



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

January 4, 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

Happy New Year Everyone!

From the U.S. Census

As our nation rang in the new year, the U.S. Census Bureau projected that the Jan. 1, 2008, population will be 303,146,284 -- up 2,842,103 or 0.9 percent from New Year's Day 2007. In January, the United States is expected to register one birth every eight seconds and one death every 11 seconds. Meanwhile, net international migration is expected to add one person every 30 seconds. The result is an increase in the total U.S. population of one person every 13 seconds.

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 January 18.

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!)

Nothing New This Issue

Consumer Sites

Tufts University researchers have updated their **Food Guide Pyramid for Older Adults** to correspond with the new USDA food pyramid, now known as *MyPyramid*. See:

<http://nutrition.tufts.edu/docs/pdf/releases/ModifiedMyPyramid.pdf>

RESOURCES FOR CAREGIVERS 2007 is available free from the metlife mature market institute at:

<http://www.metlife.com/WPSAssets/36862430301171398262V1FResourcesforCaregivers2007.pdf> (**Note:** MetLife has a host of excellent consumer resources on their site. See: <http://www.metlife.com/Applications/Corporate/WPS/CDA/PageGenerator/0,4773,P8899,00.html>)

The National Association of Area Agencies on Aging has published **Housing Options for Older Adults: A Guide for Making Housing Decisions**. This booklet can help you by increasing your understanding of your housing choices-and helping you make informed housing decisions. It provides an overview of the many housing options now available, discusses key benefits and challenges to consider for each housing option, and describes the primary legal considerations relevant for each option.

See:

http://www.eldercare.gov/Eldercare/Public/resources/fact_sheets/pdfs/Housing_Options_Booklet.pdf

The Nursing Homes page of the U.S. Government's Medicare web site provide visitors with information relating to Medicaid and Medicare certified nursing homes throughout the United States. See:

<http://www.medicare.gov/Nursing/Overview.asp>

Easing the Transition from Driver to Passenger is a guide, published online by The Hartford, to helping individuals with Alzheimers reduce the need to drive. See:

http://www.thehartford.com/alzheimers/easing_transition.html

One difficult problem faced by many elders, particularly those without family, is **money management**. AARP now has a WEB site devoted to information on this subject with a list of states served by Money Management Programs. See: http://www.aarpmmp.org/mm_program.cfm

Research & Reports

Nothing New This Issue

Practice Resources

Nothing New This Issue

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!

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

February 13, 2008

Please join *Creating Aging-Friendly Communities* hosted by the University of California at Berkeley for a unique **online** experience ☉ *Explore* over 25 different presentations on creating more aging-friendly communities

☉ *Engage* with national experts such as Jennie Chin-Hansen (AARP), Judy Goggin (Civic Ventures) and Jody Kretzmann (ABCD Institute)

☉ *Discover* what other communities are doing to be more aging-friendly

- ④ *Network* to explore and solve your community's issues
 - ④ *Identify* approaches that work
 - ④ *Access* practical tips, models, tools, and training materials
- For more information or to register for the conference go to <http://www.agingfriendly.org>

BAY AREA

Variety of **Classes** offered through Los Gatos Senior Recreation's 55+ Program (Los Gatos Neighborhood Center)

Variety of Daytime Language Classes starting as early as **January 15, 2008** For information about days, times, and class fees or to register by phone, call LGS Community Education and Recreation at (408) 354-8700. **January 16, 2008** at 11AM at the Los Gatos Neighborhood Center, 208 E. Main Street. **Presentation on 2008 Group Trips for Adults 55+ offered through LGS Recreation's 55+ Program.** For more information, call The 55+ Program at (408) 354-2360 and leave name and phone number. **January 22, 2008. New and Returning Creative Arts Classes & Bridge & Mah Jongg Classes** For more information, call The 55+ Program at (408) 354-2360 and leave name and phone number.

Tuesday, January 8, 2008

Listen to the live audio webcast of the Urban Institute forum: **SPECIAL-NEEDS HOUSING FOR THE FRAIL ELDERLY AND HOMELESS**

Tuesday, January 8, 2008

Noon-1:30 p.m. ET

To register, go to <http://www.visualwebcaster.com/event.asp?id=44742>

Spring Semester - begins January 14, 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 meets CCSF Graduation requirements transferable to CA State Universities and to SFSU's Gerontology Masters Program CEUs for Nurses Ideal for those working with elders and looking for a career boost or to fill in gaps in knowledge.

Choose between 2 sections: Mondays from 1 - 4 p.m. 15 meetings, or Mon. & Wed. 11-12:30 p.m. 3 unit course (\$20 per unit) 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

Begins January 15

EXERCISE YOUR BRAIN FOR FREE: MENTAL AEROBICS

The brain is like any muscle in the body. The old saying "use it or lose it" really does apply. In this class you will exercise your brain in fun, challenging and creative ways to maintain and improve your cognitive vitality and your memory. This course is appropriate both as a next step for those who have previously attended Memory and Mental Fitness classes or PositScience Brain Fitness Program, as well as for first-timers.

WHERE: The Heritage, San Francisco

3400 Laguna Street. (at Bay Street)

Accessible by MUNI Lines 22, 30, 28, 43

Free parking available at Fort Mason (Enter through the Franklin Street Gate. There's free parking at Octavia and Bay.)

WHEN: Tuesdays 1:30 -2:30 PM

January 15 - May 20, 2007

(No class March. 25) **Join anytime**

COST: FREE

TO ENROLL: Simply attend the class, and fill out a registration form on site. If you would like additional information please contact Hope Levy at 415.931.8679 or <mailto:hopelevy@yahoo.com> or the Older Adults Department at 415.920.6021.

THE INSTRUCTOR: Hope Levy has over twenty years teaching experience, and is formerly the Acting Chairperson of the Older Adults Department at City College of San Francisco. She holds an MA in Gerontology and an MA in Special Education from San Francisco State University. Through her work Hope promotes positive aging through her passion for lifelong learning.

The Older Adults Department of City College sponsors this class in partnership with The Heritage, San Francisco. The Older Adults Department of City College offers classes designed for adults 55 years old or better, though all are welcome to attend. All classes are FREE.

Tuesday, January 15, 2008

What's Working in Patient Safety in 2008: Teleconference

Care Transitions Teleconference Series: Finding Solutions, Improving Care Coordination Robert Wachter, MD, Chief of the Medical Service at the University of California, San Francisco (UCSF) Medical Center, author of the best-selling books *Internal Bleeding* and *Understanding Patient Safety*, and editor of the nation's two leading patient safety Web sites-Agency for Healthcare Research and Quality (AHRQ) WebM&M (Morbidity & Mortality Rounds on the Web) and AHRQ PSNet (Patient Safety Network)], presents "The End of the Beginning: What's Working in Patient Safety in 2008."

During this one-hour session, Dr. Wachter will reflect on our patient safety efforts - both local and national - since the publication of the Institute of Medicine's report "To Err is Human." The session covers the relative value and challenges of various patient safety improvement approaches (including regulations, reporting systems, workforce changes,

culture change, and information systems); and the impact of computerization on clinical care, now and in the future; and compares and contrasts the traditional training and socialization of physicians to what will be required in the future.

Date: Tuesday, January 15, 2008

Time: 11:00 a.m. – 12:00 p.m. Pacific

CE Credit*: CEU (1.0 hr)*

Cost: No cost

To register see:

<http://www.lumetra.com/events/index.aspx?id=3278&terms=teleconferenc&searchtype=0&fragment=True>

Saturday, Jan. 19

Reception for Social Work Display in Bay Area

By Dustin Manhart, NASW-CA Intern

What: 2008 Social Work Public Education Campaign Reception and BART Rail Poster Viewing

The reception is open to all NASW members, social workers and the general public. Guests will have the opportunity to mingle, enjoy light refreshments, hear comments from our speakers and view the BART Powell station Rail Poster.

Speakers: Chief Heather Fong, MSW — current Chief of Police of San Francisco

Mayor Arthur Agnos, MSW — former mayor of San Francisco

Who: Sponsored by San Francisco State University and the NASW-CA

When: Saturday, Jan. 19, 11 a.m. to 1 p.m.

Where: San Francisco State University Downtown Campus, Westfield San Francisco Centre on Market at Powell Streets, 835 Market Street, 6th Floor, San Francisco, CA 94103-1901. Please check for a sign onsite with directions to the assigned conference room.

Transportation: BART and MUNI Metro; Exit at Powell Street Station

Parking: Nordstrom Valet is offered to the public at the 5th Street Entrance to the San Francisco Centre

Recommended Public Parking:

Mason-O'Farrell Garage

325 Mason Street ~ San Francisco, CA 94102

Information: Kelly Moriyama <<mailto:nukuyami@yahoo.com>>; Dustin M. Manhart <<mailto:dmanhart@naswca.org>>

Starting January 24th

Caregiver Support Group

Providing emotional support and practical advice for those caring for long-distance or nearby frail older adults

4th Thursday of the month, starting January 24th, 2008

1 to 2:30 PM

North Oakland Senior Center

Arts & Crafts Room

5714 Martin Luther King Jr. Way

Oakland, CA 94609

Meetings are free and open to the public.

Light refreshments will be served.

For more information, call BACS Adult Day Care at 510-601-1074

Presented with support from the Adult Day Services Network of Alameda County. For more information on BACS services, visit

<http://www.bayareacs.org>

Thursday, February 7, 2008

You are invited to a **wine and cheese book signing** to celebrate the publication of Lisa Nerenberg's Book, *Elder Abuse Prevention: Emerging Trends and Promising Strategies*, recently published by Springer Publications.

When: Thursday, February 7, 2008

Time: 4-6 P.M.

Place: Eileen Goldman's House
65 Fairmount Street, Corner of Chenery
San Francisco, California

Phone: 415-282-1935

PLEASE RSVP by Friday, January 18, 2008

CALIFORNIA

Nothing New This Issue

NATIONAL

March 26-30, 2008

What: [Aging in America: 2008 Conference of the National Council on Aging and the American Society on Aging](#)

When: March 26-30, 2008

Where: Washington, DC

Web: <http://www.agingconference.org>

Description: The NCOA-ASA Aging in America Conference, with more than 4,000 attendees, is recognized as a showcase of best practices for programs and projects that can be replicated. It will serve as a forum for policy discussion and advocacy, and will be a prime source of information on new research findings in aging. Join us as we debate the issues, work together to find solutions, and share exciting and innovative ideas.

Deadline to preregister is February 14. For more information visit <http://www.agingconference.org>, or call 800-537-9728 or e-mail <mailto:customerservice@asaging.org> to request a copy of the conference announcement.

INTERNATIONAL

April 3 - 17, 2008

Dear Global Aging Partners and JFR Foundation Friends:

With its thriving cultural and historical capitals, and an immense array of natural wonders and stunning landscapes, South America has enticed explorers and adventurers for centuries. Join the Jessie F. Richardson Foundation and Global Aging Partners for a unique perspective of this fascinating continent during our **journey to three of South America's most dynamic and powerful countries: Brazil, Argentina and Chile, April 3 - 17, 2008.**

In each of the major cities, we will meet with professionals working in the field of aging and learn how these societies provide financial security, health and care options for a very rapidly aging population. We are pleased to have **Martha Pelaez, PhD**, as our leader on aging issues for the trip. Martha is associated with International Consultants of Aging and Health, Inc; served from 1994 to 2005 as Regional Advisor on Aging and Health for the Americas at the Pan American Health Organization/World Health Organization; and serves as an Advisor to the JFR Foundation and Global Aging Partners.

For more information or to make reservations for this exciting program, please call the JFR Foundation, Patience Tolentino, (503) 408-4756 or Royal Adventures, (925) 820-6260 or 1-800-453-4754.

We hope you will join on this truly extraordinary journey.

Cordially,

JESSIE F. RICHARDSON FOUNDATION

Keren Wilson, Chair; Gloria Cavanaugh, Vice Chair, Former President and CEO, American Society on Aging

COMMUNITY RESOURCES/FUNDING INFORMATION

Nothing New This Issue

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