



Resource Center on Aging University of California Berkeley

New Resources on Aging

A Monthly Email Newsletter from
The Resource Center on Aging
University of California at Berkeley

October, 2008

EDITOR'S NOTES

A copy of this newsletter that includes all events that have not expired is updated monthly at:

<http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html>

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>

Continued thanks to all for your generosity and support.

If you would like to use the **UC Berkeley Resource Center on Aging library**, please email Desi Owens at: <mailto:desiowens@berkeley.edu> or phone Desi at 510-643-6427. The library database can be seen at: <http://ist-socrates.berkeley.edu/~aging/library.html> Click on the sentence: *Click here to connect to the Resource Center on Aging Library online database.*

The next edition of the newsletter will be published Friday, November 7th. Deadline for items to be included is Monday, November 3rd.

Please email to <mailto:ddriver@berkeley.edu>.

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

If for some reason a link does not work, copy and paste the address into your browser.

NEW ON THE WEB

Aging in the Media

(continued thanks to readers who forward information.)

Retirees Filling the Front Line in Market Fears, By JOHN LELAND and LOUIS UCHITELLE, New York Times, September 22, 2008. See: http://www.nytimes.com/2008/09/23/business/23retirees.html?_r=1&hp&oref=slogin

Consumer Sites

Parkinson's Disease Information Added to **NIHSeniorHealth Web Site** More than half a million Americans suffer from Parkinson's disease, a brain disorder that leads to tremor and difficulty with walking, movement, and coordination. Although not a normal part of aging, Parkinson's occurs most often among people 60 and older, and the risk increases with age. Older adults now can visit the NIHSeniorHealth Web site to learn more about Parkinson's disease at <http://www.nihseniorhealth.gov/parkinsonsdisease/toc.html>. The Web site from the National Institutes of Health (NIH) is geared toward older adults and features clear language.

Medicare's annual open enrollment is from November 15th to

December 31, 2008. The list of national stand-alone prescription drug plans under Medicare Part D and state specific fact sheets can be found at: <http://www.cms.hhs.gov/center/openenrollment.asp>

Family Caregiver Alliance announces the publication of two new titles in its comprehensive library of fact sheets. FCA's **Fact Sheet on Vision Loss** (http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2222)

discusses the most common causes of age-related vision impairment and current approaches to treatment. The second Fact Sheet, **Caregiving and Ambiguous Loss**

(http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2185)

explores the conflicting feelings caregivers face as they care for someone with memory loss.

The National Center on Caregiving has launched the **Family Care Navigator**, a comprehensive online guide intended to help families in all 50 states locate government, nonprofit, and private caregiver support programs. The easy-to-use Navigator lists programs for family caregivers as well as resources for older or disabled adults living at home or in a residential facility. It also includes information on government health and disability programs, legal resources, living arrangements, disease-specific organizations, FAQs, a glossary and more. See:

http://caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2083

The Center for Disease Control now publishes podcasts as part of its Healthy Aging Program. The first two are:

Immunizations Part I: Flu and Pneumococcal Vaccines

(<http://www2a.cdc.gov/podcasts/player.asp?f=10097>)

This podcast discusses the importance of older adults protecting themselves against influenza and pneumonia through vaccinations. It is primarily targeted to public health and aging services professionals.

Immunizations Part II: Shingles Vaccine

(<http://www2a.cdc.gov/podcasts/player.asp?f=10098>)

This podcast discusses older adults and shingles, as well as the importance of getting the shingles vaccine. It is primarily targeted to public health and aging services professionals.

At midnight on February 17, 2009, all full-power television stations in the United States will stop broadcasting in analog and switch to 100% digital broadcasting. Digital broadcasting promises to provide a clearer picture and more programming options and will free up airwaves for use by emergency responders. For information about the upcoming **Digital TV conversion** see: <https://www.dtv2009.gov/>

Research & Reports

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

From the Census

Profiles of Older Workers: 2004 - New Mexico - The Census Bureau, in partnership with 31 states, has launched a series of reports on workers 55 and older. The New Mexico report is available at

<http://www.census.gov/prod/2008pubs/ledow04nm.pdf> and

Profiles of Older Workers: 2004 - Oregon is available at:

http://lehd.did.census.gov/led/library/profiles_2007.html

Social Security Strategic Plan Fiscal Years 2008 - 2013

Lays out the incremental steps we must all take to reach the vision for the Social Security Administration. See: <http://www.ssa.gov/asp/index.htm>

Active for Life: Final Results from the Translation of Two Physical Activity Programs, Volume 35, Issue 4, Pages 340-351 (October 2008), *The American Journal of Preventive Medicine*. See:
[http://www.ajpm-online.net/article/S0749-3797\(08\)00605-3/fulltext - sec1](http://www.ajpm-online.net/article/S0749-3797(08)00605-3/fulltext - sec1)

Trends in Nursing Home Deficiencies and Complaints This report describes the nature and extent of nursing home deficiencies and complaints in 2007 and identifies trends from 2005 to 2007. It builds on prior work by analyzing the most recent data available on nursing home deficiencies and complaints. See:
<http://oig.hhs.gov/oei/reports/oei-02-08-00140.pdf>

Scenarios for the future of pensions and healthcare in rapidly ageing world_Geneva, Switzerland 23 September 2008 - The world is ageing at an unprecedented rate. This will undermine the financial sustainability of not only traditional pension systems, but also conventional healthcare systems. A new report from the World Economic Forum argues that urgent action in many countries around the globe is required to meet these challenges. See:
<http://www.weforum.org/en/initiatives/Scenarios/FinancingDemographicShifts/index.htm>

Contact: Matthias Lufkens, Associate Director, Tel.: +41 (0) 22 869 1212 - <mailto:matthias.luefkens@weforum.org>

Practice Resources

Clinical Research Study Investigator's Toolbox

The purpose of the NIA Clinical Research Toolbox is to provide a Web-based information repository for investigators and staff involved in clinical research. The Toolbox contains templates, sample forms,

guidelines, regulations and information materials to assist investigators in the development and conduct of high quality clinical research studies.

See: <http://www.nia.nih.gov/ResearchInformation/CTtoolbox/>

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>

Coaching Supervision: Introductory Skills for Supervisors in Home and Residential Care

http://phinational.org/wp-content/uploads/2008/04/cs_i1-i-15.pdf

Coaching Supervision: Introductory Skills for Supervisors in Home and Residential Care was developed by the Paraprofessional Healthcare Institute (PHI) with support from the supervisory staff in home and residential care settings, as well as instructors who participated in testing and evaluating the material.

The nonprofit Paraprofessional Healthcare Institute (PHI) works to strengthen the direct-care workforce within the United States, long-term care system through developing innovative approaches to recruitment, training, and supervision; client-centered caregiving practices; and effective public policy.

This curriculum introduces the coaching approach to supervision as it is used in long-term care. It is designed to develop beginning coaching skills in supervisors of direct-care workers who assist people in home and residential care settings. These supervisors may include nurse supervisors, charge nurses, home care managers, and service coordinators, among others.

Modules focus on communication and problem solving skills such as active listening, self management, and self awareness. Each module begins with a summary page describing:

- Goals of the module

- Teaching methods and time required for each activity within the module
- Supplies and handouts needed
- Advance preparations to help the seminar run smoothly.

Detailed guides for the activities follow the module summary page. Each activity guide includes:

- Learning outcomes.
- Key content.
- Activity steps.
- Teaching tips.
- Teaching options.

The curriculum may also be useful to other staff who work with direct-care workers but do not have direct supervisory roles.

Oral Liquid Nutritional Supplements for People with Dementia in Residential Aged Care Facilities: A Systematic Review

[http://www.dementia.unsw.edu.au/DCRCweb.nsf/resources/DCRC3+Products/\\$file/15_OLNS_SR_Summary.pdf](http://www.dementia.unsw.edu.au/DCRCweb.nsf/resources/DCRC3+Products/$file/15_OLNS_SR_Summary.pdf)

This systematic review from the Dementia Collaborative Research Centres in Australia investigated the prescription, administration and effectiveness of oral liquid nutritional supplements (OLNS) for people with dementia in residential aged care facilities. Studies included examined a range of strategies, issues and results related to OLNS for persons with dementia in residential aged care.

NEW AT THE CENTER LIBRARY(The Center Library Database can be searched on line at: <http://ist-socrates.berkeley.edu/~aging/library.htm>. To use the library, make an appointment with the Center's Academic Coordinator, Desi Owens: <mailto:desiowens@berkeley.edu>)

Nothing new this issue.

NEW PUBLICATIONS

Nothing new this issue.

CALENDAR OF EVENTS

Note: Except for UC Berkeley, the following are **all newly submitted events**. For a comprehensive calendar see *Resources on Aging* on our WEB site at:

<http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html>

The **Gerontological Society of America** maintains a national/international calendar at: <http://www.geron.org/calendar.htm>.

UC BERKELEY

Saturday October 11

Conference: Engaging Aging Through the Humanities

9 am to 5:30 pm

Reception to follow

Location: UC Berkeley, Doreen B. Townsend Center for the Humanities, 220 Stephens Hall, Geballe Room

This conference is dedicated to the memory of Paola Timiras, MD, Professor Emerita, Department of Molecular and Cell Biology, UC Berkeley

Popular culture has it that aging and old age are, at best, a nuisance. Medicine seeks to ameliorate their ravages and, in decades to come, will seek to 'cure' them. The purpose of this conference is to look at aging and old age through the various, perhaps softer lenses of the arts and humanities. There will be presentations and discussions with a poet, a dancer/choreographer, a neurolinguist, a photographer, an anthropologist, and a musician-neuroscientist. And, a physician will consider "the humanities and aging".

For conference details, please visit the UCB Resource Center on Aging website at:

<http://ist-socrates.berkeley.edu/~aging/> or contact Desi Owens, Campus Planner, at <mailto:desiowens@berkeley.edu>

Registration fee is \$45.00 for all attendees. Please register prior to the event through the UC Berkeley Extension either online at <http://www.unex.berkeley.edu/enroll> or by phone at (510) 642-4111. You will need to cite course EDP #028415 and pay by credit card. Limited on-site registration begins at 8:30 am, with payment by check only.

Campus map and parking information:

<http://publicsafetyandtransportation.berkeley.edu/PDFs/PadMap2005.pdf>

Conference Hosts: UCB Resource Center on Aging/Academic Geriatric Resource Program; UCB Center for Medicine, the Humanities, and Law; UCB Extension; UCB Retirement Center
Co-Sponsors: Doreen B. Townsend Center for the Humanities; UCB Center on Photography; ASUC Arts Studio/A Public Arts Program of UCB; UCB Osher Lifelong Learning Center

October 22, 2008, 8 AM-4 PM

UCB Resource Center on Aging is a conference collaborator with On Lok Lifeways on an exciting conference for professionals in aging and health care, *Sustainable Long Term Care: Ethics, Technology and International Perspectives*, October 22, 2008, 8 AM-4 PM at the UCSF Mission Bay Conference Center in San Francisco. This conference will provide state of the art perspectives and an important dialogue with internationally acclaimed visionaries in the field of aging health technology, ethics and policy. Highlighted speakers include:

- Fernando Torres-Gil (UCLA)
- Cheryl Phillips, MD (On Lok)
- Eric Dishman (Intel)
- Carol Levine (United Hospital Fund)
- Steve Brown (formerly of Health Hero network)
- Lisa Eckenwiler (George Mason University)

Michael Decker (Karlsruhe, Germany)

\$125 includes all materials, breakfast, lunch, snacks and parking. For more information or to register, <http://www.onlok.org/events>.

The Osher Lifelong Learning Institute at Berkeley's fall session (Oct. 1 to Nov. 18) includes more than 20 courses on a diverse array of topics - nearly half of which are taught by distinguished UC Berkeley faculty - a four-part lecture series on politics and science, and two yearlong sessions being offered in collaboration with Cal Performances. See: <http://olli.berkeley.edu/>

BAY AREA

Wednesday, October 8

The next Multidisciplinary Team Meeting will be from 3-5 pm

Location: Institute On Aging - 3330 Geary Blvd. 3rd Floor- 3E Conf. Room, S.F., CA

We hope that you will join us. We will follow up with information about CEUs, as we are hoping to offer an education component at the end of the meeting.

If you have any questions, please contact Heidi Li, Director of Consortium for Elder Abuse Prevention, at <mailto:hli@ioaging.org> or 415-750-4180 x225

Thursday, October 9

2 p.m.

The Next Move: Housing Options for Seniors

Kaye Sharbrough of Senior Seasons will address the question that many seniors are asking: Shall I stay in my home or move into an adult community? Various options, including independent living, assisted communities, and long-term care, will be discussed.

Where: San Francisco Public Library, Main Branch, 100 Larkin Street at Grove St., Latino Hispanic Community Room A. **Free event.**

Sponsored by: RSVP of San Francisco & Alameda Counties, a provider of information and resources on volunteer opportunities and current issues facing adults 55+. **Call RSVP at 415.474.7787 for information.**

Monday, October 13

Advance Care Directives

Learn to take the time now to understand and determine choices for end of life.

When: Monday, October 13, 2008,
12:00pm- 1:30pm

Where: 2100 Webster St. Suite 100, San Francisco

Call to register at: (415) 923-3155

Tuesday, October 14

9:30 - 11:30 a.m.

Life Renewal at 50+

Linda Artel, life transitions coach, will present an interactive workshop focusing on life choices at, near, and during retirement. Discussion will include career shifts, self-employment, part-time work and volunteering.

Where: North Oakland Senior Center, 5714 Martin Luther King Jr. Way.

Admission is free.

Sponsored by: RSVP of San Francisco & Alameda Counties, a provider of information and resources on volunteer opportunities and current issues facing adults 55+. **Call Scott at (510) 452-0868 for further information or to reserve your space.**

Wednesday, October 15th

League of Women Voters of Oakland, **presentation of ballot measures and propositions** at The Fruitvale-San Antonio Senior Center 3301 E. 12th Street, Oakland, 1 - 2:30 PM & 5 - 6 PM

For information call: 510-535-6123.

Wednesday Evening, Oct 22

Brain: Surviving the Technological Alteration of the Modern Mind

If you think our constant use of the internet, blackberry's, iPods, text-messaging and video games have changed our lives and our children's lives, here's some breaking news: Our frequent use of technology has not only altered our *lives*, it's altered our *brains*.

Moderator: Jeff Zimman – CEO, Posit Science

Speaker: Gary Small, MD, Director of the Aging and Memory Research Center, Semel Institute

Location: Wilson Sonsini – 950 Page Mill Road, Palo Alto

Time: 6:00PM Registration, Hors d'oeuvres and Networking

7:00PM Presentation and Panel Discussion

Registration: In advance at:

http://www.mitcnc.org/Events_Single.asp?eventID=1447

October 31

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

AGPSC is hosting the "**Halloween Senior Fair**" at Folsom Senior Center, 48 Natoma Street, Folsom, CA 95630 October 31, 2008. For more

information: <http://www.agpsc.org/content/events.html>

CALIFORNIA

Sat, Oct 11, 11 am - 3 pm

Healthy Aging Day

Pharmaca Pharmacy

Munras Ave. Suite 10 (Next to Trader Joe's)

Join us for our Healthy Aging Day to learn more about how to age gracefully. Let our staff of pharmacists, nutritionists, estheticians and herbalists recommend products that will promote optimal health.

Enjoy complimentary services, and raffle prizes. See:

http://www.pharmaca.com/events_Monterey.html

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
