



# 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

May 23, 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

### May, is Older Americans Month!

**The newsletter will not be published during the month of July.** Jobs will continue to be posted to the email lists unless otherwise indicated.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 6th.**

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**

#### **Canterbury' Spins Tale of New Old Age in America**

In "A Place Called Canterbury," author Dudley Clendinen writes about the 400 days he spent at his mother's senior citizen apartment building/nursing home in Tampa, Fla., where the average age of its residents is 86.

Clendinen became intimately involved with the lives of its residents and staff and weaved what has been described as a delightful soap opera.

Listen at:

<http://www.npr.org/templates/story/story.php?storyId=90570257&sc=emma>  
[f](#)

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## Consumer Sites

Another Reminder! People age 60 and older should be **vaccinated against shingles**, or herpes zoster, a condition often marked by debilitating chronic pain, the Centers for Disease Control and Prevention (CDC) recommends. See:

<http://www.cdc.gov/media/pressrel/2008/r080515.htm> (**Editor's Note:**

My mother had very painful shingles; I was one of the first in line to be vaccinated, it's worth it!)

NIHSeniorHealth Offers **Tips on Eating Well as You Get Older** See: <http://nihseniorhealth.gov/eatingwellasyougetolder/toc.html>

## Research & Reports

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

Two new research summaries, **Sexuality in Later Life** and **Resident to Resident Abuse in Nursing Homes: What Do We Know?**, were posted to the Aging Research Translator (ART)! Please follow the link to view these new posts and the entire blog index of aging research summaries. <http://www.agingresearchtranslator.com/blog.php>

## **The Social Connectedness of Older Adults: A National Profile**

Benjamin Cornwell Edward O. Laumann

L. Philip Schumm, The University of Chicago See:

<http://news.uchicago.edu/images/assets/pdf/SocialConnectedness.pdf>

**"Rising Health Care Costs Lead Workers to Delay Retirement"** By Richard W. Johnson, Rudolph G. Penner, and Desmond Toohey (Urban Institute)

Older men who expect high health care costs for themselves or their spouses after age 65 retire about 13 months later than those who expect low costs. The difference for women is 12 months. Working longer increases retirement incomes, making health care costs more affordable. See: <http://www.urban.org/publications/411668.html>

In testimony before the House Energy and Commerce Subcommittee on Oversight and Investigations on May 15th, the American Health Care Association (AHCA) underscored the fact that **the long term care profession has pioneered transparency and disclosure efforts among U.S. healthcare providers**, and outlined a variety of reforms designed to ensure seniors and every long term care stakeholder benefits from smarter, more effective oversight of the nation's long term care system. See: [http://www.ahcancal.org/News/news\\_releases/Pages/15May2008.aspx](http://www.ahcancal.org/News/news_releases/Pages/15May2008.aspx)

## Practice Resources

In recognition of National Osteoporosis Awareness and Prevention Month (May), the Alliance for Aging Research has released an **osteoporosis prevention and treatment clipboard tool**. The user-friendly tool is designed to assist health care professionals in determining the best management plan for all patients who are at risk for or have osteoporosis, as well as facilitate important conversations about bone health. See: <http://www.agingresearch.org/content/article/detail/1862>

A new web site, **RetirementPolicy.org** can help policymakers and the public sort through retirement trends and policy options. The site highlights UI's latest research on Social Security, private pensions, employment and volunteerism at older ages, medical and long-term care

costs, and how all these issues affect federal budgets. Special web features show how the older population is growing and changing, and describe options for revitalizing Social Security. Available publications include reports, briefs, congressional testimonies, opinion pieces, and data snapshots. RetirementPolicy.org is a project of UI's Retirement Policy Program, which analyzes how government policies, private-sector practices, and demographic trends influence older Americans' security and decision-making. See: [http://www.urban.org/retirement\\_policy/](http://www.urban.org/retirement_policy/)

**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>

**Always a Last Resort: reducing antipsychotic use: inquiry into the prescription of antipsychotic drugs to people with dementia living in care homes**

[http://www.alzheimers.org.uk/downloads/ALZ\\_Society\\_APPG.pdf](http://www.alzheimers.org.uk/downloads/ALZ_Society_APPG.pdf)

According to expert predictions in this new UK All-Parliamentary Group (APPG) on Dementia report, up to 105,000 people with dementia are prescribed antipsychotics inappropriately. Antipsychotics continue to be a first resort for dealing with challenging behaviour in people with dementia, such as aggression or agitation, despite causing devastating side effects, risk of death, and costing the UK over £60 million a year. 'Always a Last Resort' identifies 5 vital steps to reduce antipsychotic use.

**WHO Global Report on Falls Prevention in Old Age**

[http://www.who.int/ageing/publications/Falls\\_prevention7March.pdf](http://www.who.int/ageing/publications/Falls_prevention7March.pdf)

Published in 2007, this global report is the product of the conclusions reached and recommendations made at the WHO Technical Meeting on Falls Prevention in Older Age which took place in Victoria, Canada in February 2007.

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The report includes international and regional perspectives on falls prevention issues and strategies and is based on a series of background papers that were prepared by worldwide recognized experts.

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

**Ageing Artfully, 12 Profiles: Visual and Performing Women Artists Aged 85 - 105** (2006) by Amy Gorman, Pal Publishing, Berkeley, CA

**DVD, Still Kicking** (2006), Directed, filmed, and edited by Greg Young. Golden Bear Casting Production. Amy Gorman, Project Director, and Francis Kandi, Musical Director.

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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>.

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## BAY AREA

### May 29th

Join us for refreshments, topical entertainment, a raffle and speeches by service providers and elected officials.

Join the **Consortium for Elder Abuse Prevention** for our **annual Elder Abuse Awareness RALLY** at City Hall

May 29th from 12:00-1:00 PM

For more information contact

S.F. Consortium for Elder Abuse Prevention

<mailto:eap@ioaging.org> 415-750-4180 ext 225 or 222

### June 4

#### **HELPING FRAIL SENIORS STAY IN THEIR HOMES**

A free workshop entitled "Joy and Community: Creating and Nurturing Meaningful Relationships for the Homebound Older Adult" will be held on Wednesday, June 4, from 10:30 a.m. to 1:00 p.m. at 555 Northgate Avenue in San Rafael. The event, sponsored by the Senior Companion Program of Marin, will feature Amy Schaible, program coordinator for Senior Center Without Walls in Oakland.

Ms. Schaible will present ways in which isolated seniors living at home can establish meaningful relationships with those in the broader community-through visits from senior companions and through a teleconference system that allows homebound adults to participate in a broad array of classes. The event is open to anyone who is interested in improving circumstances for home-bound elders.

Reply by May 30, as space is limited. Lunch will be provided. Contact Alicia Harnett at (415) 464-1767 or e-mail to [volunteers@ncphs](mailto:volunteers@ncphs).

**WEDNESDAY, JUNE 4, WEDNESDAY, JUNE 11****SO MUCH TO DO, SO MANY WAYS TO BE**

BETH MacLEOD, LCSW

Psychotherapist and consultant on issues of aging, planning for late-life, chronic illness, and family health care advocacy.

Presented by the Osher Lifelong Learning Institute

SF State Downtown Campus, 835 MARKET ST, Room 612

Served by MUNI and BART - Powell Street Station

Parking at the Mission Street Garage

Wednesday, June 11, 2008, 12 - 2 pm, same location

Free, but donations are gratefully accepted

THIS IS THE LAST of FIVE EVENTS in the series:

PLAYING on the TIGHTROPE of TIME: AGING WELL

Organized by the Aging Explorers, members of OLLI, SF State

Contact Rufus Browning: <mailto:rufusb5269@sbcglobal.net> 510.486.8149

or Judy Goddess: <mailto:JudyGoddess@sbcglobal.net> 415.759.1994.

[HTTP://WWW.CEL.SFSU.EDU/OLLI](http://WWW.CEL.SFSU.EDU/OLLI) 415.817.4270

**Back-to-back courses in fund raising coming to San Francisco June 5 & 6:**

**Thursday, June 5 [Cultivating Grantmaker Relationships](#)** Improve the success rate of your initial contact with grantmakers and make cultivation a routine part of your interaction with funders.

**Friday, June 6 [Proposal Writing Seminar](#)** Learn the best way to present your information and to convince funders to become part of your success and stay committed

[Cultivating Grantmaker Relationships](#) Thursday, June 5, 9am to 4pm

Foundation Center, 312 Sutter Street, 2nd Floor, San Francisco, CA

[Proposal Writing Seminar](#) Friday, June 6, 9am to 4pm

Foundation Center, San Francisco, CA, 312 Sutter Street, 2nd Floor

San Francisco, CA

See:

[http://foundationcenter.org/marketplace/catalog/product\\_training\\_bundle.html?id=prod1940001](http://foundationcenter.org/marketplace/catalog/product_training_bundle.html?id=prod1940001)

## June 7

Pacific Institute presents:

### **After The Sweet Bird Of Youth: Exploring The Issues of Aging Through Expressive Arts Therapy**

with Kate Donohue, Ph.D. REAT

This 6-hour workshop will delve into the issues arising from the second half of life, „After the Sweet Bird of Youth.‰ This image of aging will allow participants to explore the normative and critical issues arising in aging - physically, emotionally, existentially, and spiritually. Expressive Arts imagery can help connect to our past resources, open us to aspects of the self not yet explored (inferior functions), allow us to express our grief over personal losses and failures in a fuller deeper way when perhaps words fail us, tap into languages of expression when our neurological, cognitive and verbal have deteriorated, and pen us to imagery and ideas that can aid in grappling with our death.

Date & Time: Saturday, June 7, 2008, 10am - 5pm

Location: First Unitarian Universalist Church - Fireside Room  
1187 Franklin Street (at Geary), San Francisco, CA 94109

Cost: \$150 (6 CEU credits: BBS, CCL/RCFE, MCEP Pending)

To Register: Call 415-861-3455 x6 or email

<mailto:events@pacificinstitute.org>

## **Saturday, June 14, from 12 to 2**

West Auditorium, Oakland Public Library. Main Library, 125 14th Street, Oakland

The Lavender Scrolls Project portrays **the lives of eight lesbian, gay, bisexual and transgender elders**. It features photographs, life-story

excerpts and quotations that defy stereotypes about being old and gay, while also demonstrating the realities common to all elders. The project is presented by Oakland personal historian Cathy Cade. The scrolls will be on exhibit at the Main Library in June.

Come meet with the subjects of The Lavender Scrolls. This is your chance to ask LGBT seniors those questions you've always wanted to ask.

Refreshments will be served. See <http://www.lavenderseniors.org/> and click on "scrolls". Call 238-4974 for more information.

**Tuesday, June 17th, Wednesday, June 18th, Thursday, June 19th,  
9:00am to 4:00pm, Three Day Advanced Intensive  
Training**

**[Self Neglecting Clients](#)**

**Registration Deadline: June 3rd**

Cost: FREE (Lunch provide on-site for \$10 per day)

Fee for 18 hrs of CEU: \$105.00 (checks only please)

Location: Bay Area Academy/SFSU Training Center, 2201 Broadway, Ste 100, Oakland, CA 94612, 510-419-3600 (for site information only)

DAY 1: Biopsychosocial Assessments

DAY 2: Engaging Reluctant Clients to Develop Service Plans that Work

DAY 3: Legal Issues in Self Neglect

This training is appropriate for anyone who deals directly with self neglecting seniors.

For further information <mailto:ldelagra@projects.sdsu.edu>

**July 11-13 & 18-20**

Since 2003 **[Spiritwalking Aqua Ch'i](#)** has been offering mindful meditative workouts moving along a water labyrinth pathway to participants aged 8-**88** at various Bay Area pools. Locals can attend classes bi-weekly at the Berkeley High School warm pool, led by skilled certified teachers. See <http://www.possiblesociety.org> for class listings.

As we look to expand this program demographically and geographically we are offering a **Teacher Training program** July 11-13 & 18-20. More at <http://www.TARA-Alliance.org> (Therapeutic Aquatic Recreation Alliance). For more info call: Bett Martinez, 510-526-0312.

## CALIFORNIA

### June 3

#### **Foundation Fundraising: An Introductory Course**

Tuesday, June 3, 9 a.m. to 4 p.m.

Sierra Mountain Community Education Center (SMCEC)

11603 Donner Pass Rd., Truckee, CA

*For start-up nonprofits and grantseekers who are transitioning to foundation fundraising.*

#### TOPICS

- The characteristics grantmakers looks for in their nonprofit partners
- Foundations and their role in philanthropy.
- Characteristics of foundations, corporate donors, and grantmaking public charities
- The proposal process
- Researching grantmakers to target the best prospects before submitting a proposal

#### BONUSES

- Complimentary one-week subscription to *Foundation Directory Online Professional*
- Free copy of *Foundation Fundamentals* new 8th edition (a \$34.95 value)
- Workbook outlining all course topics
- Templates for worksheets used in the course

INSTRUCTOR SCOTT ULLMAN

Involved in the sector since 1974 as a fundraiser, nonprofit executive, and foundation director, Scott became Regional Training Coordinator at the Foundation Center-San Francisco in 2001.

Download the PDF registration form at:

[http://foundationcenter.org/marketplace/catalog/product\\_training.jhtml?id=prod1770001](http://foundationcenter.org/marketplace/catalog/product_training.jhtml?id=prod1770001)

## NATIONAL

**Tuesday, June 10**

**Teleconference**

**Rethinking Chronic Care**

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

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 hour-long 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.

**Date:** Tuesday, June 10, 2008

**Time:** 11:00 a.m., 12:00 p.m. Pacific

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

**Cost:** No Cost

### Questions

Contact Danielle Franklin at (415) 677-2015 or email:

<mailto:dfranklin@caqio.sdps.org>

The presentation will be posted to the event details page for this teleconference by 8:00 a.m. on June 10. See:

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

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## June 23-25

The University of Kentucky\_College of Public Health Council On Aging & The Osher Lifelong Learning Institute (OLLI) at UK present their **25th Annual Summer Series on Aging**

Early Registration Rates End May 30, 2008. Register TODAY!!

<http://aging.ukcph.org/summerseries/summerseries.htm> Griffin Gate

Marriott Resort & Spa

Summer Series on Aging Hotel Reservations:

[http://marriott.com/lexky?groupCode=uksuksa&app=resvlinkLexington, KY](http://marriott.com/lexky?groupCode=uksuksa&app=resvlinkLexington,KY)

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## COMMUNITY RESOURCES

THE new **SENIOR CENTER WITHOUT WALLS schedule** for the Summer 2008 session beginning June 2 is ready! For information, to obtain a full schedule, or to register for this free telephone program Call: Toll-Free 1-877-797-7299 or contact Terry, Jennifer, or Amy at:

<mailto:srresources@yahoo.com>

Bestowed with a grant from The Rosalinde and Arthur Gilbert Foundation, 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**. Three awards of \$20,000 each will be awarded to organizations that are initiating 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.

Information and details about the awards program is now available on the Family Caregiver Alliance website. To view details see:

[http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=2188](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2188)

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The application will be available on the FCA website June 16, 2008. The **deadline by which to apply is August 15, 2008.**

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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](mailto: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