



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 28, 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 April 11.**

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 media tips!)

PBS's FAQ: **End of Life** plus Links and Resources related to palliative care can be seen at:

<http://www.kqed.org/topics/science/healthinitiative/endoflife.jsp>

Consumer Sites

Family Caregiver Alliance (FCA) has added a new feature to its website, an online **audio archive of TeleCaregiving(sm) Workshops**. Originally presented over the phone to thousands of caregivers and health professionals, the popular workshops offer caregivers the unique opportunity to learn practical care skills from expert instructors without leaving the comfort or convenience of their home or office.

Current workshop titles include:

- Caring Together! Sharing Caregiving Responsibilities with Siblings and other Family Members
- How Do You Know If You Have a Memory Problem?
- Here but Not Here-Finding Hope When Your Loved One Has Memory Loss
- Keeping Away the Caregiver Blues
- Medications: Safe and Less Expensive Drug Therapy-A Caregiver's Role
- There Must Be A Better Way Than This! Communicating with Someone with Dementia
- Understanding and Treating Difficult Dementia Behaviors
- Understanding Stroke and Vascular Dementia

See:

<http://caregiver.org/caregiver/jsp/publications.jsp?nodeid=345&expandnodeid=1853>

Research & Reports

Don't forget to periodically check Cornell University's **Aging Research Translator (ART) Non-Technical Summaries of Aging Research Published in Peer-Reviewed Academic Journals** for new research reports at: <http://www.agingresearchtranslator.com/index.html>

Older Americans 2008: Key Indicators of Well-Being provides the latest data on the 38 key indicators selected to portray aspects of the lives of older Americans and their families. It is divided into five subject areas:

- population
- economics
- health status
- health risks and behaviors, and
- health care

See: <http://www.agingstats.gov>

2008 Alzheimer's Disease Facts and Figures: 10 million U.S. baby boomers will develop Alzheimer's disease, a statistical abstract of U.S. data on Alzheimer's disease published by the Alzheimer's Association can be found at:

http://www.alz.org/national/documents/report_alzfactsfigures2008.pdf

The National Institute on Aging's (NIA) Office of Communications and Public Liaison is now publishing **Spotlight on Aging Research: News and Notes from the National Institute on Aging**, NIA's new electronic newsletter. Spotlight on Aging Research will highlight NIA research, recently published findings, upcoming events and new publications, and will provide links to current funding opportunities and other information. To receive future issues of this free, periodic, online newsletter, go to: <http://list.niapublications.org/niaalert/lists/?p=subscribe&id=4>.

From the Urban Institute

- **Do Assets Change the Racial Profile of Poverty among Older Adults?** <http://www.urban.org/url.cfm?ID=411620>
- **How Many Struggle to Get by In Retirement?** <http://www.urban.org/url.cfm?ID=411627>
- **Current Strategies to Employ and Retain Older Workers** <http://www.urban.org/url.cfm?ID=411626>
- **Do Out-of-Pocket Health Care Costs Delay Retirement?** <http://www.urban.org/url.cfm?ID=411630>

Practice Resources

“Help Seniors Live Better, Longer: Prevent Brain Injury” is a CDC initiative to raise awareness among children and other caregivers of older adults about ways to prevent, recognize, and respond to TBI in adults 75 and older. As part of this initiative, CDC has developed easy-to-use English- and Spanish-language materials for older adults and their caregivers. See: <http://www.cdc.gov/BrainInjuryInSeniors/>

The American Geriatrics Society Foundation for Health in Aging publishes **Tip Sheets on Health & Aging** that can be downloaded and used in health fairs, education with elders, etc. Topics include:

- Guide to Advance Directives
- Tips For Avoiding Caregiver Burnout
- Cognitive Vitality
- Overcoming Challenges to Healthy Aging
- Tips for Beating the Holiday Blues
- Top 10 Healthy New Year's Resolutions for Older Adults
- Emergency Preparedness Tips
- Falls Prevention Tips
- Hot Weather Safety Tips

- Safe Travel Tips
- Safety Tips for Seniors Considering Visits to Retail Medical Clinics
- Walking Tips

See: http://www.healthinaging.org/public_education/latest_tip_sheets.php

The Center for Disease Control has **two new publications about Falls Prevention and Fall Prevention Programs**. They are: "Preventing Falls: What Works A CDC Compendium of Effective Community-based Interventions from Around the World" and "Preventing Falls: How to Develop Community-based Fall Prevention Programs for Older Adults". Both publications can be downloaded from <http://www.cdc.gov/ncipc/preventingfalls/>

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>

Resident Aggression

Canadian Institute for Health Information (CIHI). Caring for Nursing Home Residents With Behavioural Symptoms: Information to Support a Quality Response, March 2008.

http://secure.cihi.ca/cihiweb/products/ccrs_aib_aggressive_behaviour_e.pdf

York University. "Out of Control: Violence Against Personal Support Workers in Long-Term Care", February 2008.

http://www.yorku.ca/mediar/special/out_of_control_english.pdf

According to the 2005 National Survey of the Work and Health of Nurses (Canada), half of nurses working in long-term care facilities reported that they had been physically assaulted by a patient with behavioural symptoms in the previous year.

Two recently released reports examine resident violence and aggression in nursing homes.

The CIHI report uses RAI-MDS 2.0@ data submitted to the Continuing Care Reporting System (CCRS) by Nova Scotia nursing homes. The analysis of this data contributes to awareness of the factors associated with behavioural symptoms, and provides real-time information for care planning, clinical interventions and prevention strategies.

Based on a survey of long-term care workers in Manitoba, Ontario and Nova Scotia, the York University report compares lower rates of violence in Nordic countries to Canadian rates, and examines how government policies, work environments, and attitudes to long-term care can contribute to lower incidents of violence in nursing homes.

NEW PUBLICATIONS

New Books on Ageing from Great Britain

OPEN UNIVERSITY PRESS is pleased to announce three new books examining ageing, written for students, practitioners and academics. For MORE INFORMATION, or to PURCHASE A COPY, visit our website at:

http://www.mcgraw-hill.co.uk/ecat/openup08/afshar_sales

- **WOMEN IN LATER LIFE: Exploring Race and Ethnicity**, June 2008
- **AGEING SOCIETIES: A Comparative Introduction**, April 2008
- **THE SOCIAL WORLD OF OLDER PEOPLE: Understanding Loneliness and Social Isolation in Later Life**, June 2008

Recognizing and Responding to Elder Abuse: It's Not the Same for Every Case (CD)

Length: 60 minutes

Speaker: Dianne Ditmer, PhD, RN, CFN, DABFN, FACFE, SANE
Discover the prevalence of criminal and sexual acts committed against the elderly and disabled.

6 Warning signs of elder abuse and neglect, plus, risk factors you should watch to begin with.

Learn the importance of individualized examination techniques.

Things to consider when examining victims with physical disabilities, cognitive impairments, communication limitations or sensory deficits.

Your legal obligations for reporting abuse and neglect.

What to incorporate into care planning for disabled victims.

When to refer to more specialized support services. See:

http://www.audioeducator.com/industry_conference.php?id=818&trk=W OAR0181 or call 866-458-2965.

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

Gerotranscendence: A Developmental Theory of Positive Aging (2005) by Lars Tornstam, Springer Publishing Company.

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

Monday, March 31

8:45 a.m. - 11 a.m. Live program

Caregiving

You are invited to be part of the live audience for a special two-hour live broadcast of KQED's *Forum* program with Michael Krasny at the Downtown Oakland Multipurpose Senior Center. Our expert guests will explore the financial and personal aspects of caregiving, and discuss resources for caregivers. We will also examine caregiving issues related to Alzheimer's.

WHERE

Downtown Oakland Multipurpose
Senior Center in the Oakland
Veterans Memorial Building,

200 Grand Avenue, Oakland 94610

RSVP TO ATTEND

415.553.2119 or

<mailto:forumRSVP@kqed.org>

April 14, 15, 17, 18

“Career in Aging Week” Notre Dame de Namur University, 1500 Ralston Avenue, Belmont, California 94002

Dr. N. Askari, Department Chair, Clinical Psychology and Gerontology

Theme: **“Why Study Aging?”**

This **FREE** event will feature speakers and panelists from many venues, focusing on aging & politics, aging & education, aging & economics and aging & society. There will also be great opportunities for seniors seeking employment.

For More Information, contact Mary Camarillo at 510.784.077 or

<mailto:marycamarillo@comast.net> or Dr. Askari at (650) 508-3557 or

<mailto:askari@ndnu.edu>

Monday, April 14, 2008

10:00 A.M. - 1:00 P.M.

Roundtable with three panelists that will discuss politics & aging and economics & aging. The roundtable will be followed by a question and answer session. Refreshments served.

Place: *Taube Hall*

Tuesday, April 15, 2008

11:00 A.M. - 2:00 P.M.

Don't miss out on the Job Fair coordinated by the University's Career Day. Appearance by the Gerontology Department Alumni.

Place: *Gym*

Thursday, April 17, 2008

10:00 A.M. - 1:00 P.M.

Three panelists will voice their opinions on education & aging, and society & aging, followed by a question and answer session. Refreshments served.

Place: *Taube Hall*

Friday, April 18, 2008

6:00 P.M. - 9:00 P.M.

The Gerontology Alumni will host "Movie and Pizza Night". The movie will focus on the aged. There will be an age quiz event for 30-45 minutes following the movie. First and second place winners will receive Starbucks Gift Certificates.

Place: *St. Joseph's Hall Lounge*

Friday, April 18

Jewish Family & Children's Services of the East Bay announces our **annual Passover Meal Delivery**

Friday, April 18

for isolated older adults, Holocaust survivors, and people with disabilities
Every year, JFCS/East Bay delivers fresh kosher Passover meals to people in need in Contra Costa and Alameda counties.

If you'd like to help this year, please let us know! Call soon . . . spaces fill up quickly!

Contact: Kathryn Winogura at (925) 927-2000, ext. 529, 2484 Shattuck Avenue, Suite 210, Berkeley; Contra Costa Office 1850 Tice Valley Blvd. Walnut Creek. <http://www.jfcs-eastbay.org>

Wednesday, June 4

10th Annual Updates on Dementia Conference: Translating Research into Practice

Wednesday, June 4, 2008

Stanford University, Dinkelspiel Auditorium

8:00 am - 4:30 pm

Emerging Research

Frontotemporal Dementia

Mild Cognitive Impairment

Enhancing Care in the LGBT Community

Bathing without a Battle

Love, Sex and Alzheimer's

Accessing Resources in the Multicultural Community

Seven continuing education units in the following disciplines:

CME Category 1 for physicians and psychologists

RN Contact Hours

LCSW/LMFT

Nursing Home and RCFE Administrators

Register online or download the brochure at: <http://www.alz.org/norcal>

Advance Registration Recommended

For further information <mailto:education@alznorcal.org>

CALIFORNIA

April 10

The Gerontological Society of America (GSA) and the Association for Gerontology in Higher Education (AGHE) are proud to present the **6th annual *Careers in Aging Week***, taking place the week of April 13-19, 2008. The purpose of this week is to introduce to a broad audience the wide-ranging career opportunities that exist in aging and aging research and to promote AGHE, GSA, CCGG and NAPG as premier organizations for supporting career development in the field of gerontology.

In recognition of *Careers in Aging Week*

The American River College Gerontology Program presents:

Exploring Careers in Aging, with Linda Wiener

(<http://www.ExploringCareersinAging.com>)

Including presentation by the American River College gerontology program faculty and program graduates

Thursday April 10, 2008 11:30 AM - 2:00 PM

American River College Cafeteria Banquet Rooms

This event is free and open to the public; please let others know.

For more information: Barbara Gillogly, Ph.D., Chair, Gerontology Department, American River College, 4700 College Oak Drive, Sacramento, CA 95841, 916-484-8512 – phone, 916-484-8519 – fax
<mailto:gillogb@arc.losrios.edu>

April 14-16

Certified Eden Associate Training

LaJolla, California

21 Training/Contact Hours, (NAB Approved)

Be touched and transformed by the energy and passion of our trainers as, over three days, they reveal the principles and practices of the Eden Alternative. Our trainers personally work with you to explore solutions to challenges in your work environment. You will leave inspired, hopeful and prepared to bring real transformation to your organization and meaning back into the lives of the residents.

Please visit us at <http://www.edenalt.org> and/or contact Sharon Spector, Education Coordinator, Eden Home Office
<mailto:education@ednalt.org>, call: 1-512-847-6061.

April 15

Foundation Center Training: Outcome Thinking and Management: Shifting Focus from Activities to Results

April 15 in San Diego

REGISTER ONLINE: <http://fconline.fdncenter.org/pnd/10011992>

April 17 in Los Angeles

REGISTER ONLINE: <http://fconline.fdncenter.org/pnd/10011993>

Thursday, April 17

The California Council on Gerontology and Geriatrics (CCGG) in conjunction with Fox Searchlight invite you and a guest to attend a **FREE special screening of YOUNG@HEART**

Thursday, April 17, 2008 at 7:30 pm

UA Market Square, 1739 Arden Way, Sacramento.

To RSVP your attendance and for an invitation via email please contact: "Manning, Brian" <mailto:BManning@mednet.ucla.edu>

April 18

CALIFORNIA COUNCIL ON GERONTOLOGY & GERIATRICS (CCGG) is pleased to announce that C. Joanne Grabinski, MA, MA, ABD will be signing her book **101 Careers in Gerontology** at the CCGG Annual Meeting...*GERONTOLOGY & GERIATRICS: CRITICAL COMPONENTS OF CALIFORNIA'S WORKFORCE* Friday, April 18, 2008 Doubletree Hotel Sacramento, Sacramento, CA (BOOKS WILL BE AVAILABLE ON SITE FOR PURCHASE)

Register for the meeting at:

http://www.ccg.org/home/ccgg_08_am/index.htm

May 09**UCLA Technology & Aging Conference**

Skirball Cultural Center, Los Angeles, California

May 09, 2008

The conference will highlight the latest technology advances and how they are helping individuals to pursue a better, longer life. Plenary speakers and panelists will delve into medical and consumer technologies as they relate to aging, and how these advances will influence the future of healthcare. Breakout sessions will highlight topics relevant to aging and technology, including Parkinson's disease, Alzheimer's disease, diabetes, brain games,

eye and ear technology, arthritis, diet and nutrition, and new technologies in exercise devices.

Many speakers are drawn from the extensive expertise available at the David Geffen School of Medicine at UCLA, the School of Engineering, the UCLA Anderson School of Management and other campus departments, as well as leaders in industry and other academic centers. Scholars from different academic disciplines will address scientific questions from complementary perspectives. The course chairman, Dr. Gary Small, is one of the world's leading medical scientists in the fields of memory and brain aging. One of our conference highlights will be luncheon speaker, Mr. Kirk Douglas. This conference is designed for forward-thinking professionals and consumers from the worlds of medicine, healthcare, research, public policy and technology.

Contact: "Susan Ayers Walker" <mailto:walker@smartsilvers.com>

NATIONAL

Tuesday, April 8

Medicare Nursing and Therapy Documentation Tips for the Skilled Nursing Facility

Live Audioconference

Tuesday, April 8, 2008-- 3:00 p.m. ET -- 60 minutes

Instructors will cover the basics of skilled care terminology and coverage criteria. You'll get a better understanding of universal documentation guidelines, how to determine skilled care, and learn the tools to compose stellar documentation that backs up the therapist's work.

Call 866-321-9570 Or Go To <http://goto.nursingaudio.biz/go/8803> To Register!

April 15

Transitions from Nursing Home to ER and ER to Nursing Home Teleconference

Lumetra Senior Medical Director James E. Lett II, MD, CMD, will lead this one-hour session. He will address gaps in information arriving at the emergency room (ER) and in information arriving back at the nursing home (NH), as well as methods to reduce unnecessary transfers and improve handoffs.

Date: Tuesday, April 15, 2008

Time: 11:00 a.m. ^ 12:00 p.m. Pacific

CE Credit*: CEU (1 hr)**

Cost: No Cost

Contact Danielle Franklin at (415) 677-2015 or

<mailto:dfranklin@caqio.sdps.org> Register at:

<http://www.lumetra.com/events/index.aspx?id=3476>

Tuesday, April 29

Therapy Revenue Enhancement Strategies for the Skilled Nursing Facility

Live Audioconference

Tuesday, April 29, 2008 -- 3:00 pm ET -- 60 minutes

Presented by Kristen Mastrangelo

Well, help is just a call away. Join **Kristen Mastrangelo, OTR, MBA, NHA;** and **Elisa Bovee, MS OTR/L** while they reveal key areas that impact your Medicare reimbursement and therapy service delivery in the SNF setting. In as much as they can pack into an hour, they'll discuss case management and operational strategies that will have your SNF's bottom line thanking you in no time.

Here's what you'll learn:

Medicare's **guidelines for skilled therapy** in a SNF.

7 Commonly denied treatments ... and what they all have in common.

Productivity pointers: Get more efficient in your **case management** while maintaining high **standards of operation**.

Stumped by **assistant and aide utilization**? You'll learn CMS' yes's and no's.

Master the tricky caveats of **group therapy** once and for all.

How **restorative nursing** fits into the picture.

Have questions? Ask Kristen or Elisa yourself during an **interactive Q&A!**

Call 800-874-9180 Or Go To <http://goto.nursingaudio.com/go/8842> To Register!

April 30-May 4:The **American Geriatrics Society** holds its **annual meeting** in Washington, DC. For information see:

<http://www.americangeriatrics.org/news/meeting/2008/index.shtml>

INTERNATIONAL

May 30-31

The Society for the Arts in Dementia Care_and _The Institute of Neurosciences, Mental Health and Addiction (INMHA) *invite you to A Multi-disciplinary Conference of Arts and Sciences* **Creative Expression, Communication and Dementia** and Mindscapes 2008 May 30-31, 2008_@_Emily Carr, Institute of Art and Design Granville Island, Vancouver, BC, Canada. For information: 604-986-6408, Society for the Arts in Dementia Care, <mailto:service@cecd-society.org>

July 3-6

The **World Congress on Controversies in Cardiovascular Diseases** (C-Care) July 3-6, 2008, InterContinental Hotel, Berlin, Germany. A Comprehensive Congress Devoted to Clinical Debates and Controversial

Issues in a Wide Spectrum of Cardiovascular Diseases. See:

<http://www.comtecmed.com/ccare/2008/>

September 23-26

It is our pleasure to invite you to attend the **17th International Congress on Palliative Care**, to be held September 23-26, 2008 at the Palais des Congrès in Montréal, Canada.

This year's program will feature five plenary sessions, four day long Concurrent Seminars, research fora, and over 80 workshops and symposia. In 2008 for the first time, the Congress will be a trilingual event, with simultaneous interpretation of selected sessions, including all Plenaries, into Spanish as well as French. There will also be a special focus on palliative care as a basic human right and how to develop and support programmes and initiatives in Africa, Asia and Latin America.

For more information, or to register please visit <http://www.pal2008.com> or call 450-292-3456 ext. 227.

Nothing New This Issue

COMMUNITY RESOURCES/FUNDING INFORMATION

The AGS Foundation for Health in Aging is sponsoring a **photo contest, open to professionals and amateurs alike to bring attention to the many faces of older adults**. The purpose of the AGS Foundation for Health in Aging Photo Contest is to capture the character and experiences of older adults, and provide images that challenge the stereotype of older adults.

All photos must be received by May 1, 2008, and must be the original work of the person submitting it. See:

<http://www.healthinaging.org/contest.php>

Alzheimer's Services of the East Bay (ASEB) opened its **new Adult Day Health Care program** at 400 29th Street, Suite 105 Oakland CA 94609 on March 17th. The program is open Monday through Friday from 9 AM to 4 PM. The phone number is 510-268-1419. We are having a **community Open House on May 1 from 6 - 8 PM**. Please join us.

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