



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

June 20, 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

Reminder! The newsletter will not be published during the month of **July**. Jobs will continue to be posted to the email lists unless otherwise indicated. 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 Friday, August 8th.**

Enjoy summer, everyone!

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.

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<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** 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 information.)

Catlett celebrates century of aging artfully, Pam Grady, Special to The Chronicle, San Francisco Chronicle Tuesday, May 20, 2008.

<http://www.sfgate.com/cgi-bin/article.cgi?file=/c/a/2008/05/20/DDG810N7D0.DTL>

Consumer Sites

The National Center for Complementary and Alternative Medicine, part of the National Institutes of Health has just launched **Time To Talk About CAM (complementary and alternative medicine)**. See: <http://www.nih.gov/news/health/jun2008/nccam-06.htm>

The Food and Drug Administration's (FDA) ***Maturity Health Matters* online newsletter** is about FDA regulated products for older adults, their families and caregivers. It focuses on FDA approved products that help people live longer, more productive lives. Each issue of *Maturity Health Matters* is available in an easy-to-print PDF format accessed by the PDF icon next to the issue date. See: <http://www.fda.gov/cdrh/maturityhealthmatters/index.html>

The (very interesting!) **winning videos from AARP's Uat50 contest** can be seen on the YouTube site: <http://www.youtube.com/Uat50> along with all of the U@50 Challenge submissions. The contest, launched in August 2007 on YouTube, gave people between the ages of 18 and 30 the chance to submit short videos on the subject of what they expect their lives to be like at age 50. The goal of the U@50 Challenge was to encourage intergenerational dialogue enabling young people to speak their minds and give AARP insight into their views.

The Clock Is Counting Down See the exact amount of time left before **Census Day, April 1, 2010** on the Census 2010 web page: <http://www.census.gov/2010census/>. In addition, on the web site be sure to watch the video (approximately 3 minutes) on the 2010 collection efforts (including a multitude of data on older adults!). Testimonials describe the importance of a complete count and why the 2010 Census will be the most important count in our nation's history.

Medicare Launches Outreach Effort to Help Beneficiaries With New Program That **Lowers Costs for Durable Medical Equipment** (June 9, 2008). See:

<http://www.cms.hhs.gov/apps/media/press/release.asp?Counter=3149>

Research & Reports

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

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

Bureau of Labor Statistics: **Self-Employment Transitions among Older American Workers with Career Jobs** by Michael D. Giandrea, Kevin E. Cahill, and Joseph F. Quinn (Working Paper No. 418, April 2008. Link to <http://www.bls.gov/ore/abstract/ec/ec080040.htm>

URBAN INSTITUTE REPORT: "**The Strains and Drains of Long-Term Care**," by Richard W. Johnson (June 2008, pdf format, 4p.).

<http://www.urban.org/url.cfm?ID=1001188>

ROBERT WOOD JOHNSON FOUNDATION BRIEF: **Disparities in Health and Health Care among Medicare Beneficiaries**, by Elliott S. Fisher, David C. Goodman, and Amitabh Chandra (June 2008, .pdf format, 19p.).

<http://www.rwjf.org/pr/product.jsp?id=31251&topicid=1180&catid=14&typeid=123>

HEALTH OF OLDER PERSONS, INCLUDING ACTIVE AND HEALTHY AGING: REGIONAL STRATEGY from The World Health Organization. See: <http://www.paho.org/English/GOV/CE/ce142-14-e.pdf>

STUDY SHOWS THAT A REGULAR EXERCISE PROGRAM CAN HELP DELAY AGING

A recent study showing that maintaining aerobic fitness through middle age could delay biological aging by 12 years underscores the benefits of incorporating even a modest exercise program into one's daily routine, emphasizes the American Physical Therapy Association (APTA). The study, published in the *British Journal of Sports Medicine* (March 11, 2008), shows aerobic exercise improves the body's oxygen consumption and its ability to generate energy, which, in turn, leads to the slowing and possible reversal of the inevitable decline of our body's function. See:

<http://www.apta.org/AM/Template.cfm?Section=Media&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=49129>

Americans with Disabilities Act: July 26 On this day in 1990, President George H.W. Bush signed into law the Americans with Disabilities Act (ADA), guaranteeing equal opportunity for people with disabilities in public accommodations, commercial facilities, employment, transportation, state and local government services, and telecommunications. For interesting facts about the ADA see:

http://www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/011953.html

The Geographic Distribution and Characteristics of Older Workers in New Jersey: 2004

By Cynthia Taeuber and Matthew R. Graham

Sponsored by the National Institute on Aging National Institutes of Health
U.S. Department of Health and Human Services

Local Employment Dynamics Issued May 2008. See:

<http://www.census.gov/prod/2008pubs/ledow04nj.pdf>

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>

Culture Change in Nursing Homes: How Far Have We Come?

http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=684709

On Monday, May 19, 2008, The Picker/Commonwealth Fund Quality of Care for Frail Elders (U.S.) program and the Pioneer Network co-hosted an online meeting, "Culture Change in Nursing Homes: How Far Have We Come?"

The meeting addressed the issues raised in the Commonwealth Fund's national survey of nursing homes designed to learn more about the penetration of the culture change movement at the national level and measure the extent to which nursing homes are adopting culture change principles and practicing resident-centered care. A representative sample of 1,435 nursing homes was surveyed between February and June 2007. This site reports the study findings, as well as a recording of the May 19 meeting. Also available at the site are related Commonwealth Fund publications.

The site also links to other related Commonwealth Fund program sites, including the Quality Care for Frail Elder site.

Breaking the Cycle of Violence Preventing Violence against Seniors in the Aboriginal Community, 2004.

This project looked at violence towards seniors in the aboriginal Community. The project was a partnership between the Native Canadian Centre of Toronto, Canada, and the Ontario Canada Coalition of Senior Citizens Organizations (OCSCO) and funded by a City Of Toronto's Breaking the Cycle of Violence Grant.

http://www.web.net/~ocscs/downloads/abuse_of_aboriginal_seniors.pdf

Aboriginal Canada Portal: Elders Health and Social Services

Provides links to documents on aboriginal elder health including the 2002 report on elder abuse by the Aboriginal Healing Foundation.

<http://www.aboriginalcanada.gc.ca/acp/site.nsf/en/ao26874.htmlm>

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>)

Nothing new this issue.

NEW PUBLICATIONS

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>.

BAY AREA

Sunday, June 22nd

Many of you already know but in case you haven't heard, surfer Woody Brown died peacefully in his sleep on April 16th on his home island of Maui at the age of 96. With the help of a group of friends, Roy Ernest, co-producer of the film *Surfing for Life* in which Woody was a star, is organizing a special FREE **memorial celebration to honor**

Woody's amazing and inspirational life on Sunday, June 22nd at the Sanchez Concert Hall, 1220 Linda Mar Blvd in Pacifica, CA from 4:00 PM until 8:30 PM. Anyone who was inspired by Woody's life is welcome. If you can't be there yourself, please think of Woody Brown next Sunday and, in that way, you can be there in spirit. See:

<http://www.kahunakupunasurf.org/woodybrownfestival.org>

Stay stoked . . . like Woody!

Tuesday June 24

In the Name of Love: A Discussion of the Issues of Senior Driving.

6 - 7:30 PM, Vintage Golden Gate, 1601 19th Avenue, San Francisco.

For information call: 415-664-6264.

Beginning July 9, 2008

Second and Fourth Wednesday of the Month

Jewish Family & Children's Services of the East Bay, Suse Moyal Center for Older Adult Services

LONG-DISTANCE FAMILY CAREGIVER SUPPORT GROUP

Are you an adult caring for your older parents who live out of state?

Come join others struggling with the same difficulties and problems.

Moderated by Sheri Hartman, LCSW, the group will address issues such as:

- Choosing in-home caregivers

- Housing placement
- Family conflict
- Dementia and depression
- Age disabilities
- Serious medical problems
- And more . . .

5:00 to 6:30 pm

\$25 per session (sliding scale available)

Registration and four-month prepayment required

For more information, please contact Lisa Yordy at (510) 558-7800, ext. 716

Jewish Family & Children's Services of the East Bay

Suse Moyal Center for Older Adult Services

828 San Pablo Ave., Suite 104, Albany, CA 94706

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

Thursday, July 10 3pm-4:30pm

Hands-On Activities Training: Active & Engaged Interactive Session. Join Institute on Aging and speaker Tracy McCloud, Director of IOA's Ruth Ann Rosenberg Adult Day Health Center, as she provides hands-on examples of activities and discussion and feedback on **how to modify activities for your own Adult Day Health community**. No charge, and 1.5 CEUs will be provided for BBS, Psychology, or BRN. Please remember to bring your license number to the event in order to receive a CEU certificate. No reservation required. Held at Institute on Aging, Ruth Ann Rosenberg Adult Day health Center, 3600 Geary Blvd. (use Palm St. entrance). For questions, please contact Cecily Peterson, 415.750.4180 x226, <mailto:education@ioaging.org>.

Sunday, July 13

Collage Retreat Days led by Marsha Connell & Reba Connell

Mothers & Daughters: (Trans)forming Family

People ages 15-115 of all genders, cultural and art backgrounds are welcome. Click on <http://breathecenterforstressreduction.blogspot.com> for a registration form. **Early registration discount ends June 27.**

July 29, 2008

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. Moderated by Reba Connell, LCSW.

Tuesdays

Next group starts July 29, 2008

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 Lisa Yordy at (510) 558-7800, ext. 716

August 18 - 22, 2008

Grantseeker Training Institute, San Francisco

Master the keys to successful fundraising in just five days.

WHERE: Foundation Center, 312 Sutter St. Suite 606, San Francisco, CA

9 a.m. to 4 p.m. daily

Check-in and coffee: 8:30 a.m. - 9 a.m.

In just one week, the Foundation Center's team of expert instructors will help you...

- Develop strategies to sharpen your fundraising focus

- Learn to articulate your funding requests more powerfully
- Network with peers and colleagues from the nonprofit world

DAY ONE: Develop a fundraising plan

DAY TWO: Get started with mobilizing your board.

DAY THREE: Search for funders that match your needs

DAY FOUR: Master proposal writing

DAY FIVE: Build grantmaker relationships with your proposal.

See:

http://foundationcenter.org/marketplace/catalog/product_training_institute.jhtml?id=prod1800001&navCount=0&navAction=push

CALIFORNIA

Nothing new this issue.

NATIONAL

Wednesday, June 25, 2008

You are cordially invited to a forum hosted by the Urban Institute, Civic Ventures, and Public Agenda.

RETHINKING RETIREMENT: OPINIONS, OBSTACLES, OPPORTUNITIES

Wednesday, June 25, 2008

9:00-10:30 a.m. ET

To listen to the live audio webcast, register at

<http://www.visualwebcaster.com/event.asp?id=49091>

Panelists:

- John Gomperts, president, Civic Ventures; CEO, Experience Corps
- Eugene Steuerle, senior fellow, Urban Institute; vice president,
- Peter G. Peterson Foundation
- Rich Wolf, economics reporter, USA Today (moderator)

- Ruth Wooden, president, Public Agenda
- Sheila Zedlewski, director, Income and Benefits Policy Center,
- Urban Institute

The panel will explore how retirement has changed over the past half-century and why it will continue to evolve. What new institutions, social policies, and career arrangements are needed to meet the needs of seniors, younger generations, a stressed economy, and an oversubscribed federal budget? And what measures would best help the lowest-income older adults thrive?

INTERNATIONAL

30 October 2008

Understanding Families and Relationships over time -

CRFR National Conference - 30 October 2008, Edinburgh

A one day conference providing an opportunity to consider research that takes a qualitative, longitudinal approach to researching families and relationships. By studying families and relationships over time, we can better understand change, continuity, transitions and stages.

Click here for the full programme and to book a place

<http://www.crfr.ac.uk/events/natconference.htm>

COMMUNITY RESOURCES

The National Center on Caregiving at Family Caregiver Alliance (FCA) is pleased to oversee the **first annual Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Awards program.**

Through a grant from The Rosalinde and Arthur Gilbert Foundation, three awards of \$20,000 each will be given to organizations to recognize unique programs that address the needs of Alzheimer's caregivers. One award will

be granted in each of these categories: Creative Expression, Diverse/Multicultural Communities , and Policy and Advocacy . The application, as well as information and further details about the awards program, are now available on the Family Caregiver Alliance website. To apply online, copy and paste into your browser the following link: http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2188
The deadline for applications is August 15, 2008.

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