



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
July, 2009

EDITOR'S NOTES

A reminder that the Center maintains an **email list of job opportunities** in the field of aging in California (primarily but not exclusively in the Bay Area). If you would like to receive these notices, send an e-mail note to <mailto:ddriver@berkeley.edu> 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. If you are an employer **anywhere in California** and have a job opening in your agency, email it to <mailto:ddriver@berkeley.edu> and it will be posted to the list which includes approximately 1,500 individuals in the field of aging.

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>. Prior editions (pdf files only) of *New Resources on Aging* can be accessed at: <http://socrates.berkeley.edu/~aging/Newsletters>. Click on the folder you wish to access (2008, 2009). Then click the arrow to the right of the edition(s) you'd like to download.

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. See our library data base at:

<http://www.libraryworld.net/cgi-bin/opac.pl?command=signin&libraryname=ucb center on aging&guest=allow>

The August edition of the newsletter will be published **Friday, July 31st**. **The deadline for items to be included in the July issue is Monday, July 27th**. Please email submissions 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>
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.)

Advocates Help Patients Navigate Health Care Maze by Richard Knox, National Public Radio, Morning Edition, June 22, 2009:

<http://www.npr.org/templates/story/story.php?storyId=105161828&sc=emaf>

(Editor's Note: The following is an excellent article, as is the subsequent interview on Public Radio with the author. The article is said to have been mandatory reading by White House Staff)

ANNALS OF MEDICINE, **THE COST CONUNDRUM: *What a Texas town can teach us about health care.*** by Dr. Atul Gawande, *The New Yorker*, JUNE 1, 2009.

http://www.newyorker.com/reporting/2009/06/01/090601fa_fact_gawande
Spend More, Get Less? The Health Care 'Conundrum', *Fresh Air from WHYY*, June 17, 2009

<https://www.npr.org/templates/story/story.php?storyId=105483669&sc=emaf>

The Island Where People Live Longer

The island of Icaria could be the newest of the world's so-called blue zones - places where residents have unusually long life spans. See:

<http://www.npr.org/templates/story/story.php?storyId=103744881&sc=nl&cc=es-20090531>

Bill Moyers Journal, May 8th, 2009. Bill Moyers speaks with Lawrence-Lightfoot, one of America's leading educators and author of **THE THIRD CHAPTER: PASSION, RISK, AND ADVENTURE IN THE 25 YEARS AFTER 50**. See:

<http://www.pbs.org/moyers/journal/05082009/profile2.html>

Online, 'a Reason to Keep on Going', By STEPHANIE CLIFFORD, Published: June 1, 2009, The NY Times. See:

http://www.nytimes.com/2009/06/02/health/02face.html?_r=2&ref=todayspa

Consumer Resources

The group Americas Watchdog has created the **Nursing Home Complaint Center** which is free to victims of nursing home abuse & neglect, and or their family members. If you are aware of nursing home abuse, neglect, or fraud please contact the Nursing Home Complaint Center at 866-714-6466 and/or see their WEB site at:

<http://nursinghomecomplaintcenter.com/about.htm>

The tip sheet, "**How to Talk to Your Healthcare Practitioner: Tips on Improving Patient-Practitioner Communication**" from the American Geriatrics Society, outlines steps older adults and their caregivers can take before, during, and after a visit to a practitioner. These steps help ensure that practitioners, older patients and their caregivers get the information they need. See:

http://www.healthinaging.org/public_education/communication_tips.php

The **AARP Doughnut Hole Calculator**, available at <http://www.aarp.org/doughnuthole> guides visitors through their prescription drug options using localized information about their plans and prescriptions to determine if or when they will fall into the coverage gap. In about 15 minutes, visitors can view a graph of their out-of-pocket spending by month, look up lower cost drugs for their conditions, create a Personal Medication Record and print out personalized letters to their doctors to help start a conversation about safely switching prescriptions.

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

- **Census Bureau Reports World's Older Population Projected to Triple by 2050** (from the world population estimates and projections) See: http://www.census.gov/Press-Release/www/releases/archives/international_population/013882.html
- **Fact of the Day World's Population Getting Older** The world's 65-and-older population is projected to triple by mid-century, from 516 million in 2009 to 1.53 billion in 2050, according to the U.S. Census Bureau. In the United States, the population 65 and older will more than double by 2050, rising from 39 million today to 89 million. There are currently four countries with 20 percent or more of their population 65 and older: Germany, Italy, Japan and Monaco. By 2030, 55 countries are expected to have at least one-in-five of their total population in this age category; by 2050, the number of countries could rise to more than 100. For additional information on how the world population is changing, please see the census International Database <https://ask.census.gov/rd?1=AvcG~wqkDP8SxYD~Gr0e~yL~Jvsq~1T~&2=1005>
- **Older Population in the United States: 2007 and 2008** - A series of detailed tables with data on a wide range of demographic and socioeconomic characteristics of people 55 and older. Topics covered include marital status, educational attainment, nativity and citizenship status, labor force and employment status, occupation, earnings, poverty and housing tenure. The data, collected by the Current Population Survey, pertain to the non-institutionalized population and are shown for selected age groups. Internet addresses: http://www.census.gov/population/www/socdemo/age/age_sex_older.html

- **Age and Sex in the United States: 2007 and 2008** - A series of detailed tables with data on a wide range of demographic and socioeconomic characteristics by five-year age groups and sex. Topics covered include marital status, educational attainment, nativity and citizenship status, labor force and employment status, occupation, earnings, poverty and housing tenure. The data come from the Current Population Survey. Internet addresses:
2007
http://www.census.gov/population/www/socdemo/age/age_sex_2007.html
and 2008
http://www.census.gov/population/www/socdemo/age/age_sex_2008.html

The **2008 National Survey of Consumer and Workforce Satisfaction in Nursing Homes** conducted by MyInterview can be found at:
http://www.myinnerview.com/media/doc/national_report/natrptdraft_050809.pdf

Unintentional Fall Injuries Associated with Walkers and Canes in Older Adults Treated in U.S. Emergency Departments

Judy A. Stevens, PhD, Karen Thomas, MPH, Leesia Teh, ABJ, and Arlene I. Greenspan, Dr Ph, PT, Journal of the American Geriatrics Society, June, 2009. See:

<http://www3.interscience.wiley.com/cgi-bin/fulltext/122465099/PDFSTART>

The Issue Brief from Kaiser Family Foundation, **MEDICARE PRESCRIPTION DRUG PLANS IN 2009 AND KEY CHANGES SINCE 2006**, Prepared by Elizabeth Hargravei, Jack Hoadleyii, Juliette

Cubanski and Tricia Neuman, JUNE 2009, can be found at:

<http://www.kff.org/medicare/upload/7917.pdf>

Older Workers on the Move: Recareering in Later Life, Richard W. Johnson, Janette Kawachi, Eric Lewis, **Publication Date:** April 30, 2009, Urban Institute. <http://www.urban.org/url.cfm?ID=1001272>

Medicare Part D too complicated for seniors to identify lowest-cost plan: Researchers urge simplification of Part D to achieve cost savings, Contact: Natalia Barolin _240-221-4088 _Investigator Awards in Health Policy Research. See: <http://www3.interscience.wiley.com/journal/122407933/abstract?CRETRY=1&SRETRY=0>

Most Middle-Aged Adults Are Rethinking Retirement Plans: The Threshold Generation

BY RICH MORIN, SENIOR EDITOR, PEW RESEARCH CENTER_MAY 28, 2009. <http://pewsocialtrends.org/pubs/735/middle-aged-adults-rethinking-retirement-plans>

Health Care Costs During Retirement, National Center for Policy Analysis (NCPA), Brief Analysis No. 660, *Thursday, May 28, 2009* by Pamela Villarreal and Devon Herrick. <http://www.ncpa.org/pub/ba660>

The Future of Long-Term Care: What Is Its Place in the Health Reform Debate? Howard Gleckman, Publication Date: June 15, 2009, <http://www.urban.org/url.cfm?ID=411908>

Practice Resources

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>

Alliance for Quality Improvement in Long-Term Care (AQUILT):

<http://tiny.cc/VExhn> The AQUILT community of practice (CoP) brings together policy makers (administrators), direct care providers for long-term care homes, and researchers in various locations, to measure and enhance the quality of care in homes across Ontario.

AQUILT has been developing materials and distributing best practices and research in prescribing practices for seniors in long term care homes. Current Research and Best Practice Initiatives are outlined in the site, and include:

- Newsletter: Improving Prescribing Practices for Older Adults in Nursing Homes
- Health Council of Canada video about Baycrest's initiative: 'Shifting to Improved Safety Through On-Line Prescribing' (Windows Media Player required)

Visiting Nurse Service of New York Centre for Home Care Policy and Research Evidence Briefs

<http://www.champ-program.org/framework/activities.html> These briefs are based on literature reviews conducted and used to inform practice recommendations for home health care in key practice areas.

Each provides background on the importance of the practice area to geriatric home care, a summary of the evidence available about effective practices, and a description of implications for current home care practice. The briefs have an extensive reference list with electronic links to the abstracts of the articles in PubMed.

These six evidence briefs represent the first comprehensive effort to synthesize a large body of geriatric and chronic care research and distill its application to the home health setting:

Briefs include:

- Care Coordination, Management & Transitions

- Medication Management
- Cognitive Function
- Physical Function
- Chronic Pain Management
- Palliative Care & Advanced Illness Management
- Care coordination, management & transitions : evidence brief - 2009
- Chronic pain management : evidence brief - 2009
- Cognitive function : evidence brief - 2009
- Framework for geriatric home health care : brief - 2009
- Medication management : evidence brief - 2009
- Palliative care & advanced illness management : evidence brief - 2009
- Physical function : evidence brief - 2009

Virtual Visiting Virtual Visiting enables residents to visit with their families and friends with the use of videoconferencing technology and the internet from anywhere in the world. This means that distance is no longer a barrier for families to stay connected.

WDHS Virtual Visiting Pilot Project sought to create a sustainable program that provides a video communications link that connects Aged Care Residents located at The Grange Residential Care Unit (the "Grange") and Kolor Lodge in Southwest Australia with their families and friends. This project aimed to improve residents quality of life through increased contact with family and friends and increased socialization with the outside world.

The Virtual Visiting Pilot Program Final Report is available here:

[http://www.wdhs.net/agedcare/virtualvisiting/Virtual Visiting Pilot Program Final Report.pdf](http://www.wdhs.net/agedcare/virtualvisiting/Virtual_Visiting_Pilot_Program_Final_Report.pdf)

Families set-up guide:

[http://www.wdhs.net/agedcare/virtualvisiting/Document 10 -Participating Families Setup Guide.pdf](http://www.wdhs.net/agedcare/virtualvisiting/Document_10 -Participating_Families_Setup_Guide.pdf)

NEW AT THE CENTER LIBRARY

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

<http://opac.libraryworld.com/cgi-bin/opac.pl?command=signin&libraryname=ucb center on aging>

The SharpBrains Guide to Brain Fitness (2009) by Alvaro Fernandez and Elkhonon Goldberg. SharpBrains, Inc.

When the Time Comes: Families with Aging Parents Share Their Struggles and Solutions (2009) by Paula Span. Springboard Press.

NEW PUBLICATIONS

MENTAL HEALTH AND WELL BEING IN LATER LIFE, Mima Cattan, Leeds Metropolitan University, UK, ISBN: 9780335228928, Publishing: June 2009, 184pp Paperback

All chapters have a common thread running through them - each of which was identified as being a key theme for mental health and well-being by adults in later life. Among them are issues relating to:

- Gender
- Ethnicity
- Societal diversity
- Poverty
- Class
- Cultural differences

See: <http://www.mcgraw-hill.co.uk/ecat/openup09/cattan/>

The Third Chapter: Passion, Risk, and Adventure in the 25 Years After 50, Sara Lawrence-Lightfoot, January, 2009. Farrar, Straus, Girous. <http://us.macmillan.com/thethirdchapter>.

Encore: Work That Matters in the Second Half of Life, Marc Freedman, 2007. Tells the stories of “encore career pioneers” who are working not only for continued income, but for the promise of more meaning and the chance to do work that matters. See: [http://www.encore.org/about the book](http://www.encore.org/about_the_book)

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> Newsletter archives can be accessed at: <http://conium.org/~aging/Newsletters/> 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 Advanced Study of Aging is serving as a co-sponsoring organization for The Institute on Aging educational series that explores **four cornerstones of professional eldercare**. This quarterly series will address end-of-life care, caregiving, clinical care and issues of capacity. It will be held at St. Mary's Cathedral Event Center, 1111 Gough Street, cross street Geary, San Francisco, CA 94118

To register see: <http://cornerstonesofcare.eventbrite.com/> and <http://education.ioaging.org/cornerstones/caregiving.html>

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
<http://education.ioaging.org/cornerstones/capacity.html>

For further information contact Janet Howell, Project Manager, in IOA's Department of Education at (415) 750-4180 ext 227

BAY AREA

Program for Older Adults

Art Museum Program comes to the Alameda County Library

Emerald Cities: Arts of Siam and Burma, 1775-1950,

An overview of this exhibition which will be held at the Asian Art Museum from October 23, 2009 - January 10, 2010 will be given on the dates below. A docent from the Asian Art Museum will give an overview on the historical, cultural and artistic background of the objects. The presentation will include illustrations with images of the exhibition objects.

All programs begin at 1:30 p.m.

Program is FREE

- **Wednesday, July 15** - SAN LORENZO Library, 395 Paseo Grande 510-670-6283
- **Thursday, July 23** - DUBLIN Library, 200 Civic Plaza 925-828-1315
- **Thursday, August 6** - ALBANY Library, 1247 Marin Ave. 510-526-3720
- **Tuesday, August 18** - NEWARK Library, 6300 Civic Terrace Ave. 510-795-2627
- **Thursday, August 20** - CASTRO VALLEY Library, 20055 Redwood Rd. 510-670-6280
- **Wednesday, September 16** - UNION CITY Library, 34007 Alvarado-Niles Rd. 510-745-1464

- **Wednesday, September 23** - FREMONT MAIN Library, 2400 Stevenson Blvd. 510-745-1401

Refreshments provided by the Friends of the Library. All locations are wheelchair accessible. For sign language interpreter or other accommodations, please contact branch library at least 7 working days prior to event.

July 9, 2009

Foundation Fundraising: An Introductory Course in San Francisco, CA. For details see:

http://foundationcenter.org/marketplace/catalog/product_training.jhtml?id=prod2620002

Wednesday, July 15

Strategies for Improving and Keeping Your Memory

On Wednesday, July 15, 2009 at 1PM, LGS Recreation's 55+ Program, 208 E. Main Street in Los Gatos, will be presenting a FREE lecture on Memory Strategies as part of Good Samaritan Hospital Rehabilitation Services Speaker's Bureau program. The informational lecture will be presented by licensed Speech Therapist, Kristine Welch, who works specifically with patients with memory deficits. Highlights of this presentation are:

- Understanding what can effect memory loss
- How to use memory aids, such as checklists and calendars
- Memory "Exercises" to encourage memory effectiveness
- Additional education materials to take home

For more information, call (408) 354-2360.

July 25th

In honor of Disability Pride Month, DisabledCommunity.Org, <http://disabledcommunity.org/> is co-sponsoring a **dance with other**

disability and aging focused organizations on Saturday, July 25th from 5-9 pm at the Unitarian Universalist Center at 1187 Franklin Street, San Francisco.

This pride dance is open to people with and without disabilities and is planned as a social action to increase self love and social movement and to decrease alienation and isolation within our community.

AXIS Dance Company, <http://www.axisdance.org/>, will kick off the dance from 5:30 to 6:30 teaching dance participants new ways of thinking about movement.

From 6:30 on everyone can dance to the musical mixings of Leroy Franklin Moore Jr. of Krip Hop Nation,

<http://www.kriphop.com/Mission.html> who will be mixing a group of diverse dance music including music created by artists with disabilities.

Order a Ticket to the Dance Online \$5-25 based on ability to pay

Go to: <http://www.disabledcommunity.org/dance> or buy one at the door.

To volunteer or co-sponsor the dance and raffle contact

Lori Guidos at <mailto:admin@disabledcommunity.org> or leave a message at 415-508-6130

CALIFORNIA

July 10-12, 2009

California Association of Long Term Care Medicine (CALTCM) is proud to present our **35th Annual Meeting** entitled, Bringing Quality Home and our POLST preconference, It Takes A Team: Implementing POLST Into Your Nursing Home.

It Takes A Team: Implementing POLST Into Your Nursing Home

Our preconference symposium is a half-day program that will help bring clarity to difficult end of life care decisions through Physician Orders for Life-Sustaining Treatment (POLST) and demonstrate how to engage your interdisciplinary team to implement POLST.

See: <http://www.caltcm.org/events/polst>.

Bringing Quality Home highlights critical strategies to improve the quality of nursing home care and provides techniques and tools for the interdisciplinary team dedicated to providing this care. See:

<http://www.caltcm.org/events/annualmeeting> Members of the SNF interdisciplinary team are encouraged to attend together.

Please join CALTCM in Bringing Quality Home to your facility.

For more information contact:

Jolene Fassbinder, MSG, MACM

CALTCM Executive Director

California Association for Long Term Care Medicine

c/o UCLA Multicampus Programs in

Geriatric Medicine & Gerontology

10945 Le Conte Avenue, Suite 2339

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Phone: 310-312-0531 or 1-800-488-2196

Fax: 310-312-0546

Email: <mailto:JFassbinder@mednet.ucla.edu>

NATIONAL

September 23, 2009

Aging & Healthy Lifespan Conference, Harvard Medical School. This conference will feature two speaker tracks. One track will focus on new research and insights in the science of aging, while the second track will feature emerging social trends in lifestyles, behaviors and activities of the aging population. See: <http://www.healthylifespanconference.com/>

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