



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

February 15, 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

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 on February 29.**

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

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

Fresh Air, February 14, 2008: Martha Lear, the author of *Where Did I Leave My Glasses? The What, When and Why of Normal Memory Loss*, discusses the twin issues of **memory loss and aging** - how much forgetfulness is normal, when does it occur and what can be done about it? Listen at:

<http://www.npr.org/templates/story/story.php?storyId=18953734&sc=ema>
[f](#)

Real Issues: Health Care Costs, NPR's On Point. Health care tops the Democrats' agenda, and even Republicans say it's time for reform. But experts agree it all depends on one thing: controlling sky-rocketing costs [including those for older adults]. We look at some bold ideas to do just that.

http://www.onpointradio.org/shows/2008/02/20080213_a_main.asp

Consumer Sites

California Assisted Living Facilities Directory

<http://www.assisted-living-directory.com/content/california.htm> is a free service that makes online advertising accessible to assisted living facilities large and small. The list in turn is available to the public at no charge.

Caring.com is a new website to help with caring for an aging parent. It covers all aspects of eldercare, including housing, financial & legal planning and daily living. Caring.com uses checklists, how to guides and tips from experts to provide baby boomers caring for an aging parent with

easy to follow advice. The free website features articles by journalists who have written for Nolo Press, Parenting Magazine, BabyCenter and the Wall Street Journal. Caring.com also has a community feature that allows people to share tips and ask questions of experts. See: <http://www.caring.com>.

The AGS Foundation for Health in Aging's Cognitive Vitality Tips for Older Adults, **Sharp at Any Age: Tips for Keeping Your Brain Young**, American Geriatrics Society. See: http://www.healthinaging.org/public_education/cognitive_vitality.php

Standing Strong: _Preventing and Treating Osteoporosis This brochure provides information on standing strong against an osteoporosis diagnosis including:

- Knowing your risk factors,
- Staying strong through prevention,
- Taking charge through diagnosis,
- Fighting back through treatment, and
- Being your own health advocate by learning more.

See: <http://www.agingresearch.org/content/article/detail/1532>

Research & Reports

From the Urban Institute:

Employer-Sponsored Pensions: A Primer

Author(s): Brendan Cushing-Daniels, Richard W. Johnson

Permanent Link: <http://www.urban.org/url.cfm?ID=901144>

Abstract

The shifting pension landscape raises questions about the financial security of future retirees. About one-half of private-sector workers are not covered by employer-sponsored pension plans on their current job. Many private-sector employers have replaced traditional pensions with 401(k)-

type plans, which protect benefits for workers who change jobs frequently but expose participants to investment risks. This primer describes pensions, workers with coverage, and related policy issues.

MEDICARE, MANDATES, AND THE UNINSURED

- "Use of Physician Services under Medicare's Resource-Based Payments" By Stephanie Maxwell, Stephen Zuckerman, and Robert Berenson http://tracker.ease.lsoft.com/trk/click?ref=znwrbbbs9_2-33f7x34ad9x&
- "Do Individual Mandates Matter?" By Linda J. Blumberg and John Holahan http://tracker.ease.lsoft.com/trk/click?ref=znwrbbbs9_2-33f7x34adax&
- "Uninsured and Dying Because of It: Updating the Institute of Medicine Analysis on the Impact of Uninsurance on Mortality" By Stan Dorn http://tracker.ease.lsoft.com/trk/click?ref=znwrbbbs9_2-33f7x34adbx&

Variations In Hospital Resource Use For Medicare And Privately Insured Populations In California

Laurence C. Baker, Elliott S. Fisher, John E. Wennberg

Abstract

The amount of resources used in the care of chronically ill Medicare fee-for-service (FFS) patients varies widely across hospitals. We studied variations across California hospitals in hospital resource use for chronically ill patients covered by Medicare health maintenance organizations (HMOs) and private insurers and found substantial variation in all of the coverage groups studied. Resource-use measures based on Medicare FFS data often reflect patterns evident for other payers. Previous estimates of savings if the most resource-intensive hospitals more closely resembled less resource-intensive hospitals, based on just Medicare FFS spending, could underestimate possible savings when other payers are taken into account. [*Health Affairs* 27, no. 2 (2008): w123-w134]

(published online 12 February 2008; 10.1377/hlthaff.27.2.w123)]. See: <http://content.healthaffairs.org/cgi/content/abstract/hlthaff.27.2.w123>

Census Atlas of the United States

The Census Atlas of the United States is the first comprehensive atlas of population and housing produced by the Census Bureau since the 1920s! Its a large-format publication about 300 pages long and contains almost 800 maps. Data from decennial censuses before 2000 support nearly 150 maps and figures, providing context and an historical perspective for many of the topics [**including age statistics**] presented. This publication is available in print for sale by the Government Printing Office or online in PDF (**free**) on the Census Bureau website.

<https://ask.census.gov/rd?1=AvcG~woxDv8SXoD~Gr0e~yL~Jvsq~33~&2=503>

Practice Resources

May is Older Americans Month. The theme for Older Americans Month 2008 is *Working Together for Strong, Healthy and Supportive Communities* . **Older Americans Month 2008 materials** are now available on the Administration on Aging website at:

<http://www.aoa.gov/press/oam/oam.asp>

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>

Almost Home <http://www.almosthomedoc.org/index.cfm>

The *Almost Home* webpage looks at culture change in long-term care, combining the media of film with supplementary educational materials.

Almost Home, which premiered on the PBS series "Independent Lens", is a documentary about a year in the life of people who live and work in a nursing home. It is a story of one community trying to change the "institutional trappings of traditional nursing homes in favor of a place where we could all imagine ourselves feeling truly at home." A 3 minute clip of the film is available on the website, as well as ordering information for the DVD.

The "Understanding Aging" section, designed for residents, families and the general public, contains essays written by leading experts in aging, video clips, interviews and links to additional information.

The "Changing Long-Term Care" section is aimed at health care professionals focuses on the following topics:

- **Why culture change?**
- **What is person-centered care?**
- **Should the physical space change?**
- **Are regulations and culture change compatible?**
- **What is my role in culture change?**
- **What is a C.N.A.'s economic reality?**
- **Do activities work with dementia?**
- **How can we address grief among staff?**
- **How do I initiate culture change?**
- **Is culture change near me?**

Like the "Understanding Aging" section, essays, interviews and related material are provided for each topic.

In addition to these resources, guides for facilitating events and discussion on the issues raised in the film are available in PDF format.

The College of Physicians and Surgeons of Manitoba. [Withholding and withdrawing life-sustaining treatment](#) This statement was issued by The College on January 30, 2008.

<http://www.cpsm.mb.ca/statements/1602.pdf>

Strauss, Sharon. Whose life is it anyway? Capacity and consent in Canada. Canadian Medical Association Journal, November 20, 2007; 177 (11).

This editorial appeared in the Canadian Medical Association Journal in November, 2007.

<http://www.cmaj.ca/cgi/content/full/177/11/1329>

The End of Life Project, Health Law Institute, Dalhousie University

The Dalhousie Health Law Institute End of Life Project was originally an educational research project involving members of the Health Law Institute at Dalhousie University and their colleagues across the country. The project was funded by the Max Bell Foundation and the Nova Scotia Health Research Foundation. The primary objective of this project was to facilitate informed public policy debate regarding the provision of potentially life-shortening palliative treatment and the withholding and withdrawal of potentially life-sustaining treatment.

http://as01.ucis.dal.ca/dhli/cmp_ww/default.cfm

NEW PUBLICATIONS

Presented by AudioEducator.com & The Coding Institute

<http://goto.healthcareaudioinfo.com/go/9247>

AUDIO LEARNING PROGRAM

Presented by Tina Landskroener, CMBS-I, CPC, CCS-P

<http://goto.healthcareaudioinfo.com/go/9247> The latest version of **Medicare's National Correct Coding Initiative** (NCCI) with more than 8,000 new edits that will affect claims in 2008.

Questions about ordering and pricing? Call: 800-508-2582 or send an email to: <mailto:contact@healthcareaudioinfo.com>

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

Aging, Globalization and Inequality: The New Critical Gerontology (2006), edited by Jan Baars, Dale Dannefer, Chris Phillipson, and Alan Walker, Baywood Publishing Company, Inc., Amityville, New York

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!

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

BAY AREA

Mountain Area 55+ Program Schedule of Events for March, 2008

The Mountain Area 55+ Program meets at the Loma Prieta Community Center, Loma Prieta/C.T. English School, Summit Road in Los Gatos every other Monday from 10:30AM until 12 noon -- and we invite local folk to join us. The Program provides a friendly and comfortable atmosphere where neighbors can come to socialize, play cards or other table games, listen to informative talks, exchange a book in the rotating library, and/or just stop by for a cup of coffee or tea and other refreshments.

- o On **Monday, March 10, 2008** the Program will be open for table games such as Bridge, Backgammon, Pokeno, Scrabble, and puzzles -- or you can take an exploratory step into the world of watercolor painting.
- o On **Monday, March 24, 2008**, Mountain resident and landscape photographer, Judy Frosh, will be presenting some of her stunning slides of Lake Powell in Colorado.

Please Note: A representative from the Council on Aging will be available to provide counseling and answer questions about health insurance.

Appointments are every half hour beginning at 10:30AM. If you would like an appointment, please call (408) 354-2360 , leave your name and phone number, and specify that you're calling for the Mountain Area 55+ Program.

For more information about the Program, to arrange for a game table, or for suggestions for future events, call (408) 354-2360 and leave name and phone number or email Lynnette Vega, Manager of the Program, <mailto:lahondalynnette@earthlink.net>

Thursday, February 28, 2008

Mom is Moving In: The Rewards, The Concerns, and The Realities
Commonwealth Club of California, 595 Market Street, 2nd Floor, San Francisco

Directions: <http://www.commonwealthclub.org/directions.html>.

4:45pm Reception; 5:15pm Program

\$8 for Members; \$15 for Non-Members

Michele Boudinot, Gerontologist, Geriatric Care Manager, North Bay Eldercare Options

Linda Fodrini-Johnson, Licensed Marriage and Family Therapist, Founder and Director, Eldercare Services

Esther Koch, Gerontologist; Eldercare Advisor, Encore Management

Three top geriatric-care managers with extensive personal and professional experience share the ins and outs of when to move a parent in with you, and when to look for other options. They will show you how to save yourself lots of time, money and heartache by thinking through the action before you step into what could be a significant life change for yourself and your family.

Information: "North Bay Eldercare Options":

<mailto:Michele@NorthBayEldercare.com>

Wednesdays, March 5, 12, 19, 26

It Takes Two

Taught by Family Caregiver Alliance; sponsored by Mercy Retirement & Care Center.

A refreshing approach to understanding and coping with dementia behavior.

This 4-week class offers new skills and tools for family caregivers who care for a loved one with Alzheimer's disease or related dementias. Learn more about your relatives ability to understand and communicate; learn new skills to handle troubling behavior; learn to feel more confident and positive about your caregiving role.

Wednesdays, March 5, 12, 19, 26

11 am -- 1 pm

Mercy Retirement & Care Center

3431 Foothill Blvd, Oakland

Facilitator: Jo McCord, MA; Family Consultant, Family Caregiver Alliance

Cost: Donations accepted

Respite scholarships available for your family member, freeing you to attend!

Pre-registration required. Limited Class Size!

To Register: Call Family Caregiver Alliance (800) 445-8106, x 411 or register online at <http://www.caregiver.org> Click on "Caregiving Info & Advice", choose "Workshops, Classes, and Conferences"

March 12 - 13, 2008

Foundation Funding Research: Strategies for Finding and Evaluating Prospects

WHERE

Foundation Center, 312 Sutter Street, Suite 606, San Francisco, CA

COURSE DESCRIPTION

For grantseekers who want to develop their skills and maximize efficiency in fundraising research.

Using a strategic approach to funding research, in this special day-and-a-half course, you'll find funders with a proven commitment to programs or projects like yours. This course shows the many ways to find comprehensive, accurate information on prospective funders with the

nation's premier grantseeking tool, *Foundation Directory Online Professional*. For more information see:

http://foundationcenter.org/marketplace/catalog/product_training.jhtml?id=prod1700013

MARCH 12, 13 & 14

HEALTHY LIVING, HEALTHY AGING

A free workshop series for older adults and family caregivers

WEDNESDAY, MARCH 12

- Fall Prevention: Taking Care of Your Body and Your Home
- Transitioning Safely from Hospital to Home
- Forgetfulness: Is It Normal Aging or Alzheimer's?

THURSDAY, MARCH 13

- Understanding and Coping with Parkinson's Disease
- Understanding Long-Term Care and Medi-Cal and Avoiding Financial Abuse
- Financial Strategies for Older Adults
- Charitable Giving for Older Adults
- Estate Planning and Power of Attorney

FRIDAY, MARCH 14

Morning Sessions: Exploring Transportation Options for Seniors

- All About AC Transit: Bus Connections, Discount Programs, and More
- Seniors Driving Safely: DMV Resources for Older Adults
- All About East Bay Paratransit: Applications, Service Area, and Fare Structure
- Aging and Sexuality

PLEASE REGISTER BY CALLING

(510) 558-7800

All sessions are free. Lunch will be provided by Jim Simpson and Judi Simpson, Arcadia Health Care

Jewish Family & Children's Services of the East Bay
Suse Moyal Center for Older Adult Services 828 San Pablo Avenue,
Suite 104, Albany (510) 558-7800

CALIFORNIA

Friday, April 18, 2008

**CALIFORNIA COUNCIL ON GERONTOLOGY & GERIATRICS 2008
Annual Meeting**

**Gerontology and Geriatrics: Critical Components of California's
Workforce**

Doubletree Hotel Sacramento, Sacramento, California

Topics:

Creating a Professional Career Path in Gerontology and Geriatrics. Part 1:
Careers in Aging: Reaching Beyond the Obvious

The Legislative Process for Creating Gerontology and Geriatrics
Workforce Policy

Creating a Professional Career Path in Gerontology and Geriatrics. Part 2:
The Who and How of Self Promotion in Gerontology and Geriatrics

Next Steps: Closing Comments

For more information see: <http://www.CCGG.org> or contact Ms. Victoria
Muravlenko at (310) 312-0531 or <mailto:vmuravlenko@mednet.ucla.edu>

NATIONAL

Wednesday, March 26, 2008. 8:00 a.m to 6:00 p.m. EST

The Fifth Annual What's Next? Boomer Business Summit 2008

WHERE: Omni Shoreham Hotel, 2500 Calvert Street NW, Washington,
D.C., 20008

EARLY BIRD REGISTRATION ENDS FEB. 21ST.

REGISTER EARLY AND SAVE \$100 OR MORE. See:

<http://boomersummit.eventbrite.com/> or
<mailto:inquiries@boomersummit.com>

INTERNATIONAL

Nothing New This Issue

COMMUNITY RESOURCES/FUNDING INFORMATION

HEINZ SENATE FELLOWSHIP PROGRAM

The John Heinz Senate Fellowship in Issues of the Aging is now accepting applications for the 2008 Fellowship

About the John Heinz Senate Fellowship

The John Heinz Senate Fellowship program provides an opportunity for mid-career professionals in aging to learn public policy as a member of the U.S. Senate staff. Intended as a career development opportunity for professionals, the year-long program will provide first-hand knowledge in the drafting and advancement of public policy and legislation that will improve the quality of life for older Americans.

The program honors the memory of the late U.S. Senator John Heinz, who spent much of his career as an outspoken advocate for the rights of older Americans. Candidates seeking consideration as Heinz Senate Fellows must be already active in an aging-related field and display the potential for future contributions to that area.

For information regarding application procedures, previous fellows, stipend and placement go to:

<http://www.heinzfamily.org/programs/senatefellowship.html>

The 2008 Fellowship runs from September 2008 to August 2009

Application deadline is April 10, 2008

All questions, inquiries and applications should be directed to:

Kim O,Dell

Heinz Family Foundation

625 Liberty Avenue, Suite 3200

Pittsburgh, Pa 15222

Email: <mailto:fellow@heinzoffice.org> (412) 497-5775

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