



# 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 6, 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>

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## EDITOR'S NOTES

**New Resources on Aging will not be published during the month of July.** Jobs will continue to be posted to the email lists unless otherwise indicated.

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>

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*Continued thanks to all for your generosity and support.*

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 Friday, June 20th.**

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](http://www.adobe.com/products/acrobat/readstep2_allversions.html)

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## **NEW ON THE WEB**

**Aging in the Media** (continued thanks to readers who forward information.)

NY Times editorial on the Bush administration's attempt to **cut Medicaid funding that would affect nursing homes** and other health care providers. See: [http://www.nytimes.com/2008/05/28/opinion/28wed3.html?\\_r=1&th&emc=th&oref=slogin](http://www.nytimes.com/2008/05/28/opinion/28wed3.html?_r=1&th&emc=th&oref=slogin)

**New Hints Seen That Red Wine May Slow Aging**, By NICHOLAS WADE, Published: June 4, 2008 , NY Times.

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[http://www.nytimes.com/2008/06/04/health/research/04aging.html?\\_r=1&th&emc=th&oref=slogin](http://www.nytimes.com/2008/06/04/health/research/04aging.html?_r=1&th&emc=th&oref=slogin)

**Older Brain Really May Be a Wiser Brain**, NY Times, By SARA REISTAD-LONG Published: May 20, 2008

[http://www.nytimes.com/2008/05/20/health/research/20brai.html?\\_r=1&emc=eta1&oref=slogin](http://www.nytimes.com/2008/05/20/health/research/20brai.html?_r=1&emc=eta1&oref=slogin)

## Consumer Sites

The California Senior Legal Hotline is now home to the **Western States Pension Assistance Project** (WSPAP). It is one of several regional programs, supported by the National Pension Assistance Resource Center, whose goal is to assist individuals in obtaining their rights to private or government-sponsored pensions.

To this end, we are helping callers obtain information and file claims regarding their pensions and also preparing educational materials to inform the public of potential pension problems, their rights under federal law and where they can go for assistance. Especially for low-income seniors, the discovery of a *lost* pension or recovery of even a few dollars improperly denied can have a great impact on quality of life.

If you have any questions about your pension or know someone who does, contact Hester Bryant, project manager:

<mailto:%20hbryant@lsnc.net>mailto:hbryant@lsnc.net

For a full suite of **online tools to assist families in assessing and navigating care decisions for those with Alzheimer's**, visit

[http://www.alz.org/we\\_can\\_help/caresource.asp](http://www.alz.org/we_can_help/caresource.asp)

The following presentations from the Institute on Aging series **Aging Your Way** with Al Hart, can be heard on line:

<http://agingyourway.ioaging.org/>

- **Aging Today: Myths & Realities**

<http://a4.g.akamai.net/7/4/27043/v0001/kalw.download.akamai.com/27043/OnDemand/Aging1.mp3>

- **Sex Over 60: The Changing Body**

<http://a4.g.akamai.net/7/4/27043/v0001/kalw.download.akamai.com/27043/OnDemand/Aging2.mp3>

- **Sex Over 60: Connection and Intimacy**

<http://a4.g.akamai.net/7/4/27043/v0001/kalw.download.akamai.com/27043/OnDemand/Aging3.mp3>

- **Road Map to Successful Aging: Part 1 - Practical Concerns**

<http://a4.g.akamai.net/7/4/27043/v0001/kalw.download.akamai.com/27043/OnDemand/Aging4.mp3>

- **Map to Successful Aging: Part 2 - Coming to Terms**

<http://a4.g.akamai.net/7/4/27043/v0001/kalw.download.akamai.com/27043/OnDemand/Aging5.mp3>

- **Saving the Best to Last: Staying Engaged in Meaningful Ways**

<http://a4.g.akamai.net/7/4/27043/v0001/kalw.download.akamai.com/27043/OnDemand/Aging6.mp3>

## Research & Reports

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

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

**2007/2008 Older Worker Profiles** The Geographic Distribution and **Characteristics of Older Workers in New Jersey: 2004**. (Released May 27, 2008) is the most recent addition to this series.

See:

<https://ask.census.gov/rd?1=AvcG~woTDv8SMoD~Gr0e~yL~Jvsq~7P~&2=618>

From the National Bureau of Economic Research:

**Does Medicare Save Lives?** by David Card, Carlos Dobkin, and Nicole Maestas, <http://www.nber.org/aginghealth/2008no1/w13668.html>

**Aging and Death Under a Dollar a Day** by Abhijit Banerjee and Esther Duflo <http://www.nber.org/aginghealth/2008no1/w13683.html>

A **2007 National Survey of Consumer and Workforce Satisfaction in Nursing Homes** from The American Health Care Association can be found at:

<http://www.myinnerview.com/downloadPDF.php?pdf=miv/reports/2007MIVNationalReport.pdf>

*In 2006, 36.8 percent of employed men ages 65 to 69 worked for themselves, compared with only 21.5 percent of their female counterparts.*

From **Capitalizing on the Economic Value of Older Adults' Work** by Eric Toder, Richard W. Johnson, Gordon Mermin, and Serena Lei, Urban Institute: <http://www.urban.org/publications/411658.html>

## Practice Resources

A filmed copy of the **2008 Elder Law Overview training** conducted by The California Senior Legal Hotline is available for senior legal services programs; a donation is requested to help defray costs -- contact <mailto:seniorhotline-office@lsnc.net> to obtain a copy.

**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>

### **Cornell Institute for Translational Research on Aging**

<http://www.citra.org> (highlighted previously in New Resources on Aging)

The Cornell Institute for Translational Research on Aging (CITRA) was funded by the National Institute on Aging in October, 2003. It is one of six Edward R. Roybal Centers for Translational Research on Aging funded nationwide. A unique collaboration of social science, clinical research and mental health, the center unites researchers from Cornell's Ithaca campus; research clinicians in geriatric medicine at the Division of Geriatrics and Gerontology at the Weill Medical College of Cornell in Manhattan, and psychiatric researchers at Cornell's Psychiatric Division of the Cornell Institute for Geriatric Psychiatry in Westchester, N.Y.

The site features a newsletter, information on ongoing research and programs and workshops. Summaries and documents are provided for conferences on pain, social isolation, and research-to-practice.

Of particular note, in the Ongoing Research section, is the documentation for the Partners in Caregiving Program, a series of workshops designed to bring about changes in family and staff communication in long-term care.

[http://www.citra.org/project\\_detail.php?id=7](http://www.citra.org/project_detail.php?id=7) The Understanding Research section contains excellent information on conducting and understanding research in aging.

The site also has a **blog** <http://www.agingresearchtranslator.com/blog.php> featuring newly published articles in the aging literature. Research summaries are posted every other week. Posts are organized chronologically and can also be organized categorically.

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

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To use the library, make an appointment with the Center's Academic Coordinator, Desi Owens: <mailto:desiowens@berkeley.edu>)

Nothing new this issue.

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## NEW PUBLICATIONS

**Olive Kitteridge**, fiction by [Elizabeth Strout](#), publisher Random House.

Publisher's Description:

At times stern, at other times patient, at times perceptive, at other times in sad denial, Olive Kitteridge, a retired schoolteacher, deplores the changes in her little town and in the world at large, but she doesn't always recognize the changes in those around her: a lounge musician haunted by a past romance: a former student who has lost the will to live: Olive's own adult child, who feels tyrannized by her irrational sensitivities; and Henry, who finds his loyalty to his marriage both a blessing and a curse.

As the townspeople grapple with their problems, mild and dire, Olive is brought to a deeper understanding of herself and her life—sometimes painfully, but always with ruthless honesty. *Olive Kitteridge* offers profound insights into the human condition—its conflicts, its tragedies and joys, and the endurance it requires. See:

<http://www.randomhouse.com/catalog/display.pperl?isbn=9781400062089>

(Editor's Note: Highly recommended)

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## 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**

### **Ongoing**

**Mondays: 10-11:00am & Wednesdays: 9-10:00am**

***Seniors Moving to Better Health***, Join "Always Active" FREE exercise program for seniors. Fall Prevention, Strength and flexibility training. Free Wellness Plan. For more information call The Institute on Aging, San Francisco (415) 752-0139.

### **Tuesdays**

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

#### **EXPRESSIVE ART THERAPY FOR WOMEN OVER 50**

With L. Rebecca Connell, LCSW, LCS 19814

A supportive and relaxed environment for . . .

Exploring retirement, transitions, and health.

Expressing the positive aspects of normal aging.

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.

Tuesdays, 10:30 to 11:50 am

Twenty-week commitment required. Call now for current openings.

Medicare accepted. \$45 per session; sliding scale available

For more information or to register, please call Lisa Yordyat (510) 558-7800, ext. 716

## One-time Only

**June 15, Sunday,**

**1:30-5:30 pm:** *Expressive Arts Therapy Workshop for Fatherless*

*Women On Father's Day*. Phone screening and pre-registration required: (415) 681-7090, see: <http://www.adelebrookman.com/archives/9>. Inner Sunset District, San Francisco (near UCSF), **Rate:** Sliding scale; some insurance accepted, **License #:** MFC17729 Since 1982, **Phone:** (415) 681-7090, or (415) 585-7823 **Email:** <mailto:elebrookman@earthlink>

**Tuesday, June 17**

Don't miss the 2008 Silicon Valley **Boomer Venture Summit & Business Plan Competition** on Tuesday, June 17, 2008 - Where entrepreneurs and leading venture capitalists meet...

We invite you to join us for an exciting one-day program consisting of leaders across a wide range of industries. They all have one thing in common - they invest in or serve the 45+ boomer consumer.

Santa Clara University

500 El Camino Real

Recital Hall

Santa Clara, CA 95053

Summit Highlights:

- Learn where and why VCs are investing heavily in the boomer market - hear from VC portfolio companies
- Learn from key analysts how they segment the market and evaluate opportunity
- Hear all Business Plan Competition finalists present their business ideas to the blue ribbon panel of judges
- Be there when the two \$10,000 Grand Prize Winners are selected.

Please click the link for more details

<http://guest.cvent.com/EVENTS/Info/Invitation.aspx?i=ff0fa144-a86b-4314-bb5c-b0fa2c49793a>

## **Monday, June 23**

### **Please join Pacific Institute in welcoming Dr. Olivier Gagey from l'Universite de Paris**

Monday, June 23, 2008, 6pm

Laguna Grove Care - Rooftop

624 Laguna Street, San Francisco CA

Dr. Gagey, professeur and director of the "Master Viellissement Handicap, espaces constraints: mouvement et adaptation" at the Paris XI and Paris V, will be making an official visit to Pacific Institute's headquarters in San Francisco to observe the AgeSong Senior Communities, where students of his program have been coming for the last three years to do field work. Please join us for a night of food and entertainment as we celebrate this wonderful collaboration of designing better solutions to serve elders of the world and better academic outcomes in the field.

To RSVP or for more information:

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

## **June 26, 2008**

**Renewal at 50+** RSVP of San Francisco, an organization that supports community service among midlife and older adults, presents LINDA ARTEL, career/life transitions coach and counselor with the Bay Area Career Center, in an interactive event focusing on life choices at or near retirement. Discussions will focus on career shift, self-employment, part-time work and volunteering.

Mechanics Institute Members Lounge, 57 Post Street (between Montgomery and Kearny) 5 p.m.

Please call 415.474.7787 to reserve.

**Free**

**6/28/2008 Saturday, 10 am-12 pm**

**Documentary Short Film: *Let's Face It: Women Explore Their Aging Faces*.** 870 Market Street (Flood Building), Room 1185. Contact: Sheila Malkind, <mailto:smalkind@sbcglobal.net> OWL Program Chair for additional info.

## **CALIFORNIA**

### **June 27th**

Leading scientists and thinkers in stem cell research and regenerative medicine will gather at UCLA for **Aging 2008** to explain how human aging might be modified to our collective benefit. For information see: <http://www.mfoundation.org/Aging2008/>

## **NATIONAL**

### **Tuesday, June 10**

#### **Rethinking Chronic Care**

**Care Transitions Teleconference Series: Finding Solutions, Improving Care Coordination**

**Time:** 11:00 a.m. - 12:00 p.m. Pacific\_

**Type:** Teleconference

**CE Credit:** CEU (1 hr), CME (1 hr)

**No Cost**

#### **Overview**

Joanne Lynn, MD, MA, MS, serves as a Medical Officer in the Centers for Medicare & Medicaid Services (CMS) Office of Clinical Standards and Quality. She has authored more than 250 articles and a dozen books, two of which address quality improvement methods in palliative care.

This hourlong session with Dr. Lynn explores keys to high reliability, methods to improve palliative care and reduce costs, and coordinating and managing care across the continuum.

See: <http://www.lumetra.com/events/index.aspx?id=3564>

### **Thursday, June 19**

#### **Improving Medication Safety and Care Transitions in Nursing Homes**

**Time:** 11:00 a.m. - 12:00 p.m. Pacific\_

**Type:** Teleconference

**CE Credit:** CEU (1 hr)

**No Cost**

#### **Overview**

This teleconference will describe clinical and care coordination issues affecting medication safety for patients in the long-term care setting and related care transitions, the latest approach and regulatory trends in addressing care transitions and medication safety needs for this patient population. Practical suggestions to optimize collaborative resources in improving safety and effectiveness in care transition as an integral part of Medication Therapy Management (MTM) process will also be discussed.

See: <http://www.lumetra.com/events/index.aspx?id=3702>

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## **COMMUNITY RESOURCES**

Many of you have probably seen the project of Candacy Taylor on **older career waitresses** at San Francisco's City Hall, Copia or in AARP The Magazine and the San Francisco Chronicle. For an update on Candacy see: <http://www.careerwaitresses.com/donate.html>

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## 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

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**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