



# Resource Center on Aging University of California Berkeley

## New Resources on Aging

A Biweekly Email Newsletter from

*Cal*

The University of California at Berkeley

Resource Center on Aging

May 15 - May 26, 2006

## May is Older Americans Month

For a comprehensive edition of this newsletter see

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

the day after you receive this email.

*Continued thanks to all for your very generous donations.*

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.

### EDITOR'S NOTES

Remember! If you would like to **post an event in the newsletter**, **please** email it at least 3 weeks in advance of the event so people will have ample time to plan. The next newsletter will be published **Friday, June 9, 2006**. Thank you.

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. To see what's available in the library please visit:

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

## NEW ON THE WEB

### Aging in the Media

Nothing New This Issue

### Consumer Information

The quarterly newsletter, *Reflections* from Think Back Films can be seen at:

<http://www.thinkbackfilms.com/news.shtml - news>

Topics included in the current issue:

Baby Boomers: Studies and information

Healthy Living: Seven lessons we can learn from our bodies

Values - Family Business: Ethical wills

History Corner - League of Women Voters

Ancestral Research - The Japanese Diaspora

Think Back Films remembers: Gordon Parks

Seasonal Safety - Tips for summer driving

Quarterly Family Idea - Kid's calendar

Genealogy Corner - Resources

### Reports/Articles/Research

#### New from AARP

**Links to these and other reports can be found at:**

<http://www.aarp.org/research/whatsnew.html>

- [We Can Do Better: Lessons Learned for Protecting Older Persons in Disasters](#)
- [China / Fact Sheet](#) \_This page contains links to reports, working papers and speeches on the state of the 50+ population of the People's Republic of China, as well as links to relevant governmental and non-governmental organization websites.
- [Update on the Aged 55+ Worker](#)
- [In Brief: The Status of the Medicare HI and SMI Trust Funds: The Trustees' 2006 Annual Report](#)
- [Medicaid Estate Recovery / Research Report](#) \_May 2006— The federal government requires all states to implement Medicaid estate recovery programs to recoup costs of long-term care and other related Medicaid services. This AARP Public Policy Institute Fact Sheet by Wendy Fox-Grage provides the latest information on amounts recovered, types of enrollees subject to recovery, exemptions and deferrals, liens, and key consumer protections. (2 pages) (Publication ID: FS127)
- [Looking at Act II of Women's Lives: Thriving & Striving from 45 On](#)

- [Physical Activity Survey, 2006](#) / *Research Report* \_April 2006— How much physical activity adult Americans engage in, their perceptions of the benefits of exercise, their exercise preferences, and whether they have always been as active or inactive as they report being now are explored in this AARP telephone survey of 1,011 age 18+ individuals. (9 pages)
- [Enrollees' Perceptions of Medicare Part D: Three Months and Counting](#) / *Research Report* \_April 2006— Why enrollees in the Medicare Part D prescription drug plan signed up, whether they have used the benefit yet and, if they have, how much they estimate they saved by doing so are examined in this Spring 2006 AARP telephone survey of a nationally representative sample of 1,514 age 65+ persons. (9 pages)

From the Center on Budget Policy Priorities, **[WHAT THE NEW TRUSTEES' REPORT SHOWS ABOUT SOCIAL SECURITY](#)**, Executive Summary. By Jason Furman and Robert Greenstein On May 1, the Social Security Board of Trustees released the 66th annual report on the program's financial and actuarial status. The report projects that Social Security's trust fund reserves will be exhausted in 2040, one year earlier than last year's projection. After that year, Social Security will be able to pay 74 percent of scheduled benefits, rather than full benefits. See: <http://www.cbpp.org/5-1-06socsec.pdf>

The **[2006 ANNUAL REPORT OF THE BOARDS OF TRUSTEES OF THE FEDERAL HOSPITAL INSURANCE AND FEDERAL SUPPLEMENTARY MEDICAL INSURANCE TRUST FUNDS](#)** can be found at:

<http://www.cms.hhs.gov/ReportsTrustFunds/downloads/tr2006.pdf>

The *2006 Annual Report of the Board of Trustees of the Federal Old-Age and Survivors Insurance and Disability Insurance Trust Funds (Social Security)*, presents the current and projected future financial status of the trust funds and can be found at:

<http://www.ssa.gov/OACT/TR/TR06/>

**[The Care of Patients with Severe Chronic Illness](#)**: A Report on the Medicare Program by the Dartmouth Atlas Project Center for the Evaluative Clinical Sciences, Dartmouth Medical School\_May 2006, and funded by the Roubert Wood Johnson Foundation. This report by the Dartmouth Atlas Project scrutinizes the current system of chronic care management, highlighting its waste and providing recommendations on how to improve both quality and efficiency. See: <http://www.rwjf.org/research/researchdetail.jsp?id=2721&ia=142>

The Center for Retirement Research has released a new *Issue in Brief*, "**[Learning by Teaching](#)**" by Steven Sass, Francis Vitagliano, and Luke Delorme. This *brief* is available at: [http://www.bc.edu/centers/crr/ib\\_47.shtml](http://www.bc.edu/centers/crr/ib_47.shtml) The *brief* describes lessons learned by the authors while developing a retirement education game. The game, Get Rich Slow, is designed to

provide married women with an overview of retirement planning challenges. Key lessons include the following:

- When people are young, their 401(k) contributions overshadow their investment returns.
- As people age, decisions about when to retire are more important than decisions about how much to save.
- At retirement, determining how to draw down accumulated savings is a critical challenge.

See: [http://www.bc.edu/centers/crr/ib\\_47.shtml](http://www.bc.edu/centers/crr/ib_47.shtml)

### New From the Census:

- **Americans With Disabilities: 2002**, includes age-related information and can be found at: <http://www.census.gov/prod/2006pubs/p70-107.pdf>
- **Nation's Population One-Third Minority**, includes age-related information on minority populations. See: <http://www.census.gov/Press-Release/www/releases/archives/population/006808.html>

### Practice Resources

### INTERNET RESOURCES ON AGING.

AARP offers a site where you can search or browse through a directory of numerous Web sites on aging, regularly updated: See: <http://news.aarp.org/UM/T.asp?A910.52851.2667.13.903582>

**Crane Library Web Picks of the Week** (Thanks to Laurie Blanchard for her generosity in letting us duplicate these. [http://www.deerlodge.mb.ca/crane\\_library/about.asp](http://www.deerlodge.mb.ca/crane_library/about.asp))

- **Alberta Centre for Active Living** <http://www.centre4activeliving.ca/> The Alberta Centre for Active Living is a key advocate of physical activity for all Albertans and a primary source of research and education on physical activity for practitioners, organizations, and decision-makers. The centre's mandate is to improve the health and quality of life of Albertans through physical activity. Items of interest on the site are:
  - The latest issue of their newsletter, Wellspring, which focuses on a research study which investigated physical activity participation among older adults in rural Newfoundland. <http://www.centre4activeliving.ca/publications/wellspring.html>
  - An order form for the free resource: 101 Active living Ideas for Older Adults.
- **Pandemic Flu Checklist for LTC** <http://www.pandemicflu.gov/plan/LongTermCareChecklist.html>

The Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC) have provided a checklist to help long-term care and other residential facilities assess and improve their preparedness for responding to pandemic influenza. The checklist is organized in the following three sections:

1. Structure of planning and decision making
2. Development of a written pandemic influenza plan

3. Elements of an influenza pandemic plan.

Facilities can use this tool to self-assess strengths and weaknesses of current planning efforts. Links to websites with helpful information are provided throughout this document. Please note that it will be necessary to obtain information from local resources to ensure that the facility's plan complements other community and regional planning efforts

- **"Current Perspectives" Update:**

"End of Life Care" in the "Current Perspectives Series" has been newly updated. The "Current Perspectives Series" highlights current articles, books and Internet resources on specific topics of interest to long-term care professionals. To access "End of Life Care" and other topics in the series, go to:

<http://umanitoba.ca/libraries/units/health/internet/aging.shtml>

## NEW PUBLICATIONS

Nothing New This Issue

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**NEW AT THE CENTER LIBRARY** (The Center Library Database can be searched on line at: <http://ist-socrates.berkeley.edu/~aging/library.html>)

Nothing New This Issue

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**CALENDAR OF EVENTS** **Note:** Except for UC Berkeley, the following are **all newly submitted events**. For a comprehensive calendar see *Resources on Aging* on our WEB site at: <http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html> The **Gerontological Society of America** maintains a national/international calendar at: <http://www.geron.org/calendar.htm> and the *Older Americans Report Calendar* national/international calendar can be found at: <http://www.bpinews.com/hr/pages/oarcalendar.htm>

## UC BERKELEY

**Elderhostel** at International House at the University of California, Berkeley\_Programs for 2006\_International House will host two week-long programs in June. For adults ages 55 and better, participating in Elderhostel is a great way to visit Berkeley while enjoying classes with others who share your interests. Participants stay in renovated rooms with one or two twin beds. Single rooms are available at NO ADDITIONAL COST. Rest rooms are "down the hall." Cafeteria meals offer choices to please any palate.

- **June 5-11 A Feast of Early Music: The Berkeley Festival** Take a trip back in time to enjoy Medieval, Renaissance, and Baroque music performed at the renowned Berkeley

Festival. Our program is held in conjunction with the Festival for the fourth time, offering a unique combination of concerts, demonstrations of period instruments, and lectures by UC professors and other experts. UC Music Professor Kate van Orden returns to our program by popular demand to provide social and historical context as well as insight into the lives of composers. A noted expert on cultural history, she has been interviewed on BBC and NPR and has lectured at Cambridge, Oxford, and UCLA. She is also known for historical performance on the bassoon with over forty CDs to her credit. One of at least four included concerts will be a major Festival event. You may wish to take advantage of our central location to attend additional Festival concerts or some of the dozens of excellent, low-cost "Fringe" events. The Festival schedule is now online at <http://bfx.berkeley.edu/bfx/>. More information about our schedule and the concerts we will attend will be posted here as it becomes available. If you are considering registering for this program, please don't delay. As of late February, space is available but filling quickly!

- **June 12-18, The Berkeley Forum: Challenges and Opportunities in the Middle East**

Gain new understanding of what is behind the headlines through a balanced exploration of contemporary issues in a program co-sponsored by UC Berkeley's Center for Middle Eastern Studies (CMES). Our program is anchored by Prof. Emily Gottreich, Vice Chair of CMES. Gottreich is a Harvard-trained historian and scholar of Muslim-Jewish relations who will be joined by other experts to explore topics including:

- The interplay of religion and politics
- Regional consequences of the Iraq war
- Political scenarios in a post-Sharon era
- Implications of the Hamas election victory
- U.S. policy options that could decrease terrorism

In addition to an exceptional academic program, a scenic day-long trip to the Monterey Bay Aquarium <http://www.mbayaq.org/> is included. We'll also visit the UC Botanical Garden <http://botanicalgarden.berkeley.edu/> and an exhibit of California treasures including the gold nugget that sparked the Gold Rush. Registration Information To register or receive a free catalog, call Elderhostel toll free at 1-877-426-8056 or visit the website at <http://www.Elderhostel.org/>. You will find International House in the June catalog under "University of California - International House." To receive a flyer or if you have questions, call the I-House Elderhostel Coordinator at 510-642-2664 or e-mail <mailto:johnsonb@berkeley.edu>.

## **SUMMER SERIES FOR CAREGIVERS: COPING WITH ELDER CARE**

Elder Care Program, CARE Services for Faculty & Staff (Open to Faculty & Staff of UCB only), University Health Services, UC Berkeley, (510) 643-7754. Visit our web site:

<http://www.uhs.berkeley.edu/facstaff/care/eldercare>

Tuesdays: June 13th, June 27th, July 18th, August 1st  
12:10-1:00 pm

- **6/13/06 THE CAREGIVING RELATIONSHIP: Role vs. Identity**
- **6/27/06 CAREGIVER CHALLENGES: Resisting Help**
- **7/18/06 CAREGIVER STRESS: Competing Demands**
- **8/1/06 CHANGE AND LOSS: Caregiver Grief**

Maureen Kelly, LCSW, Ed.D., Elder Care Counselor for UCB faculty and staff, will be facilitating a brown bag lunch series throughout the summer on issues related to caregiving. Each session will focus on a particular caregiver topic and the emotional responses commonly experienced by caregivers. Coping strategies and community resources will be explored. The classes will combine lecture with input from participants. You may come to one or all four of the classes. To register, enroll on ICE:

<http://hrweb.berkeley.edu/> or call Maureen at 643-3430.

## **BAY AREA**

### **MAY**

**Tuesday, May 30th**

#### **SALEM LUTHERAN HOME CELEBRATES NATIONAL SENIOR HEALTH & FITNESS DAY!**

Salem invites all older adults to participate in National Senior Health & Fitness Day on Tuesday, May 30th from 9:00 am– 4:00 pm. Lace up your sneakers and join us for lots of fun activities including guest speakers, fitness classes, information booths, health screenings, entertainment, art, refreshments, and more! Highlights include talks on fall prevention, maximizing your memory, use of generic pharmaceuticals, and a Health Rhythms drum circle. Artist Etta Clark will display inspirational photographs from her book “*Growing Old is not for Sissies.*” Tappers on Tap, a senior tap dance troupe will entertain us. Information from the Arthritis Foundation, Zimmer Orthopaedics, Alzheimer’s Association, American Heart Association, Your Great Smiles Dentistry, UC Berkeley School of Optometry will be available as well as fitness testing, massage therapy, blood pressure and health screenings. **Salem Lutheran Home, 2361 East 29th Street, Oakland, CA 94606, 510-534-3637** For more information contact Rachel Main: 510-434-2869.

### **JUNE**

**June 21-July 12, 2006, Wednesdays, 12 Noon-3 PM**

#### **FILM AND AGING**

**Note:** This course is in three hour blocks to allow for showing of the films. Bring your lunch and a beverage with you. Classes will be held in Almaden at one of the community centers. After seeing a movie, you enjoy talking about the characters and the issues they face. In this course, you will do that and more. Each week, we will view a feature film or documentary and then discuss the positive and/or stereotypical images of aging. In addition, we will examine the

current theoretical concepts in gerontology such as life review, intergenerational dynamics, sexuality and finding meaning. Like fine wine, films can get better as we age. We bring to the table our life experience, understanding and sense of humor. Using these tools, we will engage in lively discussions and enhance our knowledge of film and aging messages.

**Vivian I. Silva**, social worker, writer, instructor, gerontologist and documentary filmmaker will be teaching this course.

**To register or for more information, send an email message to <mailto:info@osher.sjsu.edu> or call 408-924-2734.** Fee for the course is \$75 and you must be a member of the OLLI@SJSU to participate. Membership for one year (three terms) is \$25.

## **JULY**

### **SATURDAY, July 8, 2006 from 7:00 am to 6:00 pm**

#### **7th Annual Kahuna Kupuna Classic Surf Contest**

**WHERE:** Pacifica State Beach, Pacifica, CA (Pedro Point/Linda Mar)

**WHY:** Honor the experienced surfers at the beach, celebrate the intergenerational nature of our sport and raise some much needed funds for the Pacifica Beach Coalition, a member of Pacifica's Environmental Family to support their program that hires Pacifica High School students to clean Linda Mar Beach.

**WHAT:** All divisions for both men and women over the age of 30 are set up in 5 year increments. The INTERGENERATIONAL TEAM DIVISION (ITD) includes surfers of all ages and must follow these simple guidelines: Represent 3 generations (one generation = 18 years), include 1 surfer under age 18, any length board, can include both males and females and can range from 3 to 6 surfers. Teams will surf together in their own heat. Best team score wins.

**ENTRY DEADLINE:** July 1, 2006

**CHECKS PAYABLE TO:** PACIFICA'S ENVIRONMENTAL FAMILY ("PEF" is good enough) with memo that reads: "Kahuna Kupuna." **NOTE:** PEF is a non-profit organization.

**SEND C/O:** Pacifica's Environmental Family, 690 Alta Vista Drive, Pacifica CA 94044

**ENTRY FEE:** \$80.00 for surfers 30 and over - Includes entry to all divisions, post-contest reception, dinner and the awards ceremony. Surfers under 30 (with a signed entry form) and dinner guests who are not contestants must pay \$20.

**EQUIPMENT:** Longboards - 9' or 3' over the rider's head.

Shortboards - 7'4" or less.

**MINIMUM AGE:** 30 Years of Age PLUS for Men and Women in regular KKC divisions. No Minimum age for Intergenerational Teams that represent 3 generations.

If you have questions, you are welcome to call 650-438-6378 or email

<mailto:kahunakupuna@comcast.net>.

## CALIFORNIA

Nothing New This Issue

## NATIONAL

Nothing New This Issue

## INTERNATIONAL

Nothing New This Issue

## COMMUNITY RESOURCES/FUNDING INFORMATION

**San Francisco State University's Gerontology Program Returns: Application Deadline Extended Until July 30th.** San Francisco State University's Gerontology program, returned from its recent hiatus, is excited to present the program's new offerings. With an expanded curriculum consisting of an enhanced interdisciplinary core and three revised emphases: Geriatric Care Management; Health, Wellness and Aging; and Long-term Care Administration, the program emphasizes an interdisciplinary, skill-based approach to professional education. The university's application deadline has been extended to July 30th, and the GRE is waived this first academic year. Multiple academic scholarships are available. Join us in making our state, nation, and world better places in which to grow old. For information and application: <http://www.sfsu.edu/~sfsugero/> Phone: 415/338-1684 Email: <mailto:sfsugero@sfsu.edu>

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Postings to this list 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.**

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### Donations

Though we do not charge for this service, we do appreciate donations to support our newsletter and job postings.

Suggested amounts:

\$10 a year for newsletter

\$10 a year from individuals receiving job listings

\$20 a year for individuals receiving both

**\$20 per job posting.**

We appreciate all donations, large or small. Thank you.

(Donation year is January 1 - December 31 or any portion thereof.)

Mail checks to: Resource Center on Aging • 140 Warren Hall • University of California • Berkeley, CA 94720-7360