



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

November 12 - November 30, 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>

November is National Family Caregivers Month

EDITOR'S NOTES

Important Notice: The newsletter will be published on Friday, December 14th only during the month of December. We will resume regular bi-weekly publications January 4th. Hope you're all having a grand holiday season!

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.

Job opportunities in aging will continue to be posted on a regular basis throughout November and December.

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<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**

NOTE: I wanted especially to bring this event to everyone's attention. **Two panelists are from Cal.** For those unable to attend, the program will be broadcast on 88.5 FM from 9 - 11 AM, and will be available via live stream on KQED.org at: <http://www.kqed.org/index.jsp>; click on "listen live".

This coming TUESDAY DECEMBER 4TH

KQED'S *FORUM* PROGRAM - HOSTED BY MICHAEL KRASNY WILL

BROADCAST LIVE FROM THE BUCK INSTITUTE FOR AGE

RESEARCH On Tuesday December 4th the public is invited to participate.

Seating is limited. Guests must RSVP to 415-209-2261, and receive confirmation.

Guests need to be seated in the Drexler Auditorium by 8:45 a.m.

Program:

9:00 - 10:00 am: Topic: **Age Research**. Guests include Buck Institute faculty members Dale Bredesen, MD and Gordon Lithgow, PhD, and **Paola Timeras, PhD, from UC Berkeley**

10:00 - 11:00 am: Topic: **Aging & Society**. Guests include **William Satariano, Prof of Epidemiology & Public Health, UC Berkeley**; Mary McCall, Prof of Psychology, St. Mary's College, and John Shoven, Director, Stanford Institute for Economic Policy Research.

NEW ON THE WEB

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

THE SAVAGES - Movie

THE SAVAGES is an irreverent look at family, love and mortality as seen through the lens of one of modern life's most bewildering and challenging experiences:

when adult siblings find themselves plucked from their everyday, self-centered lives to care for an estranged elderly parent.

The last thing the two Savage siblings ever wanted to do was look back at their difficult family history. Having wriggled their way out from beneath their father's domineering thumb, they are now firmly cocooned in their own complicated lives. Wendy (Academy Award® nominee Laura Linney) is a struggling East Village playwright, AKA a temp who spends her days applying for grants, stealing office supplies and dating her very married neighbor. Jon (Academy Award® winner Philip Seymour Hoffman) is a neurotic college professor writing books on obscure subjects in Buffalo. Then comes the call that informs them that the father they have long feared and avoided, Lenny Savage (Tony Award® winner Philip Bosco), is slowly being consumed by dementia and they are the only ones that can help. Now, as they put their already arrested lives on hold, Wendy and Jon are forced to live together under one roof for the first time since childhood, rediscovering the eccentricities that drove each other crazy. Faced with complete upheaval and battling over how to handle their father's final days, they are confronted with what adulthood, family and, most surprisingly, each other are really about.

Watch the trailer: <http://www.foxsearchlight.com/thesavages/> Also hear an interview with film's creator Tamara Jenkins on Terry Gross's Fresh Air at: <http://www.npr.org/templates/story/story.php?storyId=16654231>

New York Times, **In Hospice Care, Longer Lives Mean Money Lost**, By KEVIN SACK, November 27, 2007 (Includes some lovely photos) See: <http://www.nytimes.com/2007/11/27/us/27hospice.html>

Can the private market handle long-term care? Madonna Harrington Meyer, Pamela Herd, San Francisco Chronicle, Friday, November 16, 2007. See: <http://www.sfgate.com/cgi-bin/article.cgi?file=/c/a/2007/11/16/EDE6TCGF7.DTL>
New York Times **Study Finds Higher Costs for Caregivers of Elderly** By JANE GROSS, November 19, 2007. See: http://www.nytimes.com/2007/11/19/us/19caregiver.html?_r=2&oref=slogin&oref=slogin

(**Note:** This is very touching, and well worth reading!) **Love in the Time of Dementia** By KATE ZERNIKE, New York Times, November 18, 2007. See: <http://www.nytimes.com/2007/11/18/weekinreview/18zernike.html>

(Reuters) Wed Nov 28, **Drug maker packs red-wine-like [anti-aging] compound in pill**, By Julie Steenhuysen. See: <http://www.reuters.com/article/healthNews/idUSN2861871620071128> Listen to the audio version of this story at: <http://www.npr.org/templates/story/story.php?storyId=16727282>

Consumer Sites

ELDR is a consumer magazine and online community. *It inspires readers to live a more meaningful life, and to celebrate the joys while navigating the challenges of aging.* “Eld” is a Middle English noun that means a time in life at which one comes into power and the “R” represents revolution. ELDR brings readers an educated and entertaining approach to aging through essays, stories, reviews, interviews and artwork. It offers viewpoints on emerging social and behavioral issues along with insights on health, lifestyles and activism. See: <http://www.eldr.com/>

Keep On Drivin': Here are four ways older drivers can perform better behind the wheel. By Reed Karaim, November 2007, from AARP. See: http://www.aarp.org/bulletin/yourlife/keep_on_drivin.html?print

Research & Reports

The first report, **REINVESTING IN THE THIRD AGE: Older Adults and Higher Education** of Metlife's initiative, OLDER ADULTS & HIGHER EDUCATION initiative can be seen at: <http://www.acenet.edu/Content/NavigationMenu/ProgramsServices/CLLL/Reinvesting/Reinvestingfinal.pdf>

The International Longevity Center - USA. has published **Myths of the High Medical Cost of Old Age and Dying**. It can be purchased at:

<http://www.ilcusa.org/pages/publications/politics-health-care/myths-of-the-high-medical-cost-of-old-age-and-dying.php>

The PEW INTERNET & AMERICAN LIFE PROJECT has published **E-patients With a Disability or Chronic Disease** which states that *Adults living with a disability or chronic disease are less likely than others to go online, but once online, are avid health consumers.*

http://www.pewinternet.org/pdfs/EPatients_Chronic_Conditions_2007.pdf

The National Center on Caregiving at Family Caregiver Alliance has released Proceedings from its March 2007 national conference, "**Family Caregiving: State of the Art, Future Trends.**" The conference was convened in Chicago by FCA in partnership with the American Society on Aging. The complete Conference Proceedings are now available on the FCA website at:

http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2043 The Proceedings detail the wide-ranging presentations and summarize trends, policy issues and progress in the field.

The World Health Organization (WHO) has developed a global strategy for the prevention of the abuse of older people. The report on this effort, **Missing Voices: Views of older persons on elder abuse** can be found at:

http://whqlibdoc.who.int/hq/2002/WHO_NMH_VIP_02.1.pdf

Also, The HHS Administration on Aging (AoA) has launched a new **National Center on Elder Abuse**. See:

http://www.ncea.aoa.gov/ncearoot/Main_Site/index.aspx

The Service Employees International Union, has published the report **Equity and Inequity: How Private Equity Buyouts Hurt Nursing Home Residents** which can be seen at: http://www.seiu.org:media:pressreleases.cfm%3Fpr_id=1558

The Department of Health and Human Services OFFICE OF INSPECTOR GENERAL has published the following: **A COMPARISON OF MEDICARE PROGRAM AND CONSUMER INTERNET PRICES FOR POWER**

WHEELCHAIRS OEI-04-07-00160, Daniel R. Levinson, Inspector General, October 2007. See: <http://www.oig.hhs.gov/oei/reports/oei-04-07-00160.pdf>
Evercare in collaboration with The National Alliance for Caregiving has published Report of Findings *November 2007*, **Family Caregivers - What They Spend, What They Sacrifice: The Personal Financial Toll of Caring for a Loved One** See: <http://www.evercarehealthplans.com/pdf/CareGiversStudy.pdf>

Practice Resources

Training Guide from the National Institute on Aging Helps Older Adults Find Health Information Online

Health issues are a vital concern for older adults, and surveys show that most of those who go online search for health and medical information. However, since only 34 percent of people age 65 and older are online, the majority of older adults are missing out on valuable health information. To broaden the numbers of older adults able to search for and find reliable health information online, the National Institute on Aging (NIA) has developed a free training curriculum for those who teach and work with older adults. This Toolkit for Trainers is now available on NIHSeniorHealth.gov, a senior-friendly Web site developed by the NIA and the National Library of Medicine (NLM), components of the National Institutes of Health (NIH).

Trainers who download the toolkit at <http://www.nihseniorhealth.gov/toolkit> will receive a set of materials they can customize to their students' skill levels and interests.

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>

Effective Older People Care: <http://www.effectiveolderpeoplecare.org>

EffectiveOlderPeopleCare.org is a continually updated source of current best evidence in the health care of older people. It focuses on common health problems in old age and different models of service organization for older people, providing a concise account of the evidence.

EffectiveOlderPeopleCare.org has been developed in a direct attempt to breakdown the barriers that prevent health professionals keeping up to date with rapidly

increasing volumes of high quality research, and to provide clear evidence-based answers to the clinical questions asked by health professionals working in the field.

Provides quick and easy access to:

- Summaries of evidence of effectiveness of interventions used in Older People's care
- National Guidelines on older people's care
- Has a search function
- Will be regularly updated
- Uses transparent and explicit methods

To date the effective health care team has identified 19 themes with over 250 interventions and relevant summaries of effectiveness based on critical appraisal of Cochrane systematic reviews. EffectiveOlderPeopleCare.org will grow and evolve over time, with new features added on a regular basis. Everyday, new research is published and new clinical questions are raised and the database has potential to expand into using non-Cochrane systematic reviews and randomized controlled trials.

Beyond Memory: <http://www.knowledgenetwork.ca/beyondmemory/index.html>

Knowledge Network, in partnership with the Alzheimer Society of BC, has produced a documentary about dementia. Beyond Memory looks at dementia as told through the stories of five BC families. Each of the individuals is featured at a different stage in their illness, and together they paint a poignant picture of the journey through dementia and its impact on their loved ones.

The documentary is available for viewing online (You must have "Flash" installed on your computer)

Global Age Friendly Cities: A Guide

http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf

Informed by the World Health Organization's approach to active aging, the purpose of this guide is to encourage cities to become more age-friendly to tap the potential of older people. An age-friendly city encourages active ageing by optimizing opportunities for health, participation and security, in order to enhance the quality of life of people as they age.

The guide provides a historical overview of urbanization and the challenges facing cities, as well as describing the concept of active ageing as a model to guide the development of age-friendly cities.

This guide highlights the issues cities face in urban living such as outdoor spaces and buildings, transportation, housing, social participation and employment, communication and information; and community support and health services. In each part, a checklist of core age-friendly city features is provided. Also included is helpful information on how the guide can be used by individuals and groups to stimulate action in their own cities.

NEW PUBLICATIONS

Gilbert Guide, is now offering all printed guides FREE to the community. These include detailed explanations about the multiple categories of care and explain reimbursement options for each level of care

The guide books are available & can be ordered for:

- San Francisco Bay Area - San Mateo, San Francisco, Marin, Southern Napa and Sonoma counties: <http://www.gilbertguide.com/gilbert-guide-shop/california-san-francisco-bay-gilbert-guide.php>
- East Bay, CA - Contra Costa and Alameda counties: <http://www.gilbertguide.com/gilbert-guide-shop/california-east-bay-gilbert-guide.php>
- 5 Boroughs of New York City - Brooklyn, Bronx, Manhattan, Queens and Staten Island: <http://www.gilbertguide.com/gilbert-guide-shop/new-york-new-york-city-gilbert-guide.php>
- Dallas-Fort Worth Metroplex - Dallas, North Dallas, Mid Cities and Fort Worth areas: <http://www.gilbertguide.com/gilbert-guide-shop/texas-dallas-fort-worth-gilbert-guide.php>

For more information, visit: <http://www.gilbertguide.com>.

OPEN UNIVERSITY PRESS introduces a new text, **TOM KITWOOD ON DEMENTIA, A READER AND CRITICAL COMMENTARY** by Clive Baldwin and Andrea Capstick. For FULL INFORMATION, or to request a LECTURER COPY, please visit:

http://www.mcgraw-hill.co.uk/ecat/openup07/baldwin_capstick Tom Kitwood was an influential writer on dementia during the last 20 years. Key concepts and approaches from his work on person-centred care and well-being in dementia have

gained international recognition and shaped much current thinking about practice development. This Reader brings together twenty original publications by Kitwood which span the entire period of his writing on dementia, and the different audiences for whom he wrote.

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

The Truth About Aging: Can We Really Live Longer and Healthier? by George S. Roth (2005) published by Windstorm Creative.

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

UC Berkeley Extension

Dec. 7

Neuropsychiatric Symptoms and Diagnostics of Dementia, 6 hours CE credit: BRN, LCSW/MFT, and Psychologists, Friday, Dec. 7, 9am-4pm, 425 Market Street, San Francisco, Fee: \$195, Instructor: Heather L. Bornfeld, Ph.D., MSW, EDP 411371

Treating Depression in Older Adults, 6 hours CE credit, BRN, LCSW/MFT, and psychologists, Friday, Nov 9, 9am-4pm, 425 Market St., San Francisco, Fee: \$205, Instructor: Patricia Arean, Ph.D., EDP 411389

For all classes, please call (510) 642-4111 to enroll or (510) 643-3883 for more information.

BAY AREA

December 6, 2007

Proposal Writing Seminar in San Francisco, CA on December 6, 2007

DETAILS

WHEN

Thursday, December 6, 9 a.m. to 4 p.m.

Check-in and coffee: 8:30 a.m. - 9 a.m.

WHERE

Marines' Memorial Club and Hotel, 609 Sutter St., 11th Floor, San Francisco, CA

COURSE DESCRIPTION

For every grantseeker who wants to learn how to write proposals geared to foundations, and for experienced proposal writers who are initiating a foundation fundraising campaign.

More than 35,000 grantseekers have strengthened their skills with this popular seminar, now in its 15th year. Our expert instructors will teach you to craft a comprehensive, compelling proposal package-step by step. You'll hear what funders themselves have to say about proposals, and gain valuable insight into the review process.

Download the PDF registration form at:

http://foundationcenter.org/marketplace/catalog/product_training.jhtml?id=prod1440016

CALIFORNIA

Wednesday, February 13, 2008

Care Transitions Conference (Sacramento): **Finding Solutions, Improving Care Coordination**

Attend a one-day conference with healthcare professionals and leaders from hospitals, home health agencies, nursing homes, health plans, and medical groups to discuss challenges related to care coordination and the solutions you can implement in your setting today. Eric Coleman, MD, and numerous other experts in care transitions share best practices and innovative ideas.

Register by January 30, 2008. Please register early as this session has a limited capacity.

Time: 9:00 a.m. - 4:00 p.m. Pacific (Registration and breakfast begin at 8:30 a.m.)

Location: Sacramento Convention Center

<http://www.sacramentoconventioncenter.com/>

1400 J Street, Sacramento, CA 95814

CE Credit*: CEU (5.5 hrs)**

Cost: \$65.00 (covers meeting costs, breakfast, and lunch)

Questions: Contact Danielle Franklin at (415) 677-2015 or

<mailto:dfranklin@caqio.sdps.org>.

For more information on the Care Transitions Conference, please visit the Care Transitions Conference (Sacramento) event details page at:

<http://www.lumetra.com/events/index.aspx?id=3056>

NATIONAL

Nothing New This Issue

INTERNATIONAL

Nothing New This Issue

COMMUNITY RESOURCES/FUNDING INFORMATION

Media artist Candacy A. Taylor is working on a multimedia project, COUNTER CULTURE: THE AMERICAN COFFEE SHOP WAITRESS and sends along the following request:

I am **looking for more waitresses to interview and photograph** in the **Southern** United States. The project honors career waitresses aged 60 AND OLDER who have been waiting tables for at least 20 years. I would like to find waitresses who work in restaurants that have become local institutions. I prefer that the restaurants be coffee shops with a counter and have a large local clientele. I am looking for waitresses who work in the the following places:

- New Orleans - Louisiana
- Mississippi
- Alabama
- Georgia
- Northern Florida
- Central Ohio

The data gathered will be included in my book which will be published by Cornell University Press and for my photo exhibition which will start touring the US in the Spring of 2009.

Any leads are greatly appreciated. Thanks for your time.

Candacy Taylor <mailto:slingingpower@yahoo.com>;

<http://www.careerwaitresses.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

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University of California

Berkeley, CA 94720-7360