



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

March 14, 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 March 28th.**

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

On a personal note: *Wait Wait Don't Tell Me* edited every remark I made about aging. Oh well, hope some of you caught it; it was fun!

NEW ON THE WEB

Aging in the Media

(Continued thanks to readers who forward media tips!)

Marin Independent Journal, **Trigger for Alzheimer's identified** Richard Halstead Article Launched: 03/06/2008 11:25:27 PM PST. See:

http://www.marinij.com/ci_8484505?source=most_viewed

Seniors Victimized in Reverse Mortgage Boom, by Liane Hansen, National Public Radio:

http://www.npr.org/templates/story/story.php?storyId=87994065&sc=emma_f

Tue, March 11, 2008 -- The California Report **Seniors**

The great majority of immigrants to the U.S. are young and of working age. But in recent years, an increasing number of immigrants are in their 60s, 70s and older. More than 100,000 elderly immigrants a year come to the U.S., and for many life here hasn't turned out the way they hoped. A new program in Fremont is designed to help. See:

<http://www.californiareport.org/archive.jsp>; scroll down.

Old and Gay, **A LGBT-Friendly Retirement Community Sets up Shop in Oakland**, Oakland Magazine, March 2008. See:

<http://www.oaklandmagazine.com/media/Oakland-Magazine/March-2008/Options/>

Senior villages that help elderly stay at home come to West Coast,
Robin Evans, Special to The Chronicle, Wednesday, December 12, 2007.
See: <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2007/12/12/HOOLSGC2O.DTL&hw=Senior+villages&sn=001&sc=1000>

Consumer Sites

Consumers can log onto <http://nihseniorhealth.gov/highbloodcholesterol/toc.html> for **answers to questions about cholesterol** such as: What's the difference between LDL and HDL? Which one is the "good" cholesterol? What are triglycerides? What do the numbers mean? How is high blood cholesterol treated?

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) today announced the release of **new health information to raise awareness about diabetes, digestive diseases, and kidney and urologic diseases** among people not yet diagnosed with these illnesses. The NIDDK developed the Awareness and Prevention Series for community health fairs, workplace health forums, family reunions, and other similar events. NIDDK is one of the National Institutes of Health (NIH). Copyright-free full texts of the Awareness and Prevention Series publications - and all other publications from the Clearinghouses - are online at <http://www2.niddk.nih.gov/>.

The mission at **Success in Aging TV™** is to educate, motivate, and inspire people of all ages to act now for their own success in aging! SATV.com™ is a website utilizing education and entertainment to empower the viewer and improve the quality of life for our audience. Please visit us at <http://www.SuccessInAgingTV.com> and share it with your family and friends!

Women with **bladder control problems** can learn about treatments and techniques to help them manage their condition in a new resource from the National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), an information dissemination service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), one of the National Institutes of Health (NIH). Urinary incontinence is a problem for millions of women. Contrary to some beliefs, the problem is not limited to older women. As many as three quarters of women in the United States report at least some urinary leakage at some point in their lives, and studies consistently find that 20 to 50 percent report more frequent leakage, according to the 2007 NIDDK report *Urologic Diseases in America*. See:

<http://www.kidney.niddk.nih.gov/kudiseases/pubs/pdf/bcw.pdf>

Research & Reports

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

END-OF-LIFE CARE Key Components Provided by Programs in Four States, Government Accounting Organization, December 2007. See: <http://www.gao.gov/new.items/d0866.pdf>

Good news on gray matter: **Memory loss and other cognitive impairment becoming less common in older Americans**, U-M study finds better education, finances & cardiovascular care may be boosting brain health. See:

<http://www.med.umich.edu/opm/newspage/2008/hmcognitive.htm>

Americans for the Arts has just released a white paper on creativity and aging, "**Think and Be Heard: Creativity, Aging and Community Engagement**." Steven Dahlberg, head of the Connecticut-based

International Centre for Creativity and Imagination, wrote this report as a follow up to the 2007

National Arts Forum Series, which is supported by the MetLife Foundation. See:

http://www.americansforthearts.org/pdf/information_services/arts_business_partnerships/artsandaging.pdf

Asghar Zaidi "**Features and Challenges of Population Ageing: The European Perspective**

"http://www.euro.centre.org/detail.php?xml_id=1143 In this Policy Brief the issue of population ageing and its possible implications are sketched out. It also discusses what public policy responses are required to deal with the challenges posed. The main focus would be on Europe as a region facing these challenges and how individual countries as well as the EU and the UNECE could steer strategies to deal with them.

From Work to Retirement: Tracking Changes in Women's Poverty

Status, Research Report, Sunhwa Lee, Ph.D., Institute for Women's Policy Research, Lois Shaw, Ph.D., Institute for Women's Policy

Research, February 2008, AARP Policy & Research. See:

http://www.aarp.org/research/assistance/lowincome/2008_03_poverty.html

Practice Resources

The Adult Protective Services (APS) Training Project is a Regional Training Academy Consortium (RTAC) consisting of the Bay Area Academy, Academy for Professional Excellence, Central California Child Welfare Training Academy, and the Northern California Training Academy. See: <http://www.baa-aps.org/article.php?list=type&type=129>

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>

Health Literacy and Older Adults

<http://www.health.gov/communication/literacy/olderadults/literacy.htm>

The *Quick Guide to Health Literacy and Older Adults* was produced by the U.S. Department of Health and Human Services for people who serve older adults on health and aging issues.

The guide outlines the issue of health literacy as it affects older adults. It also deals with specific challenges some older adults face such as visual and hearing impairment and cognitive challenges, and provides strategies and resources for designing publications and websites. Links to other helpful resource materials are also included.

The Need for Drug Safety: The Older Person and Ageism

<http://www.ilcusa.org/pages/publications/ageism-caregiving-sleep/the-need-for-drug-safety-the-older-person-and-ageism.php>

Prescription drugs are among the top ten causes of death in the United States, and older Americans consume 40% of all medicines, with 75% taking four prescription drugs every day. That makes people over 65 more than seven times as likely to be hospitalized for adverse drug events than persons under 65. Written by Robert Butler, renowned authority on ageism and the elderly, this issue brief from the International Longevity Centre, addresses errors in drug administration, adverse reactions to drugs, and presents a plan for action, offering specific recommendations for improving postmarketing surveillance systems.

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>)

Before the Age Boom Goes...(2008). Aging Services of California, Stuart Greenbaum, Editor

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!

May 15, 2008, 8:30 am - 4:30 pm BRAIN HEALTH ACROSS THE LIFESPAN

For specific details on 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

Tuesday, March 18, 2008

We invite you to join us for an Evening Seminar at the Mill Valley Community Center:

Stem Cell Research: What Can We Expect and How Soon?

James Kovach, MD, JD, President and COO, will be introducing two of the leading scientists in the field of stem cell research:

David Greenberg, MD, PhD

Professor and Vice President of Special Research Programs
and

Xianmin Zeng, PhD, Assistant Professor

The evening begins at 6:00 pm with Wine and Hors d'oeuvres, a chance to meet other people interested in this cutting edge research as well as our speakers

7:00 pm to 8:30 pm Presentation

Mill Valley Community Center, 180 Camino Alto, Mill Valley

Reservations are required and seating is limited.

\$25 non-refundable registration fee

How to register:

Phone 415-493-3638 or mailto:events_rsvp@buckinstitute.org please include your name, how many guests you will bring and your phone number. One of our volunteers will call to confirm and process payment.

Thursday, March 20, 2008

HAVE YOUR SAY

You are invited!

LGBT Community Dialogue

Please join us in an informal dialogue about Aging and Disability Issues
Learn...about the Lesbian, Gay, Bisexual and Transgender Community
Partnership of the City and County of San Francisco Department of Aging

and Adult Services. Hear...about our work and what we have accomplished.....about exciting projects by OnLok Lifeways, New Leaf Services, Family Caregiver Alliance, openhouse and others. Share ...your thoughts ...your ideas ...your interests. Let's think about and plan for our future !

Thursday, March 20, 2008

4:00 pm to 6:00 pm

OnLok Lifeways Conference Rooms A&B, 3rd Floor, 1333 Bush Street, San Francisco, (between Polk & Larkin) For more information or to let us know you'll be joining us, call Karen Rosen at 415-355-6790 or <mailto:karen.rosen@sfgov.org> San Francisco Partnership for Community-Based Care & Support Improving access to quality services for older adults and adults with disabilities

Thursday, March 27, 2008

American Golf Program For Senior Centers (AGPSC) is a nonprofit organization developed to teach our Baby Boomers & Seniors the game of golf from "green to tee." Our entire volunteer staffs offer instructional lessons, videos, hands-on putting contest and refreshments at No Cost to our Baby Boomers & Seniors.

AGPSC will be conducting a **Putting Class** at Los Gatos Senior Center.

For further details please visit <http://www.agpsc.org/>

This event will be held at the Jewish Community Center of San Francisco at 3200 California Street @ Presidio.

April 2

The Osher Lifelong Learning Institute invites you to join us for ***New Concepts in Dementia and Healthy Aging***, a talk by Dr. Bruce L. Miller. Dr. Miller is a behavioral neurologist and clinical director of the UCSF Memory and Aging Center, which treats patients with diseases that cause dementia such as Alzheimer's disease, corticobasal degeneration,

Creutzfeldt-Jakob disease and frontotemporal dementia. Dr. Miller has more than a decade of experience with pharmaceutical trials for Alzheimer's disease. He is the author of a book titled "The Human Frontal Lobes" and his work has been published in many journals.

His lecture will be followed by a Q&A session and, after a break, small group discussions among the attendees where they can air their concerns and find information and support from each other.

April 2, 2008

12 noon -1:45 pm. lecture and Q&A, 2:15 - 4 pm. facilitated discussion

San Francisco State University Downtown Campus

835 Market Street, 6th floor

Served by MUNI and BART

Parking at the Mission Street Garage

For information: 415-817-4243

Free to the public; donations gratefully accepted

You can learn more about OLLI at <http://www.cel.sfsu.edu/olli>

April 3

Older Adult Health Promotion: **The Art of Aging Gracefully - Resources Women Can Embrace**

Free

JCCSF at 3200 California Street at Presidio in San Francisco.

This upbeat, fun-filled and informative day is devoted to women's successful and positive use of resources in the quest to embrace graceful aging. Expert speakers discuss memory, nutrition, physical therapy and alternative health care methods, and a range of booths from over 30 local organization provides additional resources for women as they age.

Presented in partnership with Kaiser Permanente San Francisco

Topics:

- **Women's Health as we get Older**
- **Tips for Improving your Memory**

- **Physical Activity- Stay Fit and Prevent Falls**
- **Healthy Eating**
- **Natural Ways to Stay Healthy**

For information: Shiva Schulz, MSW, Adult Programs Manager, *Life, Learning and Laughter*, Richard and Rhoda Goldman, Center for Adult Living and Learning, <mailto:ssschulz@jccsf.org>, phone 415-292-1260 and/or see: http://www.jccsf.org/content_main.aspx?catid=60 - 2284

April 3rd, 1pm - 2:30pm

The Millman Respite Center, an Adult Day Program at the Contra Costa Jewish Community Center, is hosting an event for caregivers and the community. **AROMATHERAPY: The Powerful Influence of Aromas on the Mind & Body**

What is an essential oil? Can the fragrance of an essential oil directly affect your emotional state or memory? This introduction to holistic Aromatherapy will be presented by Nicole Becker, trained Aromatherapist, who will explain how to use essential oils to promote health and healing. Nicole has been studying anatomy, physiology, natural medicine and yoga for ten years.

Come learn about the healing benefits of these therapeutic-grade essential oils for chronic stress, insomnia, muscle tension...and more. It's more than just a pretty smell, and there's a big difference between medicinal essential oils and perfume oils. Discover how you can use therapeutic-grade essential oils to promote health and healing...there is an essential oil to assist you!

Discussion will include:

- origins and properties of essential oils
- safe use of essential oils - cautions and contraindications
- physiological and pharmacological actions of essential oils
- essential oils for home and personal care

Essential oils will be available to sample and to purchase.

\$10 donation

PLEASE PRE-REGISTER: 925.938.7800, ext. 257 or

<mailto:marvelynd@ccjcc.org>

LOCATION: Contra Costa Jewish Community Center - Library

April 8**Foundation Fundraising: An Introductory Course**

Course date: April 8 in San Francisco

For nonprofits who are new to foundation fundraising.

The foundation approach to funding presents distinct challenges and opportunities for nonprofits. This course will help you understand the grantmaking objectives of independent, corporate, and community foundations, identify grantseeker resources, and effectively partner with grantmakers.

For information see: <http://fconline.fdncenter.org/pnd/10011808>

April 16th & April 23rd

Pacific Institute and its program, Elders Academy Press, is pleased to announce the release of

**Deeper Into The Soul: Beyond Dementia and Alzheimer's
Towards Forgetfulness Care** by Dr. Nader Shabahangi

Please join us at the exclusive **Book Release Party** Book Review & Discussion Wine & hors d'oeuvres

April 16th, 2008 at 5:30pm

Laguna Grove Care

624 Laguna Street, San Francisco

April 23rd, 2008 at 5:30pm

AgeSong at Lakeside Park

468 Perkins Street, Oakland

To RSVP or for more information, contact 877-243-7664 or

<mailto:rsvp@agesong.com>

CALIFORNIA

March 20, 2008

PSYCHOSIS IN OLDER ADULTS

Time: 1:00 PM to 4:00 PM

Continuing Education: 3 (APA, BBS, BRN, CAADAC & CAADE)

Cost: Pacific Clinics Staff, Consumers and their Families-Free

Non Agency Staff-\$40

Refreshments: Light Refreshments Provided

Location: Pacific Clinics Training Institute, (Wilson Auditorium), 2471 E. Walnut St. **Pasadena, CA 91107**

This course meets the requirements for the above mentioned boards for 3 CEs.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT VERONICA MOY AT 626-793-5141 EXT. 1-315

April 8, 2008

Assessing Older Adults: Tools and Tips

Time: 1:00 PM to 4:00 PM

Continuing Education: 3 (APA, BBS, BRN, CAADAC & CAADE)

Cost: Pacific Clinics Staff, Consumers and their Families-Free

Non Agency Staff-\$30

Location: Pacific Clinics Training Institute (Wilson Auditorium), 2471 E. Walnut St., **Pasadena, CA 91107**

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT VERONICA MOY AT 626-793-5141 EXT. 1-315

May 15, 2008

8th Annual Statewide Senior Injury Prevention Conference

Sacramento

This year the Conference will explore topics that affect all older adults and those who care for them. Medication Use, Foot Health, Driving Safety and Falls are all issues that can be life altering and we will examine our potential role in each topic. We are offering two Falls Prevention Breakout sessions. The Beginner session will be for people who are new to the field and will offer information and suggestions on getting a Falls Prevention program started. The Advanced Falls Prevention session will delve into expanding and enhancing existing Falls Prevention programs. We will provide a breakout session on the all-important topic of Evaluation and the crucial role it plays in obtaining funding. Staff from CommPre, a catalyst program for solution oriented community action, will lead a breakout session to examine potential changes that can be made in our general environment to reduce alcohol and medication misuse. In addition, based upon requests from previous conference attendees, this year we will have time set aside during the conference for a structured networking opportunity.

The 2008 Statewide Senior Injury Prevention Conference is being presented through a partnership between the Alameda County Senior Injury Prevention Partnership, UC Davis Medical Center and the California Department of Public Health and is funded, in part, by the Archstone Foundation.

<http://www.acgov.org/PublicHealth/organization/divisions/ems/>

NATIONAL

March 19, 2008 - 1-3:30 PM (Eastern Time)

Supporting Rural Family Caregivers

The purpose of this **satellite broadcast** is to conduct a discussion of the difficulties faced by rural family caregivers and how to support them in areas with limited provider agencies, manpower shortages, and transportation challenges. With assistance from USDA/CREES and other organizations, this session will highlight creative responses to rural family

caregiving such as consumer directed care. This broadcast will feature family caregivers who have applied innovative means to be effective caregivers in rural areas. See: <http://registration.casals.com/cms/>

Tuesday, June 03 - Friday, June 06

Eden International Conference

Location: Columbus, OH

Contact: Steve LeMoine at (614) 228-8888 or

<mailto:slemoine@westminster.oprs.org> G. Allen Power, MD, FACP who is currently working on a book on **enlightened, non-medication**

approaches to dementia will be speaking at the Eden Alternative International Conference. For information and/or to register see:

http://www.edenalt.org/component/option,com_events/task,view_detail/ag_id,78/year,2008/month,6/day,4/Itemid,32/

June 25-26, 2008

Save the Date!

Third Annual Conference: **Supportive Technology And Design For Healthy Aging**

June 25-26, 2008

Skamania Lodge, Stevenson, WA (Near Portland, OR) In conjunction with the annual meeting of the Washington Association of Homes & Services for Aging. Topics include:

- User-friendly technology for long-term care residents
- Robotics in elder care
- Technology to assist aging in place
- Adaptive housing design

Speakers include:

- Eric Dishman, Intel
- Maja Mataric, USC
- Lydia Lundberg, Elite Care

- Victor Regnier, USC
- Susan Ayers Walker, SmartSilvers

More information will be available at: <http://depts.washington.edu/geron/>

INTERNATIONAL

Nothing New This Issue

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:

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University of California

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