



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, 2009

Grandparents Day is Sunday September 13 !

EDITOR'S NOTES

A reminder that the Center maintains a **list-serve 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.

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.

The **October edition of the newsletter** will be published **Wednesday, September 30th**. **The deadline for items to be included in the October issue is Friday, September 25th**. Please email submissions to: <mailto:ddriver@berkeley.edu>.

NEW ON THE WEB

Aging in the Media

(Continued thanks to readers who forward information.)

From National Public Radio

- NPR's Fresh Air, **T.R. Reid: Looking Overseas For 'Healing Of America'**, August 24, 2009, <http://www.npr.org/templates/story/story.php?storyId=112172939>
- **How Aging Changes Sleep Patterns** by ALLISON AUBREY, August 3, 2009, NPR's Morning Edition <http://www.npr.org/templates/story/story.php?storyId=111415462&c=emaf>
- From NPR's Here and Now Journalist Howard Gleckman says **long-term care** is the one health issue we aren't talking about. Listen to interview at: <http://www.hereandnow.org/2009/08/rundown-821/>
- **Five Farms** (National Public Radio) puts a personal face on the lives and livelihoods of farmers across the country. One episode, **Succession**, deals with older farmers retiring and giving up their farms to their children. See: <http://cds.aas.duke.edu/fivefarms/documentaries/FiveFarms-Succession-Web.mp3> to see hear Succession, and <http://cds.aas.duke.edu/fivefarms/> to hear the entire series.
- **Awakening Alzheimer's** (National Public Radio) Can a painting or a piece of music awaken an Alzheimer's patients memories? See:

<http://www.hereandnow.org/2009/08/rundown-812/> and scroll down to **Awakening Alzheimer's**.

- **Studying Aging Through Tsimane Tribe** (broadcast Friday, August 14th, 2009) (More NPR!) Researchers are studying Bolivia's Tsimane tribe to better understand the effects of aging in the developed world. Gerontologist Eileen Crimmins, University of Southern California_Los Angeles, California describes the study which looked for signs of heart disease in the Tsimane, who still live a relatively traditional lifestyle. Download the MP3 at: <http://www.sciencefriday.com/program/archives/200908143> (top left hand side)

From the New York Times

- **Experiencing Life, Briefly, Inside a Nursing Home**, By KATIE ZEZIMA, New York Times, Published: August 23, 2009
http://www.nytimes.com/2009/08/24/health/24nursing.html?_r=2&ref=tod
- **A Primer on the Details of Health Care Reform** By ROBERT PEAR and DAVID M. HERSZENHORN New York Times, August 9, 2009,
http://www.nytimes.com/2009/08/10/health/policy/10facts.html?_r=1

Invisible Immigrants, Old and Left With 'Nobody to Talk To', By PATRICIA LEIGH BROWN, Published: August 30, 2009. (Includes wonderful photos and graphs.)

http://www.nytimes.com/2009/08/31/us/31elder.html?_r=1&ref=todayspaper

Beyond “Death Panels”: The Right Way To Die

A palliative-care expert says end-of-life consultations are just what Americans need to overcome their inability to deal with death. By Ian Yarett | *Newsweek*, Aug 19, 2009. <http://www.newsweek.com/id/212693>

Consumer Resources

DriveSharp, developed by the AAA Foundation for Traffic Safety, is a **brain fitness software program** that sharpens the mind of the driver. Measure your current crash risk and learn how DriveSharp can improve it. See: <http://drivesharp.positscience.com/about-drivesharp.php>

An employer's decision to terminate or lay off certain employees, while retaining others, may lead discharged workers to believe that they were **discriminated against based on their age**, race, sex, national origin, religion, or disability. For information on rights regarding this discrimination see: **UNDERSTANDING WAIVERS OF DISCRIMINATION CLAIMS IN EMPLOYEE SEVERANCE AGREEMENTS** at:

http://www.eeoc.gov/policy/docs/qanda_severance-agreements.html

On March 25, 2009, Senator Edward Kennedy (D-MA) and Congressmen Frank Pallone (D-NJ) introduced the *Community Living Assistance Services and Supports Act of 2009* (CLASS Act) (S. 697 and H.R. 1721); the bills would create **an insurance program for adults who become functionally disabled**. This legislation will help people with severe functional impairments and their families to pay for the services and supports they need to stay functional and independent, and to have choices about community participation, education and employment. To see the Alliance for Retired Americans' CLASS Act factsheet, visit:

<http://www.retiredamericans.org/ht/a/GetDocumentAction/i/12355>

Research & Reports

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

Broken Trust: Elders, Family, and Finances: A Study on Elder Financial Abuse Prevention by the MetLife Mature Market Institute, the National Committee for the Prevention of Elder Abuse, and the Center for Gerontology at Virginia Polytechnic Institute and State University, MARCH 2009. See:
<http://www.metlife.com/assets/cao/mmi/publications/studies/mmi-study-broken-trust-elders-family-finances.pdf>

A Results Ready Agenda for Improving the Futures of Vulnerable Children, Elders, Families and Communities, Generations United The purposes of this paper are

- 1) to identify those opportunities made available through the American Recovery and Reinvestment Act of 2009 (Recovery Act) and new Administration's budget
- 2) to illustrate the power and cost effectiveness of the intergenerational approach, and
- 3) to recommend an action agenda that will attract the active support of various interest groups committed to improving the futures of vulnerable children, elders, families, and communities.

See: http://www.gu.org/documents/A0/Results_Ready_Agenda.pdf

Legal and Research Summary Sheet: Phased Retirement, prepared by: **Chantel Sheaks, J.D. et al**,

Answers the following:

- What percentage of older workers are likely to retire on a full-time basis between the ages of 62-65?
- What might the implications of a “mass exodus” of Baby Boomers be for different types of businesses?
- Which types of policies and practices might encourage some older workers to extend their labor force participation, thereby enabling

employers to retain the knowledge and skills of these experienced workers? See:

<http://agingandwork.bc.edu/documents/PhasedRetirement08-07.pdf>

A report from the National Academy of Social Insurance **Economic Crisis Fuels Support for Social Security: Americans' Views on Social Security**, August 2009, can be seen at:

http://www.nasi.org/usr_doc/Americans_Views_on_Social_Security.pdf

An Examination of Trends in Illicit Drug Use among Adults Aged 50 to 59 in the United States from the US Office of Applied Studies can be seen at:

http://oas.samhsa.gov/2k9/OlderAdults/OAS_data_review_OlderAdults.pdf

Life Expectancy at All Time High; Death Rates Reach New Low, New Report Shows The full report, **Deaths: Preliminary Data for 2007** is at:

http://www.cdc.gov/nchs/data/nvsr/nvsr58/nvsr58_01.pdf

H.R. 3200, *America's Affordable Health Choices Act of 2009* the 1017-page bill from the House of Representatives is available at:

<http://www.gpo.gov:80/fdsys/pkg/BILLS-111hr3200IH/pdf/BILLS-111hr3200IH.pdf>

US CENSUS BUREAU FACTS FOR FEATURES: "**Grandparents Day 2009: Sept. 13**" See all sorts of statistics/information about grandparents' day at:

<http://www.census.gov/Press-Release/www/releases/pdf/cb09ff-16.pdf>

From the Urban Institute

- **Increasing Health Insurance Coverage for High-Cost Older Adults**, Linda J. Blumberg, Timothy Waidmann, July 01, 2009
<http://www.urban.org/url.cfm?ID=1001296>
- **Are Health Care Costs a Burden for Older Americans?**, Richard W. Johnson, Corina Mommaerts, July 01, 2009,
<http://www.urban.org/url.cfm?ID=411924>

US DEPARTMENT OF JUSTICE, ANTITRUST DIVISION: "**Does Competition Among Medicare Advantage Plans Matter?: An Empirical Analysis of the Effects of Local Competition in a Regulated Environment**," by Abe Dunn, July 2009. Links to the abstract and full-text can be found at: <http://www.usdoj.gov/atr/public/eag/248399a.htm>

Take Me “Home”: Determinants of Return Migration Among Germany's Elderly Immigrants, Jenjira J. Yahirun , July 2009

California Center for Population Research On-Line Working Paper Series:
<http://papers.ccpr.ucla.edu/papers/PWP-CCPR-2009-019/PWP-CCPR-2009-019.pdf>

Increasing Health Insurance Coverage for High-Cost Older Adults, by Linda J. Blumberg and Timothy A. Waidmann
<http://www.urban.org/publications/1001296.html>

From The CENTER FOR RETIREMENT RESEARCH AT BOSTON COLLEGE, ISSUE BRIEFS:

- **"Is Latin America Retreating From Individual Retirement Accounts?"** by Fabio Bertranou, Esteban Calvo, and Evelina Bertranou, July 2009,
http://crr.bc.edu/briefs/is_latin_america_retreating_from_individual_retirement_accounts.html

- "**Should Social Security Rely Solely on the Payroll Tax?**" by Alicia H. Munnell,
http://crr.bc.edu/briefs/should_social_security_rely_solely_on_the_payroll_tax.html

Research & Reports—International

Working with Older Prisoners (Great Britain), Department of Health / Nacro, 31 July 2009. Each pack consists of a Resource of information, a Workshop Pack, which shows readers how to run awareness sessions on issues facing older prisoners and four identical resources and activities discs, containing leaflets from well known organizations that have an interest in this population. See:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_103518

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>

CanDrive: <http://www.candrive.ca> Initiated in 2002, the Canadian Driving Research Initiative for Vehicular Safety in the Elderly (Candrive) is an interdisciplinary health related research program dedicated to improving the safety of older drivers and is funded by the Canadian Institutes of Health Research (CIHR) - Institute of Aging and the Ottawa Hospital Research Institute.

One of the goals of the Candrive research program is to find a way to extend the length of time that older drivers can drive. Candrive will examine both the effectiveness of retraining programs and the use of customized or restricted licensing for older drivers who might automatically have had their licence revoked.

Another goal of Candrive is to develop a screening tool that will allow clinicians to identify which older drivers, for whatever reason, are unsafe to continue operating a motor vehicle or require more in-depth evaluation. The site's "Resources" section contains items for drivers and physicians. The "Articles and Backgrounders" and the "Media" section also contain useful information. The site publishes a newsletter (see "What's New" on the right side of the webpage).

Stories for Change <http://storiesforchange.net/topics/seniors>

Stories for Change is an online meeting place for community digital storytelling facilitators and advocates.

Stories for Change aims to connect and extend the network of workshop facilitators and organizations that have come together in community-based digital storytelling workshops. The site provides a space for members and visitors to share their favorite curriculum ideas, post the stories they create, and engage in meaningful conversations around the stories they watch.

Digital stories are brief first person videos created by combining age-old storytelling narrative practice with modern-day technology and digital media. The digital storytelling process was developed in the 1990s at the Center for Digital Storytelling in Berkeley, California, and has grown through the combined influences of popular education, third world cinema, and the community documentary movement.

Digital storytelling has also been widely and successfully used with seniors. This part of the Stories for Change website features seniors' digital stories.

For more information on digital storytelling visit the following links or search "digital storytelling" in your favorite search engine:

- <http://www.storycenter.org/index1.html>
- <http://www.educause.edu/Resources/IntergenerationalCollaboration/161897>
- http://web.mit.edu/comm-forum/mit5/papers/Shewbridge_MIT5.pdf

Win a Step Up: Solutions for Better Care <http://www.winastepup.org>

WIN A STEP UP stands for Workforce Improvement for Nursing Assistants: Supporting Training, Education, and Payment for Upgrading Performance and is aimed at improving the situation of nursing assistants in the long-term care industry in North Carolina.

The site is divided into sections for direct care workers, supervisors of direct care workers, employer of direct care workers, and those interested in partnering with WINASTEPUP.

The Resources and Publications section contains reports and evaluations of the program, as well as the toolkit produced for the program entitled: "Improving the Situation of Nursing Assistants in Nursing Homes: A Practical Toolkit for Facilities Working to Improve Nursing Assistant Retention and Job Quality."

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

A Community Approach to Independent Living: The Senior Cohousing Handbook (2009), second edition, by Charles Durrett, New Society Publishers.

Architecture California: The Journal of the American Institute of Architects (2009), *Design for Aging*, The American Institute of Architects, California Council, published by McGraw-Hill Companies.

NEW PUBLICATIONS

Counter Culture: The American Coffee Shop Waitress will be in bookstores September 1st!

The book profiles waitresses aged 50 and older who have been working in neighborhood diners throughout the United States. Photographer, writer and former waitress, Candacy A. Taylor incorporates interview quotes, cultural criticism, documentary photography and oral histories to analyze an overlooked group of aging women who have brought meaning and culture to the American roadside dining experience.

Book signing in San Francisco at Modern Times, September 3rd at 7pm, 888 Valencia Street.

For more info -

http://www.taylormadeculture.com/Taylor_Made_Site/BOOK.html

AGEING AND GERONTOLOGY SELECTION from The Policy Press, Great Britain - AUGUST 2009; 25% website discount on all.

- **UNEQUAL AGEING: The untold story of exclusion in old age**, Edited by Paul Cann and Malcolm Dean, September 2009, <http://www.policypress.co.uk/display.asp?K=9781847424112>
- **FAMILY PRACTICES IN LATER LIFE**, Pat Chambers et al, September 2009, <http://www.policypress.co.uk/display.asp?K=9781847420527>
- **COMMUNITY AND AGEING: Maintaining quality of life in housing with care settings**, Simon Evans <http://www.policypress.co.uk/display.asp?K=9781847420701>
- **AGEING IN A CONSUMER SOCIETY: From passive to active consumption in Britain**, Professor Ian Rees Jones et al, September 2008 <http://www.policypress.co.uk/display.asp?K=9781861348821>

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

September 15

The Osher Lifelong Learning Institute (OLLI) at Berkeley will hold the **Open House for its Fall 2009 Term**. OLLI @Berkeley offers a wealth of stimulating 6-week courses for adults over 50 on a wide variety of subjects including literature, art, science, politics, history, and current trends and events - a third of which are taught by UC faculty.

Time: 10:00 a.m. to 12:00 noon

Where: Freight and Salvage, 2020 Addison Street in Berkeley

Cost: Free and open to the public

Reservations: mailto:berkeley_olli@berkeley.edu or call 510.642.9934

See: <http://olli.berkeley.edu>

The OLLI @Berkeley Open House is a great opportunity to:

- Hear presentations by the Fall term faculty on their courses
- Meet the Fall faculty
- Get individualized guidance on which courses match your interests
- Learn more about OLLI and UC Berkeley
- Meet fellow lifelong learners
- Register for classes

Most courses are held in UC Berkeley's University Hall (2199 Addison St.), close to several bus lines, downtown Berkeley BART, and public parking.

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

Save the Dates!

Alameda County Library Older Adult Services & Senior New Ways present . . .

JOURNAL WRITING & MEMOIR WRITING: CAPTURING LIFE STORIES

1:30 – 3 p.m. **FREE**

- Explore various kinds of journaling to discover the positives of aging.
- Receive guidance in reflecting on your life story.

Presenters:

1. Margriet DeLange—Lecturer, San Francisco State and Community Organizer, Elder Abuse Project of Santa Clara County
 2. Marita Grudzen—Stanford Geriatric Education Center
 3. Susan Harlan—Geriatric Care Manager, GeroCare Services
 4. Krista Meade—Senior New Ways Teacher, Site Scheduler
- Wed. Oct. 21, San Lorenzo Library, 395 Paseo Grande 510-670-6283
 - Thurs. Oct. 22, Dublin Library, 200 Civic Plaza, 925-828-1315
 - Thurs. Nov. 5, Albany Library, 1247 Marin Ave., 510-526-3720
 - Tues. Nov. 17, Newark Library, 6300 Civic Terrace Ave., 510-795-2627
 - Thurs. Nov. 19, Castro Valley, 3600 Norbridge Avenue, 510-670-6280
 - Wed. Dec. 2, Union City, 34007 Alvarado-Niles Rd., 510-745-1464
 - Wed. Dec. 16, Fremont 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. For more information contact: Richard Bray, Older Adults Services Coordinator/Disability Services Coordinator
Alameda County Library, Telephone: 510 745-1499, Fax: 510 793-2879
Email: <mailto:rbray@aclibrary.org>

August 17 - December 14, 2009 - Join anytime**MENTAL AEROBICS**

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 California Suite

WHEN: Mondays 1:30 -3:30 PM

August 17 - December 14, 2009

(No class September 7, and October 12)

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.

THE INSTRUCTOR: Hope Levy has over twenty years teaching experience, and is formerly the Acting Chairperson of the Older Adults Department at City College of San Francisco. She holds an MA in Gerontology and an MA in Special Education from San Francisco State University.

The Older Adults Department of City College sponsors this class in partnership with The Sequoias, San Francisco. The Older Adults Department of City College offers classes designed for adults 55 years old or better, though all are welcome to attend. All classes are FREE.

THURSDAY, SEPTEMBER 3, 2009

SURVIVAL WORKSHOP for seniors & people with disabilities

Get information on how to survive the budget cuts!

Learn about:

- In-Home Supportive Services (IHSS)
- SSI
- Medi-Cal
- How you can file appeals and advocate for yourself
- What we can do as a community to fight for our rights

1 - 4 pm

Hayward City Hall, B Street, right next to Hayward BART

Event is wheelchair-accessible. Please do not wear scented products. Call 7 days in advance for ASL interpreters or other accommodations.

To RSVP or get more information, call CRIL at (510) 881-5743 x5921 or email <mailto:dolores.tejada@cril-online.org>

Wednesday, September 9

12 - 1:30 pm

Brain Fitness Lecture at OLLI

with

Alvaro Fernandez, Co-Author

The SharpBrains Guide to Brain Fitness: 18 Interviews with Scientists, Practical Advice, and Product Reviews, to Keep Your Brain Sharp For the complete story go to

http://www.sfgate.com/cgi-bin/blogs/gurley/detail?entry_id=41335. This is a free lecture for OLLI members or \$5 for non-members. Book signing immediately follows the lecture; bring your copy. Available on Amazon or your neighborhood bookstore. Some copies will be available at the lecture. Bring a friend!

Location: Osher Lifelong Learning Institute - SF State, 835 Market Street, 6th Floor. MUNI/BART Powell Street Station. Information: Earl Frick <mailto:earlfrick@hotmail.com>

Thursday, September 10,

“What's Washington Doing About Healthcare?”

Panel:

1. **Giorgio Piccagli**, current President of the CA Public Health Association-North : *What Problems Are We Trying to Solve?*
2. **Deborah LeVeen**, Professor Emerita, San Francisco State University: *Current Proposals; How Can a Public Plan Work?*
3. **Ellen Shaffer**, Co-Director for the Center for Policy Analysis: *What's on the Table Now? What We Can Do About It?*
4. **Moderator: Allyson Washburn**, President of OWL SF, and Past President of LWVSF

Time: 6:00 - 7:30 PM

Place: Koret Auditorium, SF Main Public Library, Lower Level

Contact: LWVSF office at 415-989-8683 for additional information.

Friday, September 11th, 7:30pm

BOOK EVENT

50+ Cohousing - A New Option

Charles Durrett's new book, *The Senior Cohousing Handbook* is a guide to joining or creating a cohousing community. A leading cohousing architect, he has won numerous awards, including the United Nations World Habitat Award and the Best of 50+ Housing Award (National Home Builders Assoc. 2008). Come hear this internationally recognized speaker discuss cohousing concepts and key ideas in *Senior Cohousing: A Community Approach to Independent Living, 2nd edition*.

Builders Booksource, 1817 4th Street (near Hearst), Berkeley, CA

Information: (510) 845-6874

September 15

Foundation Fundraising: An Introductory Course

in San Francisco, CA. For details See:

http://foundationcenter.org/marketplace/catalog/product_training.jhtml?id=prod2620005

September 25th

City of Fremont Human Services and Tri-City Elder Coalition's **16th Annual Seniors Night Out**. The 16th Annual Seniors' Night Out, "Down on the Bayou," will be held at the Newark Hilton Hotel Friday, September 25th, 2009 from 5 to 8 p.m, and we need your help!

We are looking for 100+ people to purchase tickets for themselves and a senior, and to escort the senior to this fun-filled evening! This is a very special occasion for many homebound seniors, who rarely get a chance to get out. This annual event has come to be a celebration for our seniors, a time for fun, and an opportunity to fund-raise for the "PUN" (Personal Urgent Need) Fund and other Tri-City Elder Coalition projects. This fund is designed to assist older adults in

Fremont, Newark, and Union City, CA in obtaining goods or services to improve their health, safety, or quality of life. **For information contact:** Asha Chandra, Marketing Coordinator & Program Manager, Community Ambassador Program for Seniors Pathways to Positive Aging Project, City of Fremont Human Services, <http://www.tceconline.org>, <http://www.capseniors.org> (510) 574-2055.

September 30, 2009

On Lok Lifeways, 2009 Annual Conference: **Sustainable Long Term Care: Policy, Cultural Competence and Innovation**

8:00am - 4:00pm,

UCSF Mission Bay Conference Center

1675 Owens Street, San Francisco, CA 94143-3008

Phone: 866.431.UCSF

For driving directions: <http://www.ahl-missionbay.com/directions.cfm>

This course has been approved for certain continuing education credits.

For information and/or to register contact:

Violette Karavul

Interim Manager, Learning & Development

On Lok Lifeways

1333 Bush Street

San Francisco, California 94109-5611

Office: 415-292-8734

E-mail: <mailto:violette@onlok.org>

THURSDAY, OCTOBER 6:00 PM

How Fit is YOUR Brain?

Join us for a fun and interactive seminar with Dr. Eric J. Freitag, Psy.D, Neuropsychologist and Executive Director of Mt. Diablo Memory Center.

Learn what it means to be “Brain Fit” and how people of all ages can lead a brain-healthy lifestyle. Topics covered include:

- How the brain functions
- Activities that promote active brain fitness
- Diseases and conditions that affect brain function

A "Question and Answer" session will follow. Presented by All Seasons Homecare and Millman Adult Day Program/CCJCC. Light refreshments served.

Contra Costa JCC LIBRARY - **FREE**

2071 Tice Valley Blvd., Walnut Creek 94595, 925.938.7800, ext. 257

Register on-line at:

https://www.wizevents.com/register/register_add.php?sessid=349&id=198

California

September 22

Cultivating Grantmaker Relationships in Los Angeles, CA on, 2009.

For details see:

http://foundationcenter.org/marketplace/catalog/product_training.jhtml?id=prod2550002

International

2-4 September

Culture, Diversity and Ageing, 38th Annual Conference of the British Society of Gerontology, Bristol, England.

<http://www.bsg2009.org.uk>

Sept. 3-5

WORLD DEMOGRAPHIC AND AGEING FORUM: "World Ageing & Generations Congress 2009," University of St. Gallen, Switzerland.

<http://www.wdassociation.org/dcpage.aspx?fid=8>

Sept. 6-10

EUROPEAN CENTRE FOR SOCIAL WELFARE POLICY AND RESEARCH: "**Monitoring Long-Term Care for the Elderly**,"

Jerusalem, Israel <file:///localhost/>.

http://www.euro.centre.org/detail.php%3Fxml_id=1501

COMMUNITY RESOURCES

Bring the Training to You! Did you know that Institute On Aging in San Francisco has experts in many specialties within the field of aging? You can request one or more of our speakers to give a presentation at your facility or office. For more information see:

http://education.ioaging.org/speaker_topics.html

Federal Stimulus Funds are available for **health professions education loan reimbursement**, including licensed clinical social workers. The criteria to apply and application information are available at <http://nhsc.hrsa.gov/loanrepayment/> **Funds are available until September 30**, 2010 or until expended whichever comes first.

The Association for Gerontology in Higher Education (AGHE) **Distinguished Teacher Honor** recognizes persons whose teaching stands out as exemplary, innovative, of impact, or any combination thereof. The deadline for submission of nominations for the 2010 Distinguished Teacher Honor is **Friday, October 2, 2009**. Email submissions are accepted only; see

<http://www.aghe.org/templates/System/details.asp?id=40634&PID=67784>
[9](#)

for details and/or contact: Judith L. Howe, Ph.D., AGHE Faculty Development Chair, <mailto:judy.howe@mssm.edu>

NCB Capital Impact is pleased to announce the **California Villages Project**, which will provide technical assistance to six Villages in three geographic areas in California: the San Francisco Bay Area, Los Angeles County and San Diego County. The Project is made possible by a one-year, \$100,000 grant from The SCAN Foundation in Long Beach to help foster the development of successful, sustainable Villages in the State. Organizations interested in participating in or learning more about the California Villages Project can find the Request for Proposal/Application Instructions, Application Form and a regularly updated list of Frequently Asked Questions (FAQ) at

<http://ncb.centraledesktop.com/californiavillagespilotproject/>

Applications are due to NCB Capital Impact by September 11, 2009, and applicants will be notified of selection results by October 2, 2009.

Questions about the California Villages Project may be directed to NCB Capital Impact to Chantal Hart via email at

<mailto:chart@ncbcapitalimpact.org>.

END

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.

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