



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

March, 2009

EDITOR'S NOTES

To ensure events for the entire month will be included, the newsletter will be published the last day of the month prior to each issue. The **April newsletter**, then, will be published **Tuesday, March 31st**. The deadline for items to be included in the April issue is **Friday, March 27th**. Please email submissions to <mailto:ddriver@berkeley.edu>.

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: Prior editions (pdf files only) of *New Resources on Aging* can now be accessed at: <http://conium.org/~aging/Newsletters/>. Click on the folder you wish to access (2008, 2009 etc.). Then click the arrow to the right of the edition(s) you'd like to download.

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)

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.)

An Emergency Room Built Specially For Seniors

by Joseph Shapiro, *Morning Edition*, February 19, 2009 (interesting idea!). See:

<http://www.npr.org/templates/story/story.php?storyId=100823874>

"How can I make sure my finances will last through my retirement years?" The Nightly Business Report's (NBR) year-long series "Get Your Finances Ready for Retirement" has been answering this question for soon-to-be and recent retirees. Reports have appeared in the NBR program on alternate Mondays, and additional information -- including companion articles from *U.S. News & World Report* -- appear on their WEB site.

See:

[http://www.pbs.org/nbr/site/features/special/subdir/retirement broadcast-calendar/](http://www.pbs.org/nbr/site/features/special/subdir/retirement_broadcast-calendar/) for dates of programs and

[http://www.pbs.org/nbr/site/features/special/subdir/retirement us-news-](http://www.pbs.org/nbr/site/features/special/subdir/retirement_us-news-)

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

[calendar/](#) for *U.S. News & World Report* articles that accompany some of these segments.

Knitting 'can delay' memory loss, BBC News, Wednesday, 18 February 2009. See: <http://news.bbc.co.uk/2/hi/health/7896441.stm> (**Editorial Note:** Those of you who know me understand I agree!)

Frontline: **Living Old**, A powerful and intimate journey into the uncharted territory of Americans living longer than ever -- and what it means for them, their loved ones and our society. A powerful and intimate journey into the uncharted territory of Americans living longer than ever -- and what it means for them, their loved ones and our society. Watch the Full Program online at: <http://www.pbs.org/wgbh/pages/frontline/livingold/>

From the *NY Times*

Sensors Help Keep the Elderly Safe, and at Home, By JOHN LELAND, Published: February 12, 2009

http://www.nytimes.com/2009/02/13/us/13senior.html?_r=2&th&emc=th

A Colorado Home Is Ready for Its Owners' Old Age, By JOYCE WADLER, Published: February 18, 2009,

<http://www.nytimes.com/2009/02/19/garden/19colorado.html?scp=5&sq=Home&st=nyt>

In Turnabout, Children Take Caregiver Role, By PAM BELLUCK, Published: February 22, 2009,

<http://www.nytimes.com/2009/02/23/health/23care.html?hp>

Consumer Sites

Sharing stories has been an important part of how we pass on heritage and life experiences to the younger generations. Today, the fast pace of life and separation of family members across the country makes it difficult to know the people we really *should* know best. Digital tools are making it easier to connect - blogs, websites and eBooks are helping families

preserve life's adventures, by offering a way for seniors to engage, interact and share their stories in a meaningful way.

LifeBio, creator of Memory Journal, provides an easy to use tool for seniors and their families; a fun and interactive way to share stories, pass on wisdom, and give younger family members a better understanding of their families' legacy. For more information see: <http://www.lifebio.com>

Government Watch helps AARP's 40 million members hold their federal elected officials accountable for the way they vote on the issues of greatest importance to Americans age 50+. See:

<http://www.aarp.org/makeadifference/advocacy/GovernmentWatch.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 Insight Center for Community Economic Development, in partnership with UCLA Center for Health Policy Research, will be releasing new data on which elders are unable to meet their basic needs in California, as measured by the Elder Economic Security Standard Index: a county-by-county cost of living index for California's older adults.

You can learn about the number and demographic characteristics of those surviving on incomes below the Elder Index, as well as the Elder Economic Dignity Act of 2009, authored by Assembly Member Beall. Click below for more information on the **California Elder Economic Security Initiative**:

<http://www.insightccd.org/index.php?page=cal-eesi>

A study from the Buck Institute for Age Research offers a **new model for Alzheimer's disease**. Listen to a a podcast interview about this model with Dr. Dale Bredesen, founding president and CEO of the Buck Institute, at: <ftp://ftp.buckinstitute.org/NewsInformation/BredesenStudy/>

New From the Urban Institute:

- **It's Not Easy Being Gray: The New Rules of Retirement** By the Retirement Policy Program and Health Policy Center:
<http://www.urban.org/publications/411840.html>
- **Unemployment Rate Soars for Older Men with Limited Education**, Richard W. Johnson, Corina Mommaerts:
<http://www.urban.org/publications/901223.html>
- **Federal Taxes and the Elderly**, By Rudolph Penner,
<http://www.urban.org/publications/1001246.html>

Focalyst offers a broad range of qualitative and quantitative custom **research about Baby Boomers**. For a list of their publications see:
<http://www.focalyst.com/Sites/focalyst/Content/KnowledgeCenter/>

The Center for Economic and Policy Research (CEPR), **The Wealth of the Baby Boom Cohorts After the Collapse of the Housing Bubble**, February 2009, by David Rosnick and Dean Baker. See:
<http://www.cepr.net/documents/publications/baby-boomer-wealth-2009-02.pdf>

New From the Census

- **Profile of Older Workers: 2004 - Alabama**. (Released January 29, 2009): <http://www.census.gov/prod/2009pubs/ledow04al.pdf>
- **Profile of Older Workers: 2004 - Nevada**. (Released February 10, 2009): <http://www.census.gov/prod/2009pubs/ledow04nv.pdf>

International

The Research Committee 11 '**Sociology of Ageing**' of the International Sociological Association (ISA) has a new WEB site. The various menu and sub-menu items on this website will inform you about the diversity of past, current and future activities of this global network of academics with a research interest in the social aspects of individual, population and

societal ageing. The new WEB site is: <http://www.rc11-sociology-of-aging.org/> For an overview of activities within the ISA please visit: <http://www.isa-sociology.org/rc11.htm>.

The general home page of The **Social Gerontology Group**, Upsala University, Sweden, has been updated with new publications: <http://www.soc.uu.se/research/gerontology>

Practice Resources

SAFETY WITHOUT RESTRAINTS_A New Practice Standard for Safe Care is a publication from the Minnesota Department of Health's that can be seen at: <http://www.health.state.mn.us/divs/fpc/safety.htm>

Silvers Summit @ 2009 International CES

If you were not able to attend the Silvers Summit in January, you can now view the individual video sessions on your PC and download the power points. The Summit took place on January 10, 2009, and featured panels, presentations, and interactive demonstrations on products and services ranging from a unified health care format to home security, aging with technology and more. To view presentations see:

http://silverssummit.com/index.php?option=com_content&task=view&id=157&Itemid=194

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>

Next Step in Care In order to improve the working relationship between family caregivers and health care providers, the United Hospital Fund has recently launched the Next Step in Care website.

The website offers a range of guides and checklists most intended for family caregivers of persons with serious illness, with some specifically

for health care providers, designed to make patients' transitions between care settings smoother and safer.

This website, the first stage of the campaign "Next Step in Care", will engage hospitals, nursing home rehabilitation facilities, and home health agencies, as well as patient advocacy groups and other family caregiver-focused organizations, in addressing a range of transition-related challenges. <http://www.nextstepincare.org>

Elderspeak -- Is it helpful or just baby talk?

<http://www2.ku.edu/~masc/PDFfiles/Elderspeak.pdf>

This installment of "Get the Facts on Aging" from the University of Kansas, Merrill Advanced Studies Center, was written in collaboration with Dr. Susan Kemper, professor of psychology at the Gerontology Center in the Schiefelbusch Institute for Life Span Studies.

The three page handout addresses communication with nursing home residents, particularly the use of baby talk when communicating with seniors and includes an explanation of what elderspeak is, why it is harmful, and how caregivers can avoid communicating with residents in this way.

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>

Tillie Olsen- **A Heart in Action**, a film by Ann Hershey, 2008, Persimmon Tree Films.

It's Not Easy Being Gray: The New Rules of Retirement (2009), The Urban Institute Health Policy Program and Health Policy Center.

NEW PUBLICATIONS

On The Road Of Life Drive Yourself: A Vehicle For Aging Adults, Their Families And Professionals To Help Navigate The Ups And Downs Of Making Life Decisions, Donna Quinn Robbins, 2007, Perfect Page Publishing. To order contact the author:
<mailto:donnaqr@ultimatemoves.net>

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

Tuesday, March 17

The Osher Lifelong Learning Institute (OLLI @Berkeley)

OPEN HOUSE

Tuesday, March 17, 2009 - 10:00 am - noon

Berkeley City Club

2315 Durant Avenue (at Ellsworth Street)

Berkeley, CA

Doors open at 9:30 am

Program from 10:00 - 11:30 am

OLLI course instructors present their courses, questions answered and opportunity to register for Spring courses.

Reservations:

E-mail mailto:berkeley_olli@berkeley.edu or call 510.642.9934

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

Free and open to the public.

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 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

Call Judith Pruess-Mellow of Senior New Ways, 655 Magdalena Ave. , Los Altos CA 94024 for information on groups and activities at Senior New Ways (650-209-1119); email: <mailto:judithpm@seniornewways.org> or see: <http://www.seniornewways.org/>

Free Monthly Professional Trainings

3:00pm - 4:30pm on the First Thursday of Every Month*

Did you know that Institute on Aging offers complimentary monthly professional monthly trainings which are made available to everyone? Plus, if you are a licensed nurse, clinical social worker or psychologist,

you can qualify to receive 1.5 CE credits for free. See schedule at:
http://education.ioaging.org/monthly_training.html

The Foundation Center's **Grantseeker Training Institute** will be held in San Francisco, March 9 - 13, 2009. For details see:
http://foundationcenter.org/marketplace/catalog/product_training_institute.jhtml?id=prod2310020

Tuesday, March 17, 9:30 am - 3:15 pm

The Art of Aging Gracefully – Women's Resource Fair

Jewish Community Center San Francisco

The second annual Art of Aging Gracefully is a upbeat, fun-filled and informative no cost event devoted to women's successful and positive use of resources in the quest to embrace graceful aging. The day includes health and wellness presentations by Kaiser Permanente and representatives from approximately 40 local nonprofit organizations. In addition there will be a raffle and a chance to work on a take home piece of art.

Jewish Community Center of San Francisco

3200 California Street

San Francisco, CA 94118

Free

For more information on this event, please contact Shiva Schulz at 415.292.1260 or <mailto:sschulz@jccsf.org>

Tuesday, March 24, 8:30 a.m. – 4:00 p.m.,

CARE GIVER EMPOWERMENT WORKSHOP, led by nationally recognized Occupational Therapist, TEEPA SNOW. The workshop is free, with lunch included. 1000 Kentucky St. in Fairfield. Registration required. CEU's will be provided. Call Kristin at (707) 428-7654 or email at <mailto:keinberger@ci.fairfield.ca.us> to register or for more information.

Saturday, March 28.**The Economic Downturn: How Can Midlife And Older Women Plan For The Future?**

10 am - 11 am: Business meeting/socializing (all welcome)

Program: 11 am - Noon

FLOOD BUILDING, 870 MARKET ST., ROOM 1185

Older Women's League * 870 Market Street, #905, San Francisco, Ca. 94102, Phone 415-989-4422 * Web site: <http://www.owlsf.org>

Are you retired or planning to retire? What should you do *now*, and what if the current recession continues? Catherine Pinkas will outline ways to address both the current and future needs of midlife and older women. Now is the time to create a personal plan for your future. Join us for a discussion of how to begin this process.

Catherine Pinkas, MBA is a financial advisor serving individuals and small business owners. She is an educator and teaches business classes at UC Berkeley Extension and the University of San Francisco. She specializes in portfolio management, retirement planning, insurance and tax-deferred college education savings. Catherine is actively involved in Habitat for Humanity and other community efforts to assist families in need. Her goal is to provide both support and education to her clients for their financial lives.

May 7**The 2009 Boomer Business Plan Competition**

will take place May 7, 2009 at the Hyatt Regency in Santa Clara

As part of the Design for Living Conference

Schedule for the Boomer Competition – Important Dates for 2009

Phase I:

Friday, April 3, 2009-

Executive summary submissions accepted by 5:00 pm PDT (3-5 pages)

Phase II:

Monday, April 6, 2009-

Semifinalists selected, all contestants notified

Monday, April 20, 2009

- Semifinalists' complete business plans due by 5:00 pm PDT

Wednesday, April 22, 2009

- Finalists selected, all semifinalists notified

Phase III:

Wednesday, May 6, 2009- Boot camp and 6pm Dinner

Thursday, May 7, 2009-

Competition presentations - Grand Prize Winners selected

Link for entry instructions http://www.scuboomerventure.com/B-PlanCompetition_index.html

CALIFORNIA

March 10 & 26

Proposal Writing Seminar & Securing Corporate Partnerships in Los Angeles, LEARN FROM THE EXPERTS

Proposal Writing Seminar Tuesday, March 10, 9am - 4pm_ For every grantseeker who wants to learn how to write proposals geared to foundations, and for experienced grantseekers who are initiating a foundation fundraising campaign.

Securing Corporate Partnerships _Thursday, March 26, 9am - 4pm_ Learn the unique characteristics of corporate funders, how their giving differs from that of U.S. foundations, and where to make inroads to gain their support. Los Angeles, CA_ Japanese American Cultural and Community Center_ Garden Room A_ 244 South San Pedro St

See:

http://foundationcenter.org/marketplace/catalog/product_training_bundle.html?id=prod2410001

March 25

Knowledge and Compassion In Alzheimer's Care

12th Annual EDUCATION CONFERENCE

Cocoanut Grove, Santa Cruz

9:00 a.m. - 4:00 p.m.

Current Alzheimer's Research and Medications, Frank M. Longo, MD, PhD, Stanford University School of Medicine

Changing Challenging Behaviors, Teepa Snow, MS, OTR/L, FAOTA
Intimacy and Sexuality when living with Alzheimer's, Elizabeth Edgerly, PhD

Fees include 6 Continuing Education Units

Family Members \$35.00, CNA's \$65.00, Professionals \$85.00

Includes Continental Breakfast, Lunch, and Health Fair

Contact: ALZHEIMER'S ASSOCIATION, SANTA CRUZ OFFICE,
1777A Capitola Road, Santa Cruz, California 95062, Tel (831) 464-9982 |
Fax (831) 464-8930 | Online at <http://www.alz.org>

May 4-6

[Aging Services of California 2009 Annual Conference and Exposition](#),

May 4-6, in Monterey, CA. The event's schedule features dozens of innovative workshops, more than 100 exhibitors and an extraordinary lineup of keynote presentations. Registration is available online at: <http://aging.org/i4a/calendar/details.cfm?id=374>.

NATIONAL

March 18 and 19

[What's Next Boomer Business Summit](#)

The Sixth Annual What's Next Boomer Business Summit explores new boomer trends in caregiving, money, and online usage, plus research right out of the field about how boomer paradigms are shifting with the new economy. Speakers from AARP, LinkedIn, MetLife Mature Market Institute, Verizon, Microsoft and more. Also, check out the special boot camp sessions on March 18: Building an E-Revenue Strategy for non-profits and Entrepreneurship - building boomer businesses

Event: Entrepreneurship and E-Revenue Boot Camp

When: March 18, 2009

Where: Bally's Las Vegas

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

Event: What's Next Boomer Business Summit

When: March 19, 2009

Where: Bally's Las Vegas.

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

June 8-10, 2009

Diversity & Aging in the 21st Century Conference to be held in Chicago. **SAVE THE DATE!** Marriott Downtown Magnificent Mile Chicago, Illinois. See: <http://www.aarp.org/diversityandaging>

Tuesday, June 23**National Cohousing Conference & International Cohousing Summit**
Growing Community

WHO: Cohousing Association of the US

WHAT: International Cohousing Summit, Pre-Conference Workshops and Tours, National Cohousing Conference

WHEN: International Cohousing Summit (by invitation)-Sunday, June 21 thru Tuesday, June 23, 2009

Pre-Conference Workshops and Tours-Wednesday, June 24 thru Friday, June 26, 2009

National Cohousing Conference- Friday, June 26 thru Sunday, June 28, 2009

RESERVE: <http://www.cohousing.org/2009/overview>

WHERE: Conference events will be at the University of Washington plus a variety of regional onsite tours

FEES: Some offerings are free; workshops begin at \$20, full conference registration \$375 (\$325 for first 50 registrants)

Learn how cohousing makes living green easier. Register and get details at <http://www.cohousing.org>.

Cohousing is a type of collaborative housing in which residents actively participate in the design and operation of their own neighborhoods.

Contact- Email: mailto:growing@cohous.org, Tel: 866-758-3942 (toll free) or 314-754-5828.

August 12-14, 2009

Coming Together. Creating Community. **Pioneer Network's 9th National Conference**, Little Rock, Arkansas See:

<http://pioneernetwork.net/Events/ComingTogether/>

INTERNATIONAL

September 2 - 5

At the **9th conference of the European Sociological Association** in Lisbon, Portugal, the Ageing in Europe Research Network will again hold paper sessions that focus on empirical, theoretical and conceptual aspects of re-search on ageing. See: <http://www.esa9thconference.com>

COMMUNITY RESOURCES

Candacy Taylor (of the wonderful *Waitress Project*:

[http://www.taylormadeculture.com/Taylor Made Site/WAITRESS PROJECT.html](http://www.taylormadeculture.com/Taylor_Made_Site/WAITRESS_PROJECT.html)) has received a grant to **document old-fashioned ethnic**

beauty shops in San Francisco. Candacy is looking for salons that have served their communities for at least 20 years and have a large clientele of older customers. She would like to find salons in ethnic communities in SF, such as the Mission, Bayview, Laurel Heights, the Richmond. If you know anyone familiar with beauty shops in San Francisco or can recommend salons, please email Candacy at:

mailto:candacy@taylormadeculture.com.

American Association of Homes and Services for the Aging's 2009 awards programs **honors organizations and individuals who have made a commitment to Quality First**, who embody excellence in leadership, care and service innovation, and who are making outstanding contributions to their communities and the field. **Apply for a 2009 AAHSA award by April 30.** Check AAHSA's <http://aging.informz.net/z/cjUucD9taT0yNDMyMDkmcD0xJnU9MTAwODI4NTg2MiZsaT04NDQ2MTU/index.html> website for details and entry forms.

Arcadia Health Care is a national company that provides supportive services to seniors at home, assisting clients with all activities of daily living. We provide assistance with bathing, transportation as well as many other supportive services. See: <http://www.eastbayarcadia.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

50 University Hall, MC 7360

Berkeley, CA 94720

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