



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

August 8, 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

Hope you're all having a wonderful summer.

Special Publication Notice: For many reasons, a decision has been made to publish the newsletter monthly rather than bi-weekly. *New Resources on Aging* will now reach you on the **3rd Friday of the month**. We will not decrease the amount of information, rather each edition of the newsletter will or should be larger. In addition, events for the calendar will need to be submitted with the new publication date in mind. A copy that includes all events that have not expired will be updated monthly at: <http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html> We hope this will not be an inconvenience for anyone. **The next newsletter will be published Friday, September 19th.**

Tips to **combat heat-related health problems** during the summer months from San Mateo County Health Department are included at the end of the newsletter, and will be included through September. If you would like copies of this flyer Contact: Beverly Thames, (650) 573-3935 at The San Mateo County Health Department.

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>

Continued thanks to all for your generosity and support.

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](http://www.adobe.com/products/acrobat/readstep2_allversions.html) available **free** from Adobe at: http://www.adobe.com/products/acrobat/readstep2_allversions.html If for some reason a link does not work, copy and paste the address into your browser.

NEW ON THE WEB

Aging in the Media

(continued thanks to readers who forward information.)

Doctors Seek to Improve End-of-Life Care Recent studies show that barely a third of patients have had major conversations with oncologists

about end-of-life care. Betty Ann Bowser reports, **07-11-2008**. See: http://www.pbs.org/newshour/bb/health/july-dec08/endcare_07-11.html

Rise Seen in Medical Efforts to Treat the Very Old By ANEMONA HARTOCOLLIS, Published: July 18, 2008, *New York Times*. See: <http://www.nytimes.com/2008/07/18/health/18old.html>

Medicare and Doctors' Incomes. A new study by doctors at Cambridge Health Alliance in Massachusetts looks at the incomes of some medical specialists. *Here & Now*, Monday, July 28, 2008, <http://www.here-now.org/shows/2008/07/20080728.asp>

After a Stroke, a Scientist Studies Herself

Fresh Air from WHYY, June 25, 2008

<http://www.npr.org/templates/story/story.php?storyId=91861432&sc=emaf>

Agency Sees Theft Risk for ID Card in Medicare, *New York Times*, By ROBERT PEAR, Published: June 22, 2008

<http://www.nytimes.com/2008/06/22/washington/22medicare.html?ref=us>

Most Patients Happy With German Health Care, *Morning Edition*, July 3, 2008

<http://www.npr.org/templates/story/story.php?storyId=91971406&ps=bb1&sc=emaf>

Carol Levine, Championing The Caregiver's Cause, *Fresh Air from WHYY*, July 21, 2008:

<http://www.npr.org/templates/story/story.php?storyId=92736021&sc=emaf>

In Strangers, Centenarian Finds Literary Lifeline *New York Times*, By SARAH KRAMER, August 1, 2008. See: http://www.nytimes.com/2008/08/01/nyregion/01read.html?incamp=article_popular_4

Consumer Sites

Aging Community Ramps Up Campaign To Keep America's Older Adults Connected During The **Digital Television Transition**. See: <http://www.n4a.org/news-room/?fa=view-article&id=206>

Grandparents Day 2008: Sept. 7

Grandparents Day was the brainchild of Marian McQuade of Fayette County, W.Va., who hoped that such an observance might persuade grandchildren to tap the wisdom and heritage of their grandparents. President Jimmy Carter signed the first presidential proclamation in 1978 - and one has been issued each year since - designating the first Sunday after Labor Day as National Grandparents Day. The first official observance was Sept. 9, 1979. **In honor of our nation's grandparents, the Census Bureau presents an array of data** about these unsung role models and caregivers. See: http://www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/012095.html

Research & Reports

Don't forget to check **what's new at AARP Policy & Research** at: <http://www.aarp.org/research/whatsnew.html>

Also see the **new postings to the Aging Resource Translator** (ART) blog at: <http://www.agingresearchtranslator.com/blog.php>

A new report from PHI, **Occupational Projections for Direct-Care Workers** 2006-2016, confirms the rapid demand for services is outpacing the growth of the labor force. See:

<http://www.directcareclearinghouse.org/download/BLSfactSheet4-10-08.pdf>

Impact of California's Medi-Cal Long Term Care Reimbursement Act On Access, Quality and Costs by Charlene Harrington, Ph.D., RN Janis O'Meara, M.P.A. Eric Collier, Ph.D., RN Taewoon Kang, Ph.D. Caroline Stephens, M.S., RN Jamie Chang, M.A.

April 1, 2008. See:

http://www.pascenter.org/documents/CHCF_NH_Reimbursement.pdf

The Distribution Of Public Spending For Health Care In The United States, 2002, by Thomas M. Selden and Merrile Sing, Health Affairs, 29 July 2008. Public spending disproportionately flowed to seniors, whose benefits were more than five times those of children, despite increases in children's eligibility for public coverage. Download at: <http://content.healthaffairs.org/cgi/reprint/hlthaff.27.5.w349v1>

Sharp rise in female centenarians [in the Netherlands], Web magazine, 19 June 2008. See: <http://www.cbs.nl/en-GB/menu/themas/bevolking/publicaties/artikelen/archief/2008/2008-2492-wm.htm>

The ELSA study is a **longitudinal survey of ageing and quality of life among older people in the United Kingdom** that explores the dynamic relationships between health and functioning, social networks and participation, and economic position as people plan for, move into and progress beyond retirement. See:

<http://www.esds.ac.uk/findingData/snDescription.asp?sn=5050>

From the Urban Institute:

Job Market for Aging Boomers Will Favor Brains Over Brawn, The Urban Institute, July 23, 2008, Visit:

<http://www.urban.org/url.cfm?ID=901187>

Will Employers Want Aging Boomers?

PDF | Printer-Friendly Page:

<http://www.urban.org/url.cfm?ID=411705&renderforprint=1>

The 21st Century Multi-Generational Workplace by Marcie Pitt-Catsoupes, Ph.D. and Michael A. Smyer, Ph.D. See:

http://agingandwork.bc.edu/documents/IB09_MultiGenWorkplace_001.pdf

Two reports from Elderhostel

**What Will Baby Boomers Want from Educational Travel?
Mental Stimulation and Lifelong Learning Activities in the 55+ Population**

can be found at: <http://www.elderhostel.org/research/>

NATIONAL CENTER FOR HEALTH STATISTICS REPORT:

Measures of Cognitive Functioning in the 1994-2000 Second Longitudinal Study of Aging by Laura A. Pratt, Julie D. Weeks, and

Margie R. Goulding (_National Health Statistics Report_ No. 2, July

2008, .pdf format, 16p.). <http://www.cdc.gov/nchs/data/nhsr/nhsr002.pdf>

The Health Data for All Ages (HDAA) website will be combined with the Trends in Health in Aging (THA) website to form the **Health Data Interactive** online site. This new site will contain the best of both of the existing sites in one convenient place. The new site will be available and fully operational in the fall of 2008. More details to follow.

The AARP report, “**A Balancing Act: State Long-Term Care Reform,**” is online at

http://www.aarp.org/research/longtermcare/programfunding/2008_10_ltc.html

The Geographic Distribution and Characteristics of Older Workers in Kentucky: 2004 from the Census Bureau can be seen at:

<http://www.census.gov/prod/2008pubs/ledow04ky.pdf>

Practice Resources

aarpinternational.org, is a new **online site for AARP International**. They publish *The Journal* - a biannual publication covering topics on international policy concerning the health and financial security of a global aging population. See: <http://www.aarpinternational.org>

The Institute for Geriatric Social Work Announces an online Course Open to the Public **Compulsive Hoarding in Older Adults** (\$60, 4 CEUs) Compulsive Hoarding in Older Adults is an introductory course that provides basic information needed by social service practitioners in their work with older adults who exhibit hoarding behaviors. The goal of this course is to provide practitioners with a better understanding of the possible causes of compulsive hoarding, its trajectory, and how it affects the individual's behavior and ability to function within the home and community. The course discusses assessment tools, as well as the methods of treatment and intervention that researchers and social service providers are developing in their work with compulsive hoarders. Case studies provide concrete examples of how hoarding behaviors may be manifested and treated. There is material available for downloading throughout the course.

To register for this course, please visit: <http://www.igsw.org> **Click on Announcements.** For more information: <mailto:info@igsw.org>

The Arts in Aging Toolkit developed by The National Guild of Community Schools of the Arts, the National Center for Creative Aging, and the New Jersey Performing Arts Center is designed to increase the expertise of those who direct existing community arts and aging programs and to give others in the community the tools to take the first step-and keep going. See: <http://artsandaging.org/index.php>

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>

Alzheimer Knowledge Exchange:

<https://www.ehealthontario.ca/portal/server.pt?open=512&objID=1355&mode=2>

The site contains a wealth of resources and tools well worth the time spent exploring. The following are highlights of the site:

The **Resources Section** of the site points to some excellent resources organized by the topics Driving, Oral Care, Aboriginal and Spirituality. For example, the Driving section brings together an assortment of tools and resources on issues related to driving and dementia. The Aboriginal section includes the "New Visions and Understanding Alzheimer's Disease and Related Dementias within Aboriginal Individuals" report on the findings and outcomes of a roundtable discussion that examined culturally appropriate dementia services for Aboriginal peoples.

https://akeontario.editme.com/files/Aboriginal/New_Visions_and_Understanding.pdf

The **Educational Resources section contains the Dementia Education Needs Assessment tool** designed to assist professionals working in

organizations that provide care to older persons with dementia to make decisions about continuing education programs related to dementia (Alzheimer Disease or related dementias ADRD)

<https://www.ehealthontario.ca/portal/server.pt?open=512&objID=1294&PageID=0&cached=true&mode=2>

The **Planning Tools** sections provides the report on Ontario's five-year Alzheimer Strategy in 2004, the Roundtable on Future Planning for People Affected by Alzheimer Disease and Related Dementias, as well as the Toolkit to accompany the ADRD Planning Framework, A Self Assessment Tool for individuals and organizations to evaluate and improve their responsiveness to the needs of persons with ADRD and their families.

Also provided on the site is a **Collaboration Space**, a web-based support tool for individuals or groups that want to interact around a specific focus. The focus could be a document, a topic, project, activity or the need to have a place to put information many or few can access and respond to. Registration is required to participate.

Age-friendly Primary Health Care (PHC) Centres Toolkit

http://www.who.int/ageing/publications/upcoming_publications/en/index.html

This toolkit from the World Health Organization addresses the need for all primary health care workers to be well versed in the diagnosis and management of the chronic diseases and the so-called four giants of geriatrics (memory loss, urinary incontinence, depression and falls/immobility) that often impact people as they age.

Promoting hydration in older adults: fluid for thought.

From the Toronto (Ontario) Best Practice Implementation Steering Committee, this policy and procedure document on hydration management is based on various available best practice sources.

<http://www.rgpc.ca/best/BPC - Hydration/Policy & Procedure - Hydration Management.pdf>

Water for healthy ageing : hydration best practice toolkit for care homes

<http://www.water.org.uk/home/water-for-health/older-people>

National Criteria for Evacuation Decision Making in Nursing Homes, 2008

<http://www.fhca.org/news/evacsurvey.pdf>

This national guide for evacuation decision making in nursing homes was developed through a grant funded by the John A Hartford Foundation to the Florida Health Care Association Education and Development Foundation.

The goal of the guide is to ensure the safety and quality of care for frail elders living in nursing homes during a national disaster. The report documents standards and practices for long term care facilities to follow during emergencies.

Catering for Older Vegetarians and Vegans

http://www.vegetarianforlife.org.uk/vfl_downloads/cateringguide.pdf

This guide provides information and advice for those providing meals for older people who are vegetarians and vegans.

GROW Coalition: Getting Residents Out of Wheelchairs

<http://www.growcoalition.org/index.html>

The mission of the GROW (Getting Residents out of Wheelchairs) Coalition is to support the

<http://www.growcoalition.org/NHQualityCampaignGoals.pdf>

Advancing Excellence in America's Nursing Homes campaign by increasing the use of regular chairs for stationary seating rather than extended seating in wheelchairs, and increasing independent ambulation when walking rather than riding in a wheelchair is the norm.

NEW AT THE CENTER LIBRARY(The Center Library Database can be searched on line at: <http://ist-socrates.berkeley.edu/~aging/library.htm>. To use the library, make an appointment with the Center's Academic Coordinator, Desi Owens: <mailto:desiowens@berkeley.edu>)

My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to Caring for Your Aging Loved Ones (2008) by Dennis McCullough, HarperCollins Publishers, NY

The Last Dance: Encountering Death and Dying (2005) by Lynne Ann DeSpelder and Albert Lee Strickland, Published by McGraw-Hill.

Tom Kitwood on Dementia: A Reader and Critical Commentary (2007) by Clive Baldwin and Andrea Capstick, Open University Press, McGraw-Hill

NEW PUBLICATIONS

The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest' Hear a description of the book on NPR at: [http://www.npr.org/templates/story/story.php?storyId=91285403 - 91274144](http://www.npr.org/templates/story/story.php?storyId=91285403-91274144). Available where all books are sold.

How to Fix Medicare: Let's Pay Patients, Not Physicians_ by Roger Feldman (forthcoming, ISBN: 978-0-8447-4265-6, 120p.). http://www.aei.org/books/bookID.937,filter.all/book_detail.asp (This book can be downloaded for free at the above link.)

EXCELLENCE IN DEMENTIA CARE: Research Into Practice, Murna Downs, Bradford University, UK, Barbara Bowers, University of Wisconsin-Madison, USA. See: <http://mcgraw-hill.co.uk/html/0335223753.html>

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

Saturday October 11, 2008

Engaging Aging Through the Humanities Conference

(visit <http://ist-socrates.berkeley.edu/~aging/> for updates and information.)

- 9 am to 5:30 pm
- Reception to follow
- UC Berkeley, Doreen B. Townsend Center for the Humanities, 220 Stephens Hall, Geballe Room

Popular culture has it that aging and old age are, at best, a nuisance. Medicine seeks to ameliorate their ravages and, in decades to come, will seek to 'cure' them. The purpose of this conference is to look at aging and old age through the various lenses of the arts and humanities. There will be presentations and discussions with an historian, a dancer/choreographer, a neurolinguist, a photographer, an anthropologist, and a musician-neuroscientist. And, a molecular biologist will consider "the humanities and aging".

- Registration fee is \$45.00 for all attendees. Please register prior to the event through the UC Berkeley Extension either online at <http://www.unex.berkeley.edu/enroll> or by phone at (510) 642-4111. You will need to cite course EDP #028415 and pay by credit card.

Limited on-site registration begins at 8:30am, with payment by check only.

- Campus map and parking information:

<http://publicsafetyandtransportation.berkeley.edu/PDFs/PadMap2005.pdf>

Sponsors: UC Berkeley Resource Center on Aging/Academic Geriatric Resource Program; UC Berkeley Center for Medicine, the Humanities and Law; UC Berkeley Extension; UC Berkeley Retirement Center; Doreen B. Townsend Center for the Humanities; ASUC Art Studio, A Public Arts Program of UC Berkeley; and UC Berkeley Osher Lifelong Learning Institute.

BAY AREA

Wednesday, August 13, 2008, 5:00 pm

Please join us for the **release of Love Fills In the Blanks: Paradoxes of Our Final Years** a book by Elizabeth Bugental

Laguna Grove Care - Rooftop Garden

624 Laguna Street, San Francisco, CA 94102

(Hor d'oeuvres and refreshments will be served)

To RSVP:

call 415-861-3455 ext. 6, or <mailto:events@pacificinstitute.org>

Starts August 18th - Fall Semester 2008

City College of San Francisco

Health Education and Community Health Studies

offers a course for all ages:

Health 10 - Health and Aging: an introduction to Social Gerontology surveying biological, psychological, & sociological aspects of aging with a personal and political perspective

3 units course (\$20 per unit)

Transferable to CA State Universities and to SFSU's Gerontology Masters Program

CEUs for Nurses

Meets CCSF Graduation requirements

2 sections: meet on Mon. only from 1-4:00 p.m or

meet on Mon. & Wed. from 11-12:30 p.m.

at CCSF Ocean campus 50 Phelan Ave. off Hwy. 280

BART and Muni nearby

Enrollment info at <http://www.ccsf.edu> (415)239-3285

For further course info contact Robin Roth <mailto:rroth@ccsf.edu>
(415)452-5153

Saturday, August 23, 10-Noon

OLDER WOMEN STAND TALL!

UCSF physical therapist and Dove model Wendy Katzman, PT, DPTSc, OCS, will give an overview of the skeletal benefits of physical activity. She will also discuss the results from her recent research, OLDER WOMEN STAND TALL, which included exercises to improve posture by properly aligning muscles, joints, and ligaments. Poor posture can contribute to chronic back pain, and affect the functioning of the body's organs. Plus: good posture also contributes to poise, confidence, and dignity!

Dr. Katzman will also tell us how she was 'discovered' and became a Dove model at age 55 (was it her good posture?).

10 am - 11 am Socializing/Networking/Planning Meeting

11 am - noon - Wendy Katzman: Older Women Stand Tall

Location: 870 Market St., Room 1185

ALL WELCOME!

For information contact: Sheila Malkind: <mailto:smalkind@sbcglobal.net>

September 2-5

ASA's West Coast Conference on Aging

San Francisco

Join more than 800 professionals in aging and design your own customized educational learning experience. You can choose to attend half-day or full-day programs, or create a multi-day program. Select individual courses that match your learning needs, your schedule and your budget.

- Fees start at only \$70 for a half-day program
- CEU credits are available as well for a nominal fee
- Programs of interest to all aging professionals
- Learn from local and nationally recognized leaders in the field of aging

Subject areas include:

- Alzheimer's and Dementia Care
- Health and Wellness
- Legal and Ethical Issues
- Behavioral Health
- Long-Term Care Issues
- Brain Health/Cognitive Fitness
- Public Policy
- Caregiving
- Purpose and Meaning in Aging
- Civic Engagement
- Strategic Management
- Diversity Issues
- Transportation
- End-of-Life Issues
- And More!

For information Visit:

http://www.asaging.org/asav2/COA08/index_west.cfm

Sunday October 19th

Please save the date for Jewish Family & Children's Services of the East Bay's **annual fundraising gala** at the Oakland Museum. Silent Auction, hors d'oeuvres, desserts, and wine (dietary laws observed)

Featured Speakers:

Mollie Katzen, author of *Moosewood Cookbook*

Michael Wild, executive chef of BayWolf Restaurant

To receive an invitation, please email <mailto:bross@jfcs-eastbay.org>

CALIFORNIA

August 24 - August 27, 2008

16th Annual Alzheimer's Association Dementia Care Conference

Hosted By: Alzheimer's Association

Location: Garden Grove, CA

<http://www.alz.org/careconference/08/overview.asp>

Spiritual Development in Older Adults Lynn Huber, PhD will explore some of the key issues of spirituality and aging, providing an overview of the spiritual journey and how it relates to the lives of older adults and their caregivers. As a certified spiritual director, she will share some of the insights that this discipline brings to the health care setting.

Cost: \$65.00 registration plus \$20 for CEUs

Time: 8:30 a.m. to 4:00 p.m.

Two Locations from which to choose

Wednesday September 17, 2008

The Alhambra Retirement Community, Alhambra, CA

Thursday, September 18, 2008

Wesley Palms Retirement Community, San Diego, CA

More Information visit <http://www.spiritualityandaging.org/> or phone 714-239-6267.

NATIONAL

September 04 - September 06

Life@50+ National Event & Expo

Hosted By: American Association of Retired Persons (AARP),
Washington, DC.

See:

http://www.aarp.org/aarp_benefits/natl_events/aarp_benefits/natl_events/dc/

Thursday, September 18

Current Concepts in Nutrition and Aging

The Pyle Center, Madison, Wisconsin

For brochure see:

http://www.uwex.edu/ces/flp/conference/pdfs/currentconcepts2008_brochure.pdf

September 22 - September 25

East Coast Conference on Aging

Hosted By: American Society on Aging

Location: Philadelphia, PA, See:

http://www.asaging.org/asav2/COA08/index_east.cfm

Friday, October 10 - Mini Conference

The Power of Positive Aging

Richard Tam Alumni Center, University of Las Vegas, Nevada

8:15 a.m. - 2:00 p.m.

Information and on-line registration at:

<http://gerontology.unlv.edu/ppa.html>

October 11 - October 15

NAHC's 27th Annual Meeting

Hosted By: National Association for Home Care & Hospice

Location: Fort Lauderdale, FL, See:

<http://www.nahc.org/Meetings/AM/08/>

October 23 - October 24

Raising the Bar: Implementing Evidence-Based Programs for Caregivers

Hosted By: Rosalynn Carter Institute and The National Implementation Research Network

Location: Americus, GA,

<http://www.rciconference08.org/conferencehome.html>

January 8-11, 2009

The Silvers Summit, a conference and exhibit area at the 2009 International CES, the world's largest consumer technology tradeshow, will explore the power of technology applied to the issues of an aging global population. The show and conference will be held at the Sands Convention Center in Las Vegas as part of the 2009 International CES, January 8-11, 2009. Highlighted on the show floor will be the Boom and Beyond pavilion, a home of the future, sponsored by the Center for Aging Services Technologies (CAST). CAST technology partners will be the key demonstrators in the pavilion. For more information visit

<http://www.silverssummit.com/>

INTERNATIONAL

30 November - 3 December 2008

6th European Congress of Biogerontology - Ageing and individual life history, Noordwijkerhout, The Netherlands

The conference will focus more specifically on ageing and individual life history. For more information see: <http://www.biogerontology2008.org/>

COMMUNITY RESOURCES

What are the secrets_of a long and healthy life? Some families have the good fortune to live very long lives . . . *We want to know about those families!* The LONG LIFE Family Study_is an international research project sponsored by the National Institute on Aging of the National Institutes of Health *A Collaborative Study of:*_Columbia University, New York, NY_University of Pittsburgh, Pittsburgh, PA_Boston University Medical Center, Boston, MA_University of Southern Denmark, Odense, DK_Washington University School of Medicine, St. Louis, MO Please access <http://www.longlifefamilystudy.org/> to find out more about this Study.

Tips for Staying Cool During Hot Summer Months

San Mateo County public health officials offer the following **tips for staying cool** during those hot summer days:

- Drink plenty of fluids
- Stay indoors in the coolest part of the house, especially between 12 noon and 6 p.m.
- A shady spot outdoors may be cooler than in the house, especially if there is a breeze
- Schedule outside activities before noon or in the evening
- Wear lightweight, light colored, loose fitting clothing
- Keep a container of cool water nearby and use wet washcloths to pat the wrists, face and back of neck
- Use small battery-operated hand-held fans and misters
- Wear a wide-brimmed hat when in the sun

- Go to an air conditioned place-spend a few hours at the library, in a movie or at a mall or restaurant

Some signs and symptoms of heat injuries may include:

- Early warnings signs of heat exhaustion
- Muscle cramps
- Nausea
- Headache
- Fatigue
- Increased sweating
- Symptoms of heat stroke - This is a life-threatening emergency.
- Confusion
- Coma
- Hot, dry skin (no sweating)
- Elevated body temperature
- Rapid heart rate
- Shallow breathing

If you suspect someone is suffering from heat stroke:

Immediately call 9-1-1. Immediately begin aggressive cooling measures.

- Remove victim's clothing
- Cool victim with water: Place large soaking wet cold towels or sheets over the victim or immerse the victim in a tub of cool water
- Place ice packs in the underarm and groin areas

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