

Wednesday, May 14

LIVE AUDIOCONFERENCE

How to Use the New Senior Food Guide Pyramid

Presented by Barbara Kamp, MS, RD

To build a better nutritional program, start with the building blocks of a new food pyramid designed specifically for older adults. National nutritional expert, **Barbara Kamp, MS, RD**, will reveal how this dietary blueprint can address seniors' biggest dietary challenges. Whether you're in a nursing home, assisted living facility or other senior care provider setting, help vanquish nutritionally related negative outcomes -- and become known for having the best-tasting, most colorful and nutritious food in the community!

Wednesday, May 14, 2008_3:00 pm ET/2:00 pm CT_1:00 pm MT/12:00 pm PT_Length: 60 minutes See:

http://www.audioeducator.com/industry_conference.php?id=992&trk=W OAR0281

Tuesday, May 20, 2008

Care Transitions Teleconference Series: [Finding Solutions, Improving Care Coordination](#)

During this one-hour session, Mary Naylor, PhD, RN, will cover a model in which specially trained advance practice nurses (APNs) visit high-risk patients in the hospital, make home visits, accompany patients to physician visits, and make phone calls to the patient, caregiver, physician, and social services. The model focuses on using patient goals as a motivator; individualized assessment, interventions, teaching, and comprehension; improved self-management and access to resources; improved physician understanding of patient needs; and use of optimal evidence-based therapy.

Date: Tuesday, May 20, 2008

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

CE Credit*: CEU (1 hr)**

Cost: **No Cost**

Questions: <http://www.lumetra.com/events/index.aspx?id=3500> or Contact Danielle Franklin at (415) 677-2015 or <mailto:dfranklin@caqio.sdps.org>

Tuesday, May 20

[Innovations in Wellness Programming: Create a Winning, Newsworthy Program](#) Live Audioconference Tuesday, May 20, 2008 - - 1:00 pm ET -- 60 minutes. Presented by Rita Lopienski. See: <http://freedom.specaudio.net/C/54/195/10344>

INTERNATIONAL

April 30

The **[deadline for submitting abstracts to the Annual Conference of the British Society of Gerontology](#)** is 30th April. We are keen to receive proposals for contributions towards a symposium on Involving Older People in Research. The conference theme for the 2008 British Society of

Gerontology Annual Conference taking place from 4th-6th September is 'Sustainable Futures in an Ageing World' More details are available on our web site

<http://www.bsg2008.org.uk/home.aspx> or contact: Simon Evans
<mailto:Simon.Evans@UWE.AC.UK>.

COMMUNITY RESOURCES/FUNDING INFORMATION

RTZ Associates in Oakland (<http://www.rtzassociates.com/>) has **rental space** coming on the market August 1st. They would like to rent to a non-profit organization. Their entire first floor is approximately 6800 sq.ft. and has been occupied by the National Multiple Sclerosis Society, Northern California Chapter. They are willing to sub-divide the space to accommodate several smaller non-profits or work with a larger group that may need all or most of the space. The building is located a few blocks from the 19th Street BART. For more information, contact, RTZ Associates, Inc. <mailto:info@rtzassociates.com>, attn: Bev Hanlon.

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
50 University Hall, MC 7360
Berkeley, CA 94720

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