



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

December, 2007

For a comprehensive edition of this newsletter see

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

the Monday after you receive this email.

Continued thanks to all for your generosity and support.

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>

EDITOR'S NOTES

Holiday Greetings

Keep up your good work throughout 2008!

Click on the following link to see your e-card from us. If your e-mail program has not displayed this as a link, copy the following into the Address or Location bar of your Internet browser.

<http://www.jacquielawson.com/viewcard.asp?code=1327175111185&source=jl999> (Also a photo below.....)

Notice: This is the only newsletter that will be published in December. **Regular bi-weekly publication will resume January 4th.** With a few exceptions, job opportunities in aging will continue to be posted regularly throughout December. Remember, If you would like to **post an event in the newsletter**, **please** email it **at least 3 weeks in advance** of the event to allow our readers time to plan.

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 documents**

NEW ON THE WEB

Aging in the Media (Continued thanks to readers who forward media tips!)

Retirees Embarking On A Second Act

The baby boomers are not settling quietly. Correspondent Rita Braver (CBS Sunday Morning, 12/2) explores the world of many senior citizens who are finding fulfilling second careers after retirement. Watch the clip at:

<http://www.cbsnews.com/stories/2007/12/02/sunday/main3563412.shtml>

The Forgetting: A Portrait of Alzheimer's is a two-hour special aimed at helping people better understand and cope with the fearsome disease of Alzheimer's. The cornerstone of the project is a 90-minute documentary based on David Shenk's best-selling book *The Forgetting*. Like Shenk's book, the documentary is a dramatic, compassionate, all-encompassing look at Alzheimer's that weaves together the history and biology of the disease, the intense real-world experiences of Alzheimer's patients and caregivers, and the race to find a cure. The documentary is followed by *Alzheimer's: The Help You Need*, a half-hour program hosted by David Hyde Pierce that features top Alzheimer's experts from around the nation. No matter what your relationship to Alzheimer's, the follow-up show will outline what you need to know about Alzheimer's and where you can turn for help. See

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

program's site at: <http://www.pbs.org/theforgetting/> Check your local PBS TV station for viewing times this week.

Consumer Sites

The **Guide to Choosing a Nursing Home** is prepared by the Centers for Medicare & Medicaid Services (CMS). The guide is designed to help you find and compare nursing homes. It includes information about different types of long-term care, how to find and compare nursing homes in your area, and how to pay for nursing home care. It also provides contact information for organizations that can help answer your questions. See: <http://www.medicare.gov/Publications/Pubs/pdf/02174.pdf>

The enrollment period for Medicare Part D drug plans is still going (ends December 31st.) If you haven't chosen a new plan, CMS has a site that will let you do a **Personalized Plan Search or a General Plan Search** to compare plans. For details See:

<http://www.medicare.gov/MPDPF/Public/Include/DataSection/Questions/SearchOptions.asp>

Research & Reports

Profiles of Older Workers: 2004 - Hawaii -The Census Bureau, in partnership with 31 states, has launched a series of reports on workers 55 and older. Hawaii is the sixth state to be released in the series. Internet address:

<http://www.census.gov/prod/2007pubs/ledow07hi.pdf>

From THE RETIREMENT POLICY CENTER

Fact Sheets on Population Aging

SHOULD PEOPLE WORK LONGER, AND WILL THEY?

http://www.urban.org/UploadedPDF/411584_work_longer.pdf

ARE EMPLOYERS WILLING TO HIRE AND RETAIN OLDER

WORKERS? http://www.urban.org/UploadedPDF/411583_older_workers.pdf

AUDIO FILES OF FORUM ON OLDER WORKERS

Who Will Hire Me When I'm 64? Challenges to Increasing Employment of Older Workers"

<http://www.urban.org/Pressroom/firsttuesdays/december2007.cfm>

Practice Resources

Crane Library Web Picks of the Week 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>

Activity Provision: Benchmarking Good Practice in Care Homes, 2007.

<http://www.cot.org.uk/specialist/olderpeople/news/pdf/ActivityProvisionENGLISH.pdf>

Commissioned by the College of Occupational Therapists (UK) and the National Association for Providers of Activities for Older People, this document is aimed at care home providers and offers person-centered quality indications and outcome measures to inform, guide and encourage those who are responsible for managing, developing, providing and purchasing activity provision within care homes.

The benchmarking tool has been designed to evaluate practice and performance by making evidence-based comparisons. It will be useful for care homes to assess their current level of service provision, and to identify areas for improvement in an action plan.

NEW PUBLICATIONS

Nothing New This Issue.

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.

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

Join UC Berkeley's Research Subject Volunteer Program (RSVP) and **be a part of the exciting research studies at Cal**. We ESPECIALLY invite healthy adults OVER the age of 50 to participate in our research that ranges from psychology & social science to optometry & neuroscience. You can select from projects that can be anything from completing a survey, to viewing images of facial expressions on a computer monitor, to having images of you brain made while you tap your fingers. To participate just visit <http://rsvp.berkeley.edu> OR, for those with *limited or no Internet access* email or mail us a physical copy of the MS Word form located at http://rsvp.berkeley.edu/rsvp_registration.doc

The University of California, Berkeley Center for the Advanced Study of Aging Services is Co-Sponsoring with the Institute on Aging the following series of professional education programs on the "**Secrets of the Aging Mind.**" All programs will be held at The Event Center, Saint Mary's Cathedral, 1111 Gough Street, San Francisco.

Please mark your calendars for the upcoming dates, and watch for more information!

January 24, 2008, 8:30 am - 4:30 pm MENTAL ILLNESS AND AGING: DIFFICULT BEHAVIORS THAT CHALLENGE PROFESSIONALS

March 13, 2008, 8:30 am - 4:30 pm RECOGNIZING AND RESPONDING TO CLUTTER ADDICTION AND COMPULSIVE HOARDING IN OLDER ADULTS

May 15, 2008, 8:30 am - 4:30 pm BRAIN HEALTH ACROSS THE LIFESPAN

*For specific details on each program please visit: <http://education.IOAging.org> or to register visit: http://education.ioaging.org/sign_up.html For information: Call Danna Moore at (415) 750-4180 x227

February 13, 2008

Please join *Creating Aging-Friendly Communities* hosted by the University of California at Berkeley for a unique **online** experience

Ⓢ *Explore* over 25 different presentations on creating more aging-friendly communities

Ⓢ *Engage* with national experts such as Jennie Chin-Hansen (AARP), Judy Goggin (Civic Ventures) and Jody Kretzmann (ABCD Institute)

Ⓢ *Discover* what other communities are doing to be more aging-friendly

Ⓢ *Network* to explore and solve your community's issues

Ⓢ *Identify* approaches that work

Ⓢ *Access* practical tips, models, tools, and training materials

For more information or to register for the conference go to

<http://www.agingfriendly.org>

BAY AREA

Spring Semester - begins January 14, 2008

City College of San Francisco, Health Education and Community Health Studies offers a course for all ages

Health 10 - Health and Aging

an introduction to Social Gerontology surveying biological, psychological, & sociological aspects of aging with a personal and political perspective meets CCSF Graduation requirements

transferable to CA State Universities and to SFSU's Gerontology Masters Program
CEUs for Nurses Ideal for those working with elders and looking for a career boost or to fill in gaps in knowledge

Choose between 2 sections: Mondays from 1 - 4 p.m. 15 meetings, or Mon. & Wed. 11-12:30 p.m. 3 unit course (\$20 per unit) at CCSF Ocean campus 50 Phelan Ave. off Hwy. 280 BART and Muni nearby Enrollment info at <http://www.ccsf.edu>; (415)239-3285

For further course info contact Robin Roth <mailto:rroth@ccsf.edu> (415) 452-5153

Series

Elderhostel Program - Alameda County Library Jan-March, 2008

Learn, Travel & Enjoy with Elderhostel!

Adventures for older adults plus intergenerational programs

Discover more than 8,000 learning adventures in all 50 states and more than 90 countries abroad. Elderhostel is the nation's first and the world's largest educational and travel organization for older adults.

Elderhostel Ambassadors will share their memoirs & answer questions

All programs begin at 1:30 pm

Program is FREE Refreshments will be available

All locations are wheelchair accessible. For sign language interpreter or other accommodations, please contact branch at least 7 working days prior to event.

Dublin Library - Thursday 1/17

200 Civic Plaza 925-828-1315

San Lorenzo Library - Wednesday 1/23

395 Paseo Grande 510-670-6283

Albany Library - Thursday 2/7

1247 Marin Ave. 510-526-3720

Newark Library - Tuesday 2/19

6300 Civic Terrace Ave. 510-795-2627

Castro Valley Library - Thursday 2/21

20055 Redwood Rd. 510-670-6280

Union City Library - Wednesday 3/12

34007 Alvarado-Niles Rd. 510-745-1464

Fremont Main Library - Wednesday 3/19 2400 Stevenson Blvd. 510-745-1401

Questions? Contact: "Richard Bray" <<mailto:RBray@aclibrary.org>>

February 7, 2008

Please Join Us for a *FREE* dinner and forum discussing:

MEDICATION AWARENESS

Presented By: Gillian Epstein, Pharm. D

Drug Education Coordinator at Kaiser Permanente, Oakland

Contra Costa JCC Auditorium

2071 Tice Valley Blvd., Walnut Creek

A complimentary light dinner will be served

5 pm - 6: 45 pm Free Pharmacy Review for those wanting to meet with pharmacists to discuss their medications

5: 30 pm - 6:45 pm Before or after your pharmacy review, come speak with Laurel Zien, M.A.,G.C., author of “Tracking Your Medicine: How to Keep it Simple and Safe”

6:45 pm -7:15 pm A light dinner will be served

7:15 pm- 8:15 pm Gillian Epstein, Pharm. D, will speak about poly-pharmacy, drug interactions, herbal medicines, adverse effects, costs, and communicating with your prescriber.

Reservations Required. Please specify if you will be attending the pharmacy review, dinner and forum, or just the dinner and forum.

RSVP to Judy Vared by Jan 15th. Reservations will be taken on a first come basis.

Contact Judy by either phone or email: 925-964-2069 or <mailto:marketing@rcjl.org>

Sponsored by: Central County Senior Coalition, Contra Costa Jewish Community Center, Kaiser Permanente, The Chateau's of Pleasant Hill

CALIFORNIA

Deadline - January 17, 2008

CALL for Proposals California Assisted Living Association (CALA) **Spring Conference & Trade Show *Team-Up for Success!***

June 9 - 11, 2008 DoubleTree San Jose

If you are interested in sharing your expertise and insights regarding how to create, collaborate and build on success, please complete and submit the proposal below.

CALA Conferences highlight cutting-edge issues in Assisted Living, such as:

Service delivery and management

Program development

Marketing and public relations

Public policy

Technology and business trends

CALA welcomes innovative, thought- provoking submissions that provide effective strategies and excellent take home value to our members. See:

http://caassistedliving.org/secure/2008-spring_conf-call.htm

NATIONAL

Nothing New This Issue

INTERNATIONAL

14-18 April 2008

Oxford Institute of Ageing Spring School

The Multi-disciplinary Toolkit for Global Ageing,

University of Oxford

Deadline for applications: 15 January 2008

The intent of the Spring School is to provide the next generation of researchers on Ageing with the tools they need to move into the 21st century. This forum will provide a unique opportunity for interaction between leading experts and emerging researchers in all aspects of bio-demographic, social and behavioural research into individual and population ageing. The schedule will consist of a combination of key note lectures, workshops and discussion groups on the themes of Demographic and Population Change, The Ageing Brain, and Institutions and Civil Society,.

We expect attendees from a wide range of disciplines and countries including emerging researchers from a transitional or developing region, funded through a dedicated bursary scheme. Costs for participation are £450 (without accommodation) or £650 (including 4 nights B&B).

Places are limited, and applications (application form and a CV plus a name of one reference) should be submitted by 15 January 2008.

More information and an application form are available for download from <http://www.ageing.ox.ac.uk/conferences.html> (tel. +44-1865-286196, email: <mailto:angelika.kaiser@ageing.ox.ac.uk>).

4-6 September, 2008

The 2008 Annual Conference of the British Society of Gerontology will be held between 4-6 September on the Frenchay campus of the University of the West of England, Bristol. The overall theme is **Sustainable Futures in an Ageing World**. The conference website <http://www.bsg2008.org.uk> is open for business and welcomes abstracts for papers, posters and symposia. The deadline for receipt of symposium proposals is 30 March 2008. The Conference Planning Group, chaired by Professor Robin Means, welcomes ideas for symposia. The Group has decided that it should itself put forward a symposium theme, namely Involving Older People

in Research. It will be organised by Randall Smith (Bristol University) and abstracts of no more than 250 words should be sent as an e-mail attachment to <mailto:Lisa.Sinfield@uwe.ac.uk>

COMMUNITY RESOURCES/FUNDING INFORMATION

Nothing New This Issue

(for those of you who are curious.....)

Happy Holidays from the Driver Clan

l-r Back row: Daughter Kathlyn, **Ninety-three year old mother Grace**, Son Ben.

l-r Front row: Kate's beau Lincoln, Me! and husband Dave.....

From our home(s) to yours.



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

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

140 Warren Hall

University of California

Berkeley, CA 94720-7360