



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

September, 2008

*This issue of New Resources on Aging is dedicated to the memory of
Paola Timiras, MD, Professor Emerita,
Department of Molecular and Cell Biology, UC Berkeley
May her enthusiasm, generosity, and prodigious work
in the field of aging live on.*

EDITOR'S NOTES

Because so many events did not make this edition, the newsletter will be published on the **first** (rather than 3rd) Friday of each month. **The next edition will be published Friday, October 3rd.**

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>

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>

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.*

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

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.)

EDITORIAL, NYTimes, September 2, 2008, **Medicare's Troubling Drug Gap**, see:

http://www.nytimes.com/2008/09/02/opinion/02tue2.html?_r=1&th&emc=th&oref=slogin

Among the **people in the U.S. hit hard by the country's economic downturn are senior citizens**. The PBS NewsHour reports on financial hardships in Denver, Colo. See: <http://vvi.onstreammedia.com:80/cgi->

To subscribe to this newsletter: <mailto:ddriver@berkeley.edu> with "subscribe newsletter" on the subject line

[bin/visearch?squery=+ClipID:4++VideoAsset:pbsnh081408&query=elderly+ClipCategory%3Abusiness+economy&user=pbs-newshour&tid=email](#)

Is Grandpa Bad for the Environment? Climate change and the aging population. By Jacob Leibenluft

Posted Tuesday, Sept. 9, 2008, at 6:59 AM ET. See:

<http://www.slate.com/toolbar.aspx?action=print&id=2199575>

For Families of the Ailing, a Brief Chance to Relax, By JOHN

LELAND, Published: August 18, 2008, New York Times. See:

[http://www.nytimes.com/2008/08/19/health/19aging.html?_r=2&scp=1&sq=adult day care &st=cse&oref=slogin&oref=slogin](http://www.nytimes.com/2008/08/19/health/19aging.html?_r=2&scp=1&sq=adult%20day%20care&st=cse&oref=slogin&oref=slogin)

Retirement Story aired: Monday, August 11, 2008 on NPR's Here & Now. Economist Alicia Munnell argues working longer might help. Munnell is the director of the Center for Retirement Research at Boston College, and she's co-author of *Working Longer: The Solution to the Retirement Income Challenge*. See:

http://www.here-now.org/shows/2008/08/20080811_1.asp

You can hear the story, "**Many seniors are still looking to work**", on Public Radio's Marketplace website, at

http://marketplace.publicradio.org/display/web/2008/09/05/mm_aarp_job_fair/

The Buck Institute was prominently featured in a recent story that appeared on KTVU-TV. If you didn't get an opportunity to see it, click on the following link to see the video:

<http://www.ktvu.com/video/17341420/index.html> The story features an interview with Buck faculty member Chris Benz, MD, and footage from The Buck Center's laboratories. The Buck Institute is the only

freestanding institute in the United States that is devoted solely to basic research on aging and age-associated disease.

Consumer Sites

From the Centers for Disease Control: **Seasonal Flu: What You Should Know About**. See: <http://www.cdc.gov/flu/whatyoushouldknow.htm>

NATIONAL INSTITUTE ON AGING AGE PAGE: "**Hyperthermia: Too Hot for Your Health**," (August 2008, .pdf and HTML format, 6p.).
See:

<http://www.nia.nih.gov/HealthInformation/Publications/hyperthermia.htm>

Research & Reports

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

["The State of Technology in Aging Services in California"](#) describes the current state of affairs of technology in aging services and related policy in California, particularly with regard to the advancement of technology-enabled services in long-term care and individual home settings. This paper identifies both barriers and potential opportunities to further advance the use of aging service technologies in California. It is to serve as a foundation for a call to action for providers, technology companies, and government and private payers to advance effective technology development and application. See:

http://www.agingtech.org/documents/ca_state_technology.pdf

Bet you didn't know! La Paz, Ariz., Population is **Nation's Oldest County**. See: <http://www.census.gov/Press-Release/www/releases/archives/population/012463.html>

Do you envision the future as a time when your physical body will no longer be the limit to your abilities? Does the idea of living forever tantalize your mind? Or would you prefer to revert back to a simple, down-to-earth agrarian lifestyle? The new SAGE Crossroads **Techno Tolerance quiz** promises to unearth your inner feelings about technological advancement and its role in our future. See:

<http://agingresearch.list-manage.com/track/click?u=ee2c96e4810edaad710ee4956&id=614b2663f2&e=3BnPK6bW00>

Click through the Sagecast archive to see all previous Sagecasts:

<http://www.sagecrossroads.net/webcastarchive>

Profiles of Older Workers: 2004 - South Carolina - The Census Bureau, in partnership with 31 states, has launched a series of reports on workers 55 and older. Montana and Oregon report are scheduled for release later this summer. Previously released reports are available at:

http://lehd.did.census.gov/led/library/profiles_2007.html The South Carolina report is available at:

<http://www.census.gov/prod/2008pubs/ledow04sc.pdf>

An Older and More Diverse Nation by Midcentury. The nation will be more racially and ethnically diverse, as well as much older, by midcentury, according to projections released today by the U.S. Census Bureau. See: <http://www.census.gov/Press-Release/www/releases/archives/population/012496.html>

Profiles of Older Workers in Oklahoma: 2004. (Released August 13, 2008). See: <http://www.census.gov/prod/2008pubs/ledow04ok.pdf>

Fact of the Day from the Census

The 65 and older age group is projected to increase to 88.5 million in 2050, more than doubling the number in 2008 (38.7 million). The 85 and older population is expected to more than triple, from 5.4 million to 19 million between 2008 and 2050. Read more about these and many more population projections at:

https://ask.census.gov/rd?1=AvcG~wr6Dv8SGID~Gr0e~yL~Jvsq~_H~&2=692

UK DEPARTMENT OF HEALTH REPORT: "**Carers at the heart of 21st century families and communities: a caring system on your side, a life of your own**," (June 2008, .pdf format, 168p.).

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_085345

ECONOMIST ARTICLE: "**Alzheimer's disease: A tangled tale**," (July 31, 2008). Advances are making Alzheimer's a bit less mysterious. See: http://www.economist.com/science/displaystory.cfm?story_id=11839254Small

"**Medicare Showdown**," by John K. Iglehart (Vol. 359, No. 6, August 7, 2008, p. 556-558). <http://content.nejm.org/cgi/content/full/359/6/556>.

Discussion of the House and Senate vote July 15 to override a veto President Bush had issued erasing a scheduled reduction of 10.6% in the fees that Medicare pays physicians.

Practice Resources

The **new Senior Center Without Walls schedule for the Fall 08** is now available. It's packed with favorite telephone groups from previous sessions as well as new activities and special events.

We have found that some folks who might really enjoy the program and the sense of community that develops among participants need a little extra encouragement to sign up. We are happy to directly call prospective participants if they would welcome a call from us. Please check with them first.

If you are associated with a program or an agency whose clients would benefit from conference call meetings for your group alone, we encourage you to consider such a project. Conference calls are an easy and inexpensive way to conduct groups for elders who can't easily get out to the meetings. Please contact us for a copy of the schedule and/or a free consultation on the logistics of setting up calls.

<mailto:info@seniorcenterwithoutwalls.org> and visit us at:

<http://www.seniorcenterwithoutwalls.org>

The Center for Aging Services Technologies (CAST) is leading the charge to expedite the development, evaluation and adoption of emerging technologies that will transform the aging experience. See:

<http://www.agingtech.org/index.aspx>

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>

Implementation Guide: Reducing the use of daily physical restraints

Provides an excellent guide for nursing facilities to use to reduce or eliminate physical restraints and consider alternatives. This

implementation guideline was developed through the U.S. Advancing Excellence in Nursing Homes Campaign. Advancing Excellence in America's Nursing Homes is a coalition based, two-year campaign launched in September 2006. The campaign is reinvigorating efforts to improve the quality of care and quality of life for those living or recuperating in America's nursing homes.

http://www.nhqualitycampaign.org/files/im/2_PhysicalRestraints_TAW_Guide.pdf

Home from Home: a report highlighting opportunities for improving standards of dementia care in care homes.

http://www.alzheimers.org.uk/downloads/home_from_home_full_report_2.pdf

Published in 2007 as part of the Alzheimer's Society's (UK) Putting Care Right Campaign, this document reports on a survey distributed to caregivers, care home managers, and care home staff, which aimed to gain an up-to-date understanding of the perceptions of the quality of dementia care provided in care homes and recommending action to improve the quality of all homes.

The report is organized into the following chapters:

- Dementia care in care homes;
- Activities, engagement and occupation;
- Involvement of friends and families;
- Challenges in providing good dementia care; and
- Summary and key recommendations.

Interspersed in the report are narratives from caregivers, highlights of the literature, and key points and recommendations which will be of interest to all staff working in nursing homes, and will contribute to the growing body of knowledge on family involvement; on a person-centred training approach for care workers; and the importance of activity involvement for dementia residents.

Practical Tools for Caregivers and Professionals

http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2224

In order to prepare current and future nursing and social professionals to support family caregivers, the AARP Foundation, in collaboration with the American Journal of Nursing, the Council on Social Work Education, Family Caregiver Alliance (FCA), and Rutgers Institute for Health Policy, received funding from the John A. Hartford Foundation and the Jacob and Valeria Langeloth Foundation for an interdisciplinary project..

The website, hosted at the Family Caregiver Alliance site,

<http://caregiver.org>, contains two extensive documents which list a wide variety of resources for professionals and caregivers respectively.

The Caregiver section lists websites and documents which family caregivers can access and use themselves and are divided into the following categories:

- General Information and Guides for Caregivers of Older Adults
- General Information and Guides for Caregivers of Older Adults with Alzheimer,s Disease and Other Dementias.
- Self-care for Caregivers:.
- Daily Care
- Planning/Legal/Financial Issues:
- Living Arrangements.
- End-of-Life Care.
- Websites of Major Federal Government Programs
- National Organizations with a Focus on Caregiving for Older Adults

The items listed for professionals are intended to increase professionals' knowledge and skills or are intended for caregivers but require professional facilitation. They are organized into these categories:

- Training & Education for Professionals:
- Educational Guides, Training Programs & Curricula for Caregivers:
- General Information & Research
- Caring for the Caregiver

- Daily Care:
- End-of-Life Care
- Websites of Major Federal Government Programs
- National Organizations with a Focus on Caregiving for Older Adults

Journal of Quality Research in Dementia

<http://www.alzheimers.org.uk/site/scripts/documents.php?categoryID=200299>

Produced by the Alzheimer's Society (UK), this free online research journal focuses on new research findings, targeting a variety of different important topics in each issue.

The May 2008 issue of the journal focuses on policy and contains:

An overview of the CEHome from Home, Report

Development and evaluation of a multi-level activity-based model of care

Training staff for people with dementia in care homes

Previous issues of the journal have both a scientific version and summary for non-scientists.

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>)

Self, Senility, and Alzheimer's Disease in Modern America: A History (2006) by Jesse F. Ballenger, Johns Hopkins University Press.

Chronicle of My Mother (1983) by Yasushi Inoue, translated by Jean Oda Moy. Kodansha International, Tokyo, New York, & San Francisco.

NEW PUBLICATIONS

Coming in October...

Second Journey will be publishing, on-line, *The Making of an Elder Culture*. In this new book, **Theodore Roszak**, the author of over 20 books, who was twice nominated for the National Book Award, looks again at the boomers, the generation he first explored - and helped define - in his 1960's classic, *The Making of a Counter Culture*.

The book will be published in *four installments* (of three chapters each) at 6-week intervals starting in October and concluding in March.

A live audio conference - conducted in partnership with the "[Creating Aging-Friendly Communities](#)" of Community Strengths and UC-Berkeley - will feature two pre-recorded presentations by carefully chosen presenters, followed by a live discussion among them and Roszak. The panel then will respond to questions from the audience.

Use the link below to share a selection from the book and information about the **October 2008** launch of its on-line publication with friends and colleagues: <http://www.SecondJourney.org/Roszak.htm>

Care Managers: Working with the Aging Family, Cathy Jo Cress, MSW, addresses the unmet needs of care managers working with aging clients as well as the client's entire family. With its in-depth focus on the "aging family system," this book fills a gap for medical case managers and geriatric care managers giving them tools to better meet the treatment goals of aging clients and their families, as the older clients move through the continuum of care in institutional based settings or community based settings. See: <http://www.jbpub.com/catalog/9780763755850/>

Foundation Yearbook: Facts and Figures on Private and Community Foundations *Foundation Yearbook*, 2008 edition, documents changes in the number, giving, and assets of all active U.S. foundations through 2006, and estimates their giving through 2007. Inflation-adjusted giving by

foundations in 2007 broke the record set in 2001. This report provides an overview of the state of foundation giving in the current year, comparisons of activities by foundation size, and breakdowns of foundation resources by geographic location and grant-maker type. To order see:

http://foundationcenter.org/marketplace/catalog/product_monograph.jhtml?id=prod490002

Women in Later Life: Exploring Race and Ethnicity

Haleh Afshar, Myfanwy Franks, Mary Maynard and Sharon Wray
(Part of the Growing Older series), May 2008

In the academic mainstream relatively little is known about older women from minority ethnic communities. This groundbreaking book is based on interviews and focus groups with women of different backgrounds and ethnicities whose lives illustrate the strength of character and optimism that have often enabled them to live through hard times but who, in general, view later life positively. See:

<http://www.mcgraw-hill.co.uk/html/0335215254.html>

Ageing Societies: A Comparative Introduction

Virpi Timonen, April 2008

This book aims to convince readers that ageing is not boring, threatening or depressing, but that it has enormous relevance for the young and the old alike. Virpi Timonen provides an engaging introduction to the central social, economic and political aspects and impacts of ageing and makes the case for the importance of analysing ageing from a number of different perspectives. Using comparative international data, the author provides a detailed description of the process of population ageing, including increasing longevity, changes in fertility and variations in the health status of older populations. See:

<http://www.mcgraw-hill.co.uk/html/0335222692.html>

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

(See <http://ist-socrates.berkeley.edu/~aging/conference.html> for updates and information.)

9 am to 5:30 pm

Reception to follow

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

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:

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

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.

Conference Hosts: UCB 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

Ongoing Long-Distance Caregiver Support Group.

It is held the second and fourth Wed. of each month, 5-6:30 pm at:

Jewish Family & Children's Services of the East Bay

Suse Moyal Center for Older Adult Services

828 San Pablo Ave., Ste. 104

Albany, CA 94706

(510) 558-7800, ext. 716, call to pre-register.

Cost is \$25 per group but no one is turned away for lack of funds. We will be accepting members on an on-going basis until it is full. For

information contact: Lisa Yordy, Client Services Coordinator

Jewish Family & Children's Services of the East Bay, (510) 558-7800, ext.

716, <mailto:lyordy@jfcs-eastbay.org>

<http://www.jfcs-eastbay.org>

Ongoing: EXERCISE YOUR BRAIN FOR FREE: MENTAL AEROBICS

The brain is like any muscle in the body. The old saying “use it or lose it” really does apply. In this very social class you will exercise your brain in fun, challenging and creative ways to maintain and improve your cognitive vitality and your memory. This course is appropriate both as a next step for those who have previously attended a Memory and Mental Fitness Program, as well as for first-timers.

WHERE: The Sequoias, San Francisco, 1501 Post St./1400 Geary Blvd. (between Laguna & Gough), A-Level Auditorium, Accessible by MUNI Lines 2, 3, 4, 38, 38L, Parking: Street parking or Japan Center Garage

WHEN: Mondays 1:30 -3:30 PM August 18 - December 15, 2008

(No class September 1, October 13 and November 10) **Join anytime**

COST: FREE

TO ENROLL: Simply attend the class, and fill out a registration form on site. If you would like additional information please contact Hope Levy at 415.931.8679 or <mailto:hopelevy@yahoo.com> or the Older Adults Department at 415.920.6021.

Sunday, September 21

Re-Careering After 50 (free!)

JFCS/East Bay's Suse Moyal Center for Older Adult Services is pleased to partner with Jewish Vocational Service's Jewish Employment Network for an important free workshop.

If retirement is not an option, there are still ways to leverage your work experience to balance financial needs with personal satisfaction. Have your priorities changed over time? Are you hoping to stabilize your income? Looking for more time for other aspects of your life? Frustrated by age discrimination in the workplace? You will explore these issues and more, and leave this workshop with the action plan and motivation you need to move confidently into the future.

10:00 am to 12:00 pm

Suse Moyal Center for Older Adult Services

828 San Pablo Ave., Suite 104

Albany

Registration is required: <http://www.jvs.org/Forms/workshopsjen11.htm>

or contact Wendy Verba at (415) 782-6293 <mailto:wverba@jvs.org>

Monday, September 22, 2008, 6 - 8 pm

Osher Lifelong Learning Institute - SF State

Presents **EASING IN & OUT OF RETIREMENT: THE NEXT CHAPTER: VOLUNTEERING, WORKING, CREATING YOUR OWN BUSINESS**

San Francisco State University, College of Extended Learning, Downtown Campus, 835 Market Street, 6th Floor, San Francisco, CA

Panelists will discuss their experiences in:

Volunteering - Finding the Right Fit

Working for Someone Else - A Job is What You Make of It

Starting a Business - The Risks and Rewards

\$10 for OLLI, Sixty Plus and CLIR members; \$15 for non-members.

Space is limited. To reserve your space or for further information contact Robert Martin at 817- 4270 or <mailto:robertm@sfsu.edu>.

September 23,2008 3-5pm

Compassionate Community Care

Presentation: Best Practice Series: *Caring for the Caregiver- Countering Compassion Fatigue*

1456 Fillmore street, San Francisco.

Information: "Elder Abuse Prevention" <<mailto:eap@ioaging.org>>

Thursday, September 25

Long-Term Care Solutions Forum

Don't miss this groundbreaking, interactive discussion about potential approaches to long-term care financing reform and what California can do to be a national leader in creating solutions.

The American Association of Homes and Services for the Aging is committed to bringing this important policy discussion to California. We have partnered to bring together the top experts on this topic for a candid discussion on the best possible solutions to this issue. Your involvement in this discussion is important!

When: Thursday, September 25, 2008, 7:30 a.m. - 12 noon

Where: Stanford University Oak Lounge - Tresidder Memorial Union
2nd floor, East/West Wing, 459 Lagunita Dr., Stanford, CA 94305

For Further Information/Questions about the program:

Katie Zazueta, <mailto:katie@coakleyheagerty.com>, or
(408) 793-2376, or REGISTER ONLINE at:
<http://www.thelongtermcaresolution.org/registration.aspx>

Friday, September 26, 1:30 p.m. - 4:30 p.m.

Palliative Care and End of Life Issues

Bethany Center, 580 Capp Street at 21st Street, San Francisco

Overview of Palliative Care, End of Life Care and Hospice - differences in the models

Community Options/Resources for Home Care & Hospital/Residential Hospice/Institutional Care

Helping clients and families make decisions about care -Case Scenarios & Discussion

Multi-cultural aspects and attitudes regarding end of life and hospice

Advanced directives, living wills and power of attorney for healthcare

Information: <mailto:emma.harper@sfgov.org> or Phone: (415) 355-3644

Wednesday, October 1, 2008 11am-2:30pm

Workshop for seniors on preventing scams and fraud,

Be Wise: Avoid Scams, Fraud and Identity Theft

West Bay conference Center, 1290 Fillmore Street, San Francisco

Keynote Speaker: San Francisco District Attorney, Kamala Harris

Event is free of charge but need to reserve seat by September 26, 2008.

Call 415-749-6470 to reserve a seat or visit <http://www.bewiseonline.org> for more information.

Friday, October 3, 2008

The San Francisco Department of Aging and Adult Services and the Advisory Council to the Commission on Aging. Presentation: ***San Francisco's Boomer Generation: A Breed Apart***

1:30-4:30pm

Main Library: 100 Larkin Street, San Francisco

RSVP or information: <<mailto:Shirley.burns@sfgov.org>>

November 6, 2008 - 6:30 pm

Pacific Institute's 2008 **Eldership Awards**

Honoring Sensei Keiko Fukuda and John Levy

Marine's Memorial Club

609 Sutter Street, San Francisco CA

Join us for an exciting evening of food, music, companionship and an ideal opportunity to come together to celebrate the spirit of Eldership.

Our 2008 Eldership Awards Ceremony is an opportunity for us to celebrate those who are pushing the boundaries of what it means to be an Elder.

Click here for more information:

<http://store.nexternal.com/shared/StoreFront/default.asp?CS=pi&StoreType=BtoC&Count1=984432399&Count2=901572823>

Coming Soon!

"Cornerstones of Care"

The Institute on Aging is proud to announce its second professional education series, "Cornerstones of Care."

- "Rounding the Corner: Integrating End-of-Life Care and Conversations With Services" **Wednesday, November 12, 2008 - 8:30 AM to 4:30 PM**
- "The Labyrinth of Caregiving: Current and Future Issues and Options" **Wednesday, February 11, 2009 - 8:30 AM to 4:30 PM**
- "Complexities of Clinical Care in the 21st Century" **Wednesday, May 13, 2009 - 8:30 AM to 4:30 PM**
- "Capacity: What Is It? How Do We Assess It? What Happens When We Lose It?" **Wednesday, September 16, 2009 - 8:30 AM to 4:30 PM**

Mark your calendars and visit IOA's education website <http://education.ioaging.org> to watch for program details and registration. The Institute On Aging **Center for Elders and Youth in the Arts** (CEYA) provides specialized visual and performing arts programming tailored to the Bay Area older adult population. CEYA customizes programs for assisted living, residential communities, adult day programs, and other senior sites, as well as offering individual instruction in the home. See locations of these wonderful **Exhibitions & Events** at: http://ceya.ioaging.org/upcoming_events.html

CALIFORNIA

Please join the Statewide Adult Protective Services Training Project for the Fall/Winter Training Series entitled - ***Supporting Vulnerable Adults in the Face of Sexual Assault: Expanding Our Skills, Knowledge & Attitudes with Dr. Nora Baladerian.***

Dates & Locations:

- **October 1, 2008** - Santa Rosa - Sonoma Co.
- **November 5, 2008** - Redding
- **November 6, 2008** - Sacramento
- **December 2, 3 & 4, 2008** - Los Angeles
- **December 10 & 11, 2008** - Fresno

There is no fee for the upcoming training series - pre-registration is required.

Morning refreshments will be offered with lunch on your own (60 minutes) - lunch options will be made available at each training location. All trainings will be held 9:00 am-3:30 pm with registration beginning at 8:30 am, EXCEPT the Los Angeles trainings which will be held from 9:30 am-4:00 pm with registration beginning at 9:00 am. 5.5 CEU credits (LCSW's & LMFT's) / 5.5 BRN contact hours available.

Parking & public transportation options will be sent to San Francisco and Los Angeles registrants.

For more information, please visit

<http://www.baa-aps.org/article.php?id=369> or contact Krista Brown, APS Training Project Coordinator/Bay Area Academy at <mailto:kbrown70@sfsu.edu> or 510-419-3613.

October 6-10, 2008

Senior Cohousing Facilitation Workshop

Location: **Nevada City, CA**

Mccamant & Durrett Architects-241 B Commercial Street, Nevada City, Ca 95959

See: <http://www.mccamant-durrett.com/>

For More Information, please email:

<mailto:Charles.Durrett@Cohousingco.Com>

SENIOR COHOUSING is a form of housing that offers a smalltown- like alternative to isolation, institutionalization, and expensive assisted-living facilities. Important, yes, but perhaps even more important is that the residents of senior cohousing seem to have a wonderful time.

Senior Cohousing: A Contemporary Approach to Independent Living. The Handbook. Ten Speed Press 2005. ISBN 0-945929-30-7.

Order from <http://www.cohousingco.com>

A video on the Senior Cohousing Facilitator's Workshop can be seen at:

<http://www.mccamant-durrett.com/>

October 18th

Taking Care of Your Aging Parents

Cabrillo College extension. The following topics will be covered:

- the dilemma of long distance care providers,
- midlife sibling problems
- the stress of family caregiving
- the challenges of aging family

- practical solutions to midlife family issues.

Ombudsman, Del Mar Caregivers and the HICAP program will make brief presentations.

handouts - local, regional, state and national, websites and a bibliography.

See: <http://www.cabrillo.edu/services/extension/personal.html> or call 831-479-6331.

NATIONAL

Wednesday, October 1,

LIVE AUDIOCONFERENCE

Conflict Resolution for Long-Term Care Facilities and Families

Presented by Francis Battisti, L-RCSW, 1 CEU Approved

Wednesday, October 1, 2008 3:00 pm ET/2:00 pm CT 1:00 pm MT/12:00 pm PT Length: 60 minutes

Teach your staff negotiation strategies that reduce ombudsmen complaints. See:

http://www.audioeducator.com/industry_conference.php?&id=1146&trk=ELTC2385

October 2 - 3

Emerging Trends and the Latest Thinking on Where the Boomer Market is Headed.

Over the course of two days, a “who's who” in the industry gather to debate and discuss the profound changes Boomers are influencing and walk away with actionable insights, new connections, and a fresh perspective of what the future consumer landscape will bring.

Pier Sixty, Chelsea Pier NY. For information see:

<http://www.focalystforum.com/Overview/Overview.cfm>

INTERNATIONAL

30 October 2008

Understanding Families and Relationships over time -

Edinburgh

Centre for Research on Families and Relationships (CRFR) National Conference: <http://www.crfr.ac.uk/events/natconference.htm> A one day conference providing an opportunity to consider research that takes a qualitative, longitudinal approach to researching families and relationships. By studying families and relationships over time, we can better understand change, continuity, transitions and stages.

Click here for the full programme and to book a place

<http://www.crfr.ac.uk/events/natconference.htm>

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

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