



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

January, 2009
Happy New Year!

EDITOR'S NOTES

A copy of this newsletter that includes all events that have not expired is updated monthly at:

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

Note: A reader has suggested we **archive the newsletters**, so we are! Most 2008 editions (pdf files only) of *New Resources on Aging* can be accessed at: <http://idisk.mac.com/dianedriver-Public>. Click on the folder 2008 Newsletter Archives. Then click the arrow to the right of the edition(s) you'd like to download. **This is a temporary location.** Check back for more information on this process.

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. We have a new program for our library database. Take a look at: [http://www.libraryworld.net/cgi-bin/opac.pl?command=signin&libraryname=ucb center on aging&guest=allow](http://www.libraryworld.net/cgi-bin/opac.pl?command=signin&libraryname=ucb%20center%20on%20aging&guest=allow)

The next edition of the newsletter will be published Friday, February 6th. The deadline for items to be included in this issue is Monday, February 2nd. Please email to <mailto:ddriver@berkeley.edu>.

All Internet links in this newsletter have been checked. Please allow sufficient time for links to load, **especially pdf (Portable Document Format) documents**. To view a pdf document, you will need the [Adobe® Acrobat® Reader](#) available free from Adobe at: http://www.adobe.com/products/acrobat/readstep2_allversions.html
If for some reason a link does not work, copy and paste the address into your browser.

NEW ON THE WEB

Aging in the Media

(continued thanks to readers who forward information.)

After The Forgetting, 'I Love You' Producer Erica Heilman brings this story of how a Vermont family changes as the mother's dementia progresses. Listen at: <http://www.npr.org/templates/story/story.php?storyId=98450439&sc=ema>
[f](#)

Living to 100, Here & Now, Friday, December 26, 2008

What's the secret to living longer? Is it exercise, a healthy diet, or just good genes? Dr. Thomas Perls, Director of the New England Centenarian

Study, studied 1500 centenarians to learn their secrets, and he tells us what he learned about living to 100. LISTEN AT:

http://www.here-now.org/shows/2008/12/20081226_2.asp

Car Service Helps Older Adults Stay Independent, by Joseph Shapiro, Thursday, January 1, 2009. See:

<http://www.npr.org/templates/story/story.php?storyId=98828864&sc=ema>
f (Editor's Comment: This is a terrific story!).

Civic Ventures Announces 2008 Purpose Prize Winners, Philanthropy News Digest. San Francisco-based **Civic Ventures** has announced the winners of the 2008 **Purpose Prize**, which recognizes social entrepreneurs age 60 and older. See:

<http://foundationcenter.org/pnd/news/story.jhtml?id=236500012>

Florida Adopts 'Silver Alerts' for Mentally Impaired Elderly Who Wander Off

By CARMEN GENTILE, *NYT*, Published: December 17, 2008. See:

<http://www.nytimes.com/2008/12/18/us/18silver.html?scp=2&sq=Florida&st=nyt>

Consumer Sites

As America ages, the challenges facing individuals and society are changing. One of these is the issue of elderly drivers and how to maintain mobility for seniors without compromising safety. **The Golden Road: Today's Senior Drivers** takes an unblinking look at this controversial topic, with special attention given to the role of friends and family members. Whether you are a senior who is interested in keeping yourself and others safe, or you have a loved one dealing with a driving problem, To order this video see: <http://www.kqed.org/w/goldenroad/about.html>

Research & Reports

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

The Association Between Retirement and Emotional Well-Being: Does Prior Work-Family Conflict Matter? Kathryn M. Coursole, Megan M. Sweeney, James M. Raymo, Jeong-Hwa Ho, California Center for Population Research On-Line Working Paper Series December 2008. See: <http://papers.ccpr.ucla.edu/papers/PWP-CCPR-2008-052/PWP-CCPR-2008-052.pdf>

The Economic Crisis and Its Impact on State Aging Programs: Results of all-state survey

The National Association of State Units on Aging (NASUA) surveyed its members to gauge the impact of the economic downturn on aging services. The members of NASUA are the nation's 56 officially designated state and territorial agencies on aging, often referred to as State Units on Aging (SUAs). This is the second survey on the economy that NASUA completed in 2008. See:
<http://www.nasua.org/documents/EconomicSurveyReport.pdf>

New from the Urban Institute

- **How Is the Recession Affecting Older Workers?** Richard W. Johnson <http://www.urban.org/publications/411804.html>
- **Diversity in Retirement Wealth Accumulation** Gordon Mermin, Desmond Toohey, Sheila R. Zedlewski
<http://www.urban.org/publications/411805.html>
- **Older Workers and the Recession** Richard W. Johnson
<http://www.urban.org/publications/901205.html>

- **How Is the Financial Crisis Affecting Retirement Savings?**
Mauricio Soto <http://www.urban.org/publications/901206.html>
- **Are Baby Boomers Saving Enough for Their Retirement?**
Rudolph G. Penner <http://www.urban.org/publications/411794.html>

From the Census

The Census Bureau has released a series of state reports on workers 55 and older. The following two are its latest:

- **Profile of Older Workers: 2004 - Idaho** is available at <http://www.census.gov/prod/2008pubs/ledow04id.pdf>.
- **Profiles of Older Workers: 2004 - West Virginia** is available at: http://www.census.gov/Press-Release/www/releases/archives/aging_population/013040.html
- **Previously released reports** are available at http://lehd.did.census.gov/led/library/profiles_2007.html.

International Reports

INSTITUTE OF ECONOMIC AFFAIRS [LONDON]: "**Understanding the Labour Market for Older Workers**," by John S. Heywood and W. Stanley Siebert (IEA Discussion Paper No. 23, November 2008, .pdf format, 35p.). <http://www.iea.org.uk/files/upld-book446pdf?.pdf>

Practice Resources

AMEDEO MEDICAL LITERATURE has been created to serve the needs of healthcare professionals, including physicians, nurses, pharmacists, administrators, other members of the health professions, and patients and their friends. They can easily access timely, relevant information within their respective fields... **All AMEDEO services are free of charge.**

Examples of topics of interest in aging include: Osteoporosis, Alzheimer's Disease and Parkinson's Disease

AMEDEO Literature Guide can be seen at:

<http://www.amedeo.com/index.htm>

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>

On Our Own Terms: The Challenge of Assessing Dignity in Care

From Help the Aged (UK), in conjunction with the Picker Institute Europe, this document follows on the initiative Help the Aged began in 2007 to bring clarity to the debate about what dignity in care means for older people. They proposed a framework of nine domains of care for supporting dignity and have continued their work by asking older people to identify what needs to be assessed under each domain in order to make real progress in providing patient-centred care.

Each domain (autonomy, communication, eating and nutrition, end of life care pain, personal hygiene, practical assistance, privacy and social inclusion) is broken down into measurable performance components.

Also newly available from Help the Aged, is the document *Pain in Older People: Reflections and Experiences from an Older Person's Perspective*. Produced in conjunction with the University of Nottingham and the British Pain Society, this publication explores older people's experiences of living and coping with persistent pain and also reviews the literature on pain on older people. Both publications are available for download at:

http://policy.helptheaged.org.uk/_policy/default.htm

Late Life Suicide Prevention Toolkit

<http://www.ccsmh.ca/en/projects/suicide.cfm>

New from the Canadian Coalition for Senior's Mental Health, this toolkit was developed by experts in the field of geriatrics and suicide prevention for physicians, nurses, front-line workers, mental health professionals and educators.

The kit includes:

- National Guidelines for Senior's Mental Health: Assessment of Suicide Risk and Prevention of Suicide
- Clinician Pocket Card: Suicide: Assessment and Prevention
- Materials for Educators: Facilitator's guide; Powerpoint Presentation; Evaluation for Learners
- Additional tools for assessing and treating depression

All elements of the toolkit are available to download at the website. In order to get the most educational benefit, CCSMH recommends that the various educational tools be viewed together

Hardcopy versions may also be ordered. To download, or for ordering information, go to the website address above.

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%20center%20on%20aging>

The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science (2007), by Norman Doidge, Published by the Penguin Group.

101 Careers in Gerontology (2007), by C. Joanne Grabinski, Springer Publishing Company.

Media Takes: On Aging (2009), published by International Longevity Center-USA and Aging Services of California.

NEW PUBLICATIONS

INSTITUTE OF ECONOMIC AFFAIRS [LONDON]: **Pension Provision: Government Failure Around the World**, edited by Philip Booth, Oskari Juurikkala, and Nick Silver (December 2008, .pdf format, 161p.). This on-line book can be found at:
<http://www.iea.org.uk/files/upld-book445pdf?.pdf>

The Age of Aging: How Demographics are Changing the Global Economy and Our World, George Magnus, October 2008. The book examines the economic effects of aging, the main proposals for addressing the implications, and how aging societies will affect family and social structures, and the type of environment in which the baby-boomers' children will grow up. See:
<http://www.wiley.com/WileyCDA/WileyTitle/productCd-0470822910.html>

Re-creating Neighborhoods for Successful Aging

Edited by Pauline S. Abbott, Ed.D., Nancy Carman, M.A., C.M.C., Jack Carman, F.A.S.L.A., and Bob Scarfo, Ph.D., M.L.A.

The aging of the U.S. population and the rising average life span are transforming current perspectives on growing older, retirement, and senior living communities. To ensure that environments meet the changing needs of older adults, a re-conception of housing, communities, and neighborhoods is required. *Re-creating Neighborhoods for Successful Aging* provides the foundation for confronting this pressing challenge.

See: <http://www.healthpropress.com/store/abbott-29241/index.htm>

OLDER WORKERS IN EUROPE, Anthony Chiva, Jill Manthorpe, King's College London, UK, Dec 2008, 184pp Paperback GBP21.99

This book brings together a diverse collection of insights, from a wide range of experts. A broad overview is created by the foreword, from Jumbo Klercq. This sets the scene for the subsequent chapters which examine more specific approaches and ways of tackling age diversity and ageing in the workplace.

Analyses the research and evidence on factors which impact older workers. This is complemented by an exploration of older workers' attitudes to work based on primary research undertaken by Stephen McNair and Mat Flynn. Chiva and Manthorpe also include examples of innovative practice in working with individuals, employers and intermediaries and feature contributions from researchers in the UK, France, Poland, Spain and Norway. See:

<http://www.mhprofessional.com/product.php?isbn=0335222757>

THE SOCIAL WORLD OF OLDER PEOPLE: Understanding Loneliness and Social Isolation in Later Life

Christina Victor, University of Reading, UK, Sasha Scambler, Kings College London Dental Institute, John Bond, Newcastle University, UK, Dec 2008, 232pp Paperback

This book provides an account of loneliness and social isolation experienced by older people living in Britain. The authors consider the incidence and effects of isolation and loneliness, identifying the factors which lead to such experiences and consider potential interventions. They also argue that these feelings are experienced at all stages of life and are not unique to the social world of older people. See:

<http://mcgraw-hill.co.uk/html/0335215211.html>

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/Resources/Events Calendar>

UC BERKELEY

January 13

Meet the faculty of the The Osher Lifelong Learning Institute at the **Open House for the winter session** set for Tuesday, January 13, 2009 at the Berkeley Repertory Theatre, 2025 Addison St. at Shattuck Ave. The doors open at 9:30 a.m., and the program begins at 10 a.m.

RSVP at mailto:berkeley_olli@berkeley.edu or call 510.642.9934. Visit the Web site at <http://www.olli.berkeley.edu> for course details and online registration.

The Osher Lifelong Learning Institute (OLLI) brings together a community of older adults who are eager to get the latest scientific research and analysis of world events as well as explore a range of creative artistic expressions. OLLI @Berkeley's winter session (January 26 - March 9, 2008) includes courses on astronomy, the economic downturn, integrated medicine, jazz, Palestinian and Israeli film, hot spots in Islam, Shakespeare, and writing personal essays, short fiction and digital storytelling. Courses are taught by UC Berkeley faculty and renowned experts.

January 27th & 28th

A Private Gathering of Nonprofit Professionals:

Conference has been rescheduled!

OEG CONFERENCES is pleased to invite you to the San Francisco **Fundraising Conference** taking place at the University of California, Berkeley Conference Center on January 27th & 28th, 2008. Join approximately 250 other nonprofit professionals including 47 registered speakers.

IMPORTANT NOTICE

We have had to postpone this Conference several times and it is our responsibility to explain why! Since July our office has had to deal with the hurricane season which threatened South Florida and destroyed the Greater Houston area.

As a company we decided to help those affected by the hurricanes. In addition, we had to support a staff person who lost everything in a home fire. This is the kind of company we have, and we hope you will understand why it was necessary to postpone the Conference. Thank You!

To register: http://www.oegconferences.com/san_franc.html

February 20, 21 and 22

This festival is co-sponsored by The UC Berkeley Resource Center on Aging.

Pacific Institute presents the **First International Film Festival on Aging**, offering new perspectives, exciting explorations and diverse images of elders from around the world as a new generation prepares to redefine what it means to be an elder.

- Friday, February 20, 2009, Daytime and Evening Showings, Castro Theater, 429 Castro, San Francisco
- Saturday, February 21, 2009 & Sunday, February 22, 2009, Daytime and Evening Showings, AMC Van Ness 14, 1000 Van Ness Avenue

in San Francisco and AMC Bay Street 16, 5614 Shellmound St #220
in Emeryville

For tickets and information about the First International Film Festival on Aging call (415) 861-3455 or visit the <http://www.filmfestonaging.org> or <http://www.pacificinstitute.org>.

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/>

- **The Labyrinth of Caregiving: Current and Future Issues and Options**, Wednesday, **February 11**, 2009 -- 8:30 AM to 4:30 PM
<http://education.ioaging.org/cornerstones/caregiving.html>
- **The Complexities of Clinical Care in the 21st Century**, Wednesday, **May 13**, 2009 - 8:30AM - 4:30 PM
http://education.ioaging.org/cornerstones/clinical_care.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

For a complete list of the **Redwood City Veterans Memorial Senior Center January Activities** contact: Stephanie Douglas, 650-780-7313 or <mailto:SDouglas@redwoodcity.org>

Monday-Friday, January 12 - March 27

PERFORMING ARTS CLASSES: No experience necessary to have fun. Learn acting, singing, improvisation, storytelling, playwriting and much more. Voted Best of East Bay for adults 50+.

WHEN: Monday-Friday, January 12-March 27, 2009

WHERE: Stagebridge Theatre Company, 2501 Harrison St., Oakland (at 27th St.), near BART, onsite parking.

Fee: \$75 (for 11 weeks)

Info/Registration: 510.444.4755 or visit <http://www.stagebridge.org>
STAGEBRIDGE THEATRE COMPANY, a non-profit organization based in Oakland since 1978.

Wednesday, January 14**How to Adapt to the Daily Challenges of Advanced Age at 85 and Older**

Barbara M. Barer, MSW

WHERE: SF State Downtown Campus, 835 Market St., 6th floor

WHEN: Wednesday, January 14, 2009

TIME: 12:15pm - 1:45pm - Lecture and Questions

2:30pm - 4:00pm - Discussion

Admission: Free to OLLI, CLIR and Sixty Plus members, \$10 or sliding scale for nonmembers. No one turned away for lack of funds.

Contact: Earl Frick

Organization: Osher Lifelong Learning Institute - SF State

Voice Phone: 415-285-0430

e-mail: <mailto:earlfrick@hotmail.com>

Web: <http://www.cel.sfsu.edu/olli/>

January 21

Future Trips Offered by LGS Recreation's The 55+ Program LGS Recreations 55+ Program will be introducing their 2009 trip schedule in a

special travel show on Wednesday, January 21, 2009 at 10AM in the Lounge at the Los Gatos Neighborhood Center, 208 E. Main Street. Collette Vacations travel agent, Dan Smart, will be on hand to answer questions about currently advertised trips as well as un-advertised trips that are available to 55+ Program members. As a special added incentive, participants who attend this presentation can receive 5% off on any 2009 tour offered. For more information about this presentation or trips offered through the 55+ Program, call (408) 354-2360.

January 26, 6 - 8 PM

The Osher Lifelong Learning Institute (OLLI) at SF State presents:
Transition to Retirement: Using What You Have to Get What You Want

Mark Guterman, career development coach and trainer and author of "Common Sense for Uncommon Times," will help participants tackle the choices available as one nears retirement: Can I retire completely? Do I want to work part-time? Am I considering starting a new career? This interactive session will look at ways to identify your strengths, work on telling your story, explore the importance of attitude, and discover ways to set realistic goals.

San Francisco State University College of Extended Learning, Downtown Campus, 835 Market Street, 6th Floor (near Powell St. MUNI and BART). \$10 for OLLI and Center for Learning in Retirement (CLIR) members and sponsors; \$15 for non-members.

Feel free to bring snacks or dinner. Drinks and dessert will be provided.

To reserve a space: Contact Robert Martin at (415) 817-4270 or

<mailto:robertm@sfsu.edu>

CALIFORNIA

Statewide Training for Adult Protective Services Workers and Partners, *Communicating Effectively with APS Partners: Law Enforcement, District Attorneys and Financial Institutions.*

- **March 10**, 2009 - San Jose - Santa Clara Co. HSD - Berger Street Bldg. From 9:00am-3:30pm
- **March 12**, 2009 - Santa Rosa - Sonoma Co. HSD - Capricorn Way
- **April 7**, 2009 - Redding - Shasta Builder's Exchange
- **April 9**, 2009 - Sacramento - KVIE - Ose Community Room
- **May 4, 5**, 2009 - Los Angeles - Center for Healthy Communities at the California Endowment
- **May 7**, 2009 - Oceanside - San Diego Co. H&HS - N. Coast Regional Center
- **May 27, 28**, 2009 - Fresno - Picadilly Inn, University

FOR MORE INFO contact: Martha Jimenez, Education/Outreach and Program Support Coordinator, Elder Abuse Prevention Program, 3330 Geary Boulevard, 2E, San Francisco, CA 94118, Tel. no. (415) 750-4180 x222, Fax no. (415) 750-5341, <mailto:mljimenezm@ioaging.org>

January 21 - 23

Grants 101: Professional Grant Proposal Writing Workshop will be held at the Doubletree Club Hotel San Diego, San Diego, California
8:00 AM - 5:00 PM

Registration Methods

- 1) On-Line - Complete the online registration form at <http://www.thegrantinstitute.com/> under Register Now. We'll send your confirmation by e-mail.
- 2) By Phone - Call (213) 817 - 5308 to register by phone. Our friendly Program Coordinators will be happy to assist you and answer your questions.

3) By E-mail - Send an e-mail with your name, organization, and basic contact information to <mailto:info@thegrantinstitute.com> and we will reserve your slot and send your Confirmation Packet.

NATIONAL

March 18

The National Center on Caregiving at Family Caregiver Alliance (FCA) is presenting:

Policy, Politics and Family Caregiving: Federal and State Perspectives

Wednesday, March 18, 2009: 2:00 - 5:00 p.m.

Paris Hotel, Las Vegas

This three-hour symposium will focus on cutting-edge trends and new initiatives in federal and state policies to support family caregivers. A distinguished panel of policy experts and advocates will provide a national perspective on caregiving in the context of health and long-term care reform and explore innovative and forward-thinking policies and advocacy efforts in the states. The panel will also provide strategies for direct service providers, program administrators, family caregivers and others to become effective advocates for caregiver-friendly policies in their own states.

For more information, contact FCA by email at <mailto:info@caregiver.org> or by phone: (800) 445-8106.

COMMUNITY RESOURCES

Improving the Equity of Care for Diverse Populations - Needs Assessment

The UCSF Center for the Health Professions, in partnership with state and national organizations, is developing a comprehensive resource for

organizations looking for practical ways to improve the equity of care for diverse populations (including older adults). We would like to learn about your organization's needs and challenges. This information will help us ensure that our efforts are responsive to the needs and challenges faced by health care organizations. Please help by taking a short survey. To take the survey, go to:

<http://www.surveymonkey.com/s.aspx?sm=64P27cfmLiw74pYQRRg5ag3d3d>

If you experience any problems completing the survey, please contact Indria Cooper at <mailto:icooper@thecenter.ucsf.edu>.

Please Note: Due to anti-spam filters on some e-mail services, many messages are blocked or deleted. **Please add lists@berkeley.edu** to your e-mail system's "safe" list of senders to ensure receipt of our messages.

If a colleague has forwarded this newsletter to you, why not get the newsletter directly? Send an e-mail to <mailto:ddriver@berkeley.edu> with "Newsletter Only" in the message's subject field. If you are interested in receiving job postings in the field of aging in California (primarily but not exclusively in the Bay Area) send an e-mail note with "Jobs Only" in the message's subject field. If you would like to receive both the newsletter and job announcements place "Jobs & Newsletter" in the message's subject field.

Postings in this newsletter are for informational purposes only and do not constitute endorsement by the Resource Center on Aging or the University of California. **Please do not contact the UCB Resource Center on Aging about information on these posts. Contact the provider directly. Thank you.**

Donations

The newsletter and jobs lists are complimentary services of the UC Berkeley Resource Center on Aging. Please consider making a donation to support this work.

Suggested amounts:

\$10 a year for newsletter

\$10 a year for job listings

\$20 a year for both

\$20 per job posting.

\$10 per newsletter posting.

We appreciate all donations, large or small. Thank you (Donation year is January 1 - December 31 or any portion thereof.)

Please mail checks to:

Resource Center on Aging
50 University Hall, MC 7360
Berkeley, CA 94720