



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

May, 2009



May is Older American's Month

Fact of the Day.....And the Answer Is...

37.9 million. This is the number (based on 2007 Population Estimates) of people 65 and older in the United States on July 1, 2007, accounting for **13 percent** of the total population. Between 2006 and 2007, this age group increased by 635,000 people. Find more facts relating to the Older Population in The Census Bureau's recently released **Facts For Features: Older Americans Month: May 2009** at

<https://ask.census.gov/rd?1=AvcG~wqyDP8S04D~Gr0e~yL~Jvsq~3D~&2=943>

(All the information you need for a term paper or grant application!)

EDITOR'S NOTES

A reminder that the Center maintains an **email list of job opportunities** in the field of aging in California (primarily but not exclusively in the Bay

Area). If you would like to receive these notices, send an e-mail note to <mailto:ddriver@berkeley.edu> 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. If you are an employer **anywhere in California** and have a job opening in your agency, email it to <mailto:ddriver@berkeley.edu> and it will be posted to the list which includes approximately 1,500 individuals in the field of aging.

The Center has a (very minimalist) **presence on Facebook** now. Type Resource Center on Aging into the search engine and that should get you there.

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>. Prior editions (pdf files only) of *New Resources on Aging* can be accessed at: <http://conium.org/~aging/Newsletters/>

Click on the folder you wish to access (2008, 2009). Then click the arrow to the right of the edition(s) you'd like to download.

The June edition of the newsletter will be published **Friday, May 29th**. The deadline for items to be included in this issue is **Monday, May 25th**. Please email submissions to: <mailto:ddriver@berkeley.edu>.

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. To see/search the database see:

http://www.libraryworld.net/cgi-bin/opac.pl?command=signin&libraryname=ucb_center_on_aging&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.)

You're Never Too Old To Come Of Age

CBS Evening News: Meet The Oldest Group Of Women To Ever Complete Their Bat Mitzvah.

http://www.cbsnews.com/stories/2009/04/10/assignment_america/main4935918.shtml

What Are Friends for? A Longer Life, TARA PARKER-POPE,

Published: Tuesday, April 21, 2009.

<http://www.blueridgenow.com/article/20090421/ZNYT04/904213021/1018>

Long-term health care costs can put retirees' plans at risk, By David Pitt, Associated Press, Sunday, April 05, 2009,

<http://www.ajc.com/services/content/printedition/2009/04/05/pfcare0405ze.html>

Catherine's Choice: To Plan A Death With Dignity

by Richard Knox, National Public Radio, Morning Edition, April 13, 2009.

<http://www.npr.org/templates/story/story.php?storyId=102923424&sc=emaf>

From National Public Radio

- **Mediators Help Families With Tough Choices Of Aging**, by Joseph Shapiro, National Public Radio, Morning Edition, April 13, 2009,
<http://www.npr.org/templates/story/story.php?storyId=102972077&sc=emaf>
- **Despite Promises, Elderly Evicted From Housing**, by Joseph Shapiro, National Public Radio, Morning Edition April 17, 2009,
<http://www.npr.org/templates/story/story.php?storyId=103167437>
- *Fresh Air from WHYY*, April 2, 2009 **End Of Life Care In America, A Doctor's Diagnosis**, Abigail Pope. Dr. Robert Martensen has held positions teaching bioethics and medical history at Harvard Medical School and Tulane University in New Orleans.
<http://www.npr.org/templates/story/story.php?storyId=102638208>
- **Thinking about Death**, April 2. End of life issues like living wills and hospice care are things that nobody wants to talk about, but New York Times health columnist [Jane Brody](#) wants to change that. Her new book “Jane Brody's Guide to the Great Beyond: A Practical Primer to Help You and Your Loved Ones Prepare Medically, Legally, and Emotionally for the End of Life” covers both medical and emotional issues that Brody feels we all need to address before they're imminent. Listen at:
<http://www.hereandnow.org/shows/2009/04/rundown-42/>

From The NY Times

- **Treating an Illness Is One Thing. What About a Patient With Many?** By SIRI CARPENTER, Published: March 30, 2009:
http://www.nytimes.com/2009/03/31/health/31sick.html?_r=2&th&emc=th
- **Longer Unemployment for Those 45 and Older**, By MICHAEL LUO, Published: April 12, 2009:
http://www.nytimes.com/2009/04/13/us/13age.html?_r=1&th&emc=th
- **Shortage of Doctors an Obstacle to Obama Goals**, By ROBERT PEAR, Published: April 26, 2009, *Obama administration officials, alarmed at doctor shortages, are looking for ways to increase the supply of physicians to meet the needs of an aging population.....*
http://www.nytimes.com/2009/04/27/health/policy/27care.html?_r=1&ref=todayspaper

Consumer Resources

AfterShingles.com is an educational resource offering tools and information to help educate consumers about shingles and postherpetic neuralgia (PHN), or after-shingles pain, its impact on people's lives and steps to take to help manage this condition. See:

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

The American Society on Aging has launched an Online **Clearinghouse of Resources for Lesbian, Gay, Bisexual and Transgender Elders**.

See: <http://www.asaging.org/larc>

There is **concern that recipients of the \$250 Economic Recovery Payments could become victim to a scam** over the next several months, To reduce the likelihood of scams, inform your clients on the following three facts:

- All Social Security and SSI beneficiaries who are eligible for the special one-time recovery payment will have their payment issued in May;
- The payment is automatic; and
- There are no requests to make, no applications to complete, no emails to respond to, no fees to pay, and no help is required to obtain the payment.

To report a scam call the fraud hotline with the Social Security Office of the Inspector General at 1-800-269-0271 between the hours of 10:00 a.m. and 4:00 p.m. EST. Their website is: <http://www.socialsecurity.gov/oig>
For more information on The American Recovery and Reinvestment Act of 2009 log onto the Social Security Administration's website <http://www.ssa.gov/payment>

ENURGI (pronounced energy) is a web-based healthcare services company that **connects families and patients in need with local, clinical caregivers across the country**. ENURGI allows patients, family members and caregivers to independently manage the care process through on-line scheduling, messaging, referral and direct payment transactions. See: <http://www.enurgi.com/default.aspx>

Research & Reports

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

POPULATION REFERENCE BUREAU ARTICLE: "**Education, Medical Treatment, and Social Networks Can Promote 'Brain Health' Among U.S. Elderly**," by Mary Mederios Kent (March 2009). <http://www.prb.org/Articles/2009/cognitiveimpairment.aspx>

The Centers for Medicare and Medicaid have detailed reports (statistics, etc.) on **Medicare Hospice use** at: <http://www.cms.hhs.gov/MedicareMedicaidStatSupp/LT/itemdetail.asp?fil>

[terType=none&filterByDID=0&sortByDID=2&sortOrder=descending&itemID=CMS1221785&intNumPerPage=10](#)

The Future of Living: Independently, a report from The International Longevity Center, addresses the challenges facing both consumers and policymakers when considering solutions for independent living. It outlines specific recommendations for independent living focusing on the culture of aging, living arrangements, health care & caregiving and environmental design. The full report can be downloaded at:

<http://www.ilcusa.org/pages/publications/politics-health-care/the-future-of-living-independently.php>

Do Health Problems Reduce Consumption at Older Ages?", By Barbara Butrica, Richard W. Johnson, and Gordon Mermin, The Urban Institute: Medical conditions increase out-of-pocket health spending, particularly for households with at least one spouse age 51 to 64, and reduce non-health spending for their low-income counterparts. This suggests that holes in the health safety net before the Medicare eligibility age force some low-income people to lower their living standards to cover medical expenses. <http://www.urban.org/publications/411858.html>

POPULATION STUDIES CENTER [UNIVERSITY OF PENNSYLVANIA]: "**The US Health Care System and Lagging Life Expectancy: A Case Study**," by Samuel Preston and Jessica Y. Ho (PSC Working Paper Series No. 09-01, March 2009, .pdf format, 20p.). Links to the abstract and full-text can be found at:

http://repository.upenn.edu/psc_working_papers/11/

Chronic Care: A Call to Action for Health Reform a report from AARP paints a portrait of chronic illness from the consumer perspective. Focus groups and surveys conducted for the study provide a look at how patients and caregivers experience the health care system and the challenges of

coordinating care. The report can be seen at:

http://www.aarp.org/research/health/carequality/beyond_50_hcr.html

CENTERS FOR MEDICARE & MEDICAID SERVICES STATISTICAL TABLES, PRESS RELEASE:

Medicare Skilled Nursing Facilities,

2008, <http://www.cms.hhs.gov/MedicareMedicaidStatSupp/LT/itemdetail.asp?filterType=none&filterByDID=0&sortByDID=2&sortOrder=descending&itemID=CMS1221384&intNumPerPage=10>

Medicare to Test Pay Incentives to Improve Care in Nursing Homes, (March 27, 2009).

<http://www.cms.hhs.gov/apps/media/press/release.asp?Counter=3431>

SLOAN CENTER ON AGING AND WORK AT BOSTON COLLEGE REPORT: "**Age and Generations: Understanding Experiences at the Workplace,**" by Marcie Pitt-Catsoupes, Christina Matz-Costa, and Elyssa Besen

http://agingandwork.bc.edu/documents/RH06_Age&Generations_2009-03-20.pdf

CENTER FOR RETIREMENT RESEARCH AT BOSTON COLLEGE ISSUE BRIEF: "**Long-Term Care Costs and the National Retirement Risk Index,**" by Alicia H. Munnell, Anthony Webb, Francesca Golub-Sass, and Dan Muldoon. http://crr.bc.edu/briefs/long-term_care_costs_and_the_national_retirement_risk_index.html

International Reports

AGEING RESEARCH ONLINE NEWS: News and information on ageing policy and research initiatives in Australia, http://www.aro.gov.au/aro/NewsletterFiles/ARO_Newsletter_March_2009.pdf

"Transition Care: Helping Older Territorians Regain Their Independence," (Australia, April 14, 2009, .pdf and HTML format, 2p.).
<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr09-je-je042.htm>

"319 Community Aged Care Jobs in the Northern Territory,"(Australia)" (April 14, 2009, .pdf and HTML format, 2p.).
<http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr09-je-je041.htm>

CENTRE FOR EUROPEAN POLICY STUDIES (CEPS) REPORT:
"How to make European pensions adequate and sustainable?" by Juraj Draxler (March 2009, .pdf format, 13p.).
http://shop.ceps.eu/downfree.php?item_id=1811

UK DEPARTMENT OF HEALTH: **"Living well with dementia - a national dementia strategy: demonstrator site programme,"** (Reference No. 11503, April 2009). Note: Completed applications must be mail by May 21, 2009.
http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_097629

Practice Resources

Developed by the Foundation Center, a nonprofit organization with over 50 years of experience connecting grant seekers and grant makers, **The Foundation Directory Online** is a grant-seeking database. Updated weekly, it provides comprehensive, accurate information on U.S. grantmakers and their grants. See: <http://fconline.fdncenter.org/>

The Boston College Graduate School of Social Work has launched a new technical assistance center that offers states the tools they need to implement a wide variety of **participant-directed long-term care**

programs. The mission of the National Resource Center is to give every person eligible to receive publicly funded long-term care services and supports the option to manage those services for themselves at home. See: <http://www.bc.edu/schools/gssw/nrcpds/>

Their new publication, **Developing and Implementing Self-Direction Programs and Policies: A Handbook** can be downloaded at: <http://www.cashandcounseling.org/resources/handbook>.

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>

Cue Cards in Community Languages

<http://www.easternhealth.org.au/language/cuecards/index.asp>

"Cue Cards" is a resource developed by Eastern Health Transcultural Services (Australia) to assist health professionals and clients / carers who primarily have English language difficulties, or problems communicating with each other.

Local Government, Acute/ Mental/ Community Health, Residential Care, Dental and Disability Services were asked to provide a list of most commonly used words they needed to communicate on a daily basis. A list of words used across the spectrum of health care services was developed. Agencies chose the languages for translation.

Community members with little or no English language chose the images that best represented the 200 plus words listed on the Cue Cards.

This resource is not to be used in lieu of accredited interpreters, but can be used by clients/carers to communicate simple needs such as hunger, thirst, or use of a telephone, and by professionals to indicate simple instructions/concepts.

Cards can be downloaded at the following link:

<http://www.easternhealth.org.au/language/cueCards/cards.asp>

Dining Assistance Programs in Nursing Homes

[http://www.aahsa.org/uploadedFiles/resources/Food and Nutrition/Dining Asst Manual 02 27 09 FINAL.pdf](http://www.aahsa.org/uploadedFiles/resources/Food_and_Nutrition/Dining_Asst_Manual_02_27_09_FINAL.pdf)

Dining Assistant Programs in Nursing Homes: Guidelines for Implementation, 2007 is a manual intended to guide management staff through a step-by-step process of assessment, goal identification, program design, implementation, and planning for program sustainability.

It includes specific guidance to assist management with:

- Assessing their facility in terms of their strengths and weaknesses around dining quality;
- Determining if a DA program is an appropriate addition to current programming;
- Designing a DA program that meets the residents' needs using the facility's resources; and
- Successfully implementing a DA program that improves residents' quality of care, residents' and families' satisfaction around dining, and encourages and promotes staff involvement and advancement.

In addition to program descriptions and guidance throughout the chapters of the manual, *DA Program Implementation Worksheets* (see Appendix A), are provided and designed to be copied from the manual and used by nursing home staff developers and others to assess and plan DA programs.

The manual is the result of three years of research, involving site visits to DA programs in several states to observe the programs and interview staff, and implementation of pilot programs in two sites in two states. The research team consists of long-term care nurses, nutrition experts and a gerontologist, along with Center for Medicare and Medicaid Services (US) and Agency for Healthcare Research and Quality staff.

The manual also contains contributions of nursing home staff developers who have implemented DA Programs in their NHs, sharing lessons learned from their experience with the program, recommended viable

options for recruitment and retention, and offered suggestions on how to implement an optimal program.

BMC Geriatrics

<http://www.biomedcentral.com/bmcgeriatr/>

BMC Geriatrics is an open access journal publishing original peer-reviewed research articles in all aspects of the health and healthcare of older people, including the effects of healthcare systems and policies. The journal also publishes research focused on the aging process, including cellular, genetic, and physiological processes and cognitive modifications. Open access publishing is the publication of material in such a way that it is available to all potential users without financial or other barriers. In other words, this journal is freely available.

Articles currently featured are:

- Preventing falls in the elderly
- Inappropriate prescribing: first, do no harm?
- Electronic prompting helps dementia patients

You may sign up to receive e-mail alerts (second box on right hand side of the webpage) when new articles are published in BMC Geriatrics. **This service is free**, but you must first register. You may also receive alerts via RSS feeds (Contact your local librarian for more information on RSS feeds)

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>

Handbook of Cognitive Aging: Interdisciplinary Perspectives (2008)

edited by Scott M. Hofer and Duane F. Alwin. Sage Publications, Inc.

Geriatrics at Your Fingertips (2008-2009), 10th edition. Authors:

David B. Reuben, MD; Keela A. Herr, PhD, RN; James T. Pacala, MD, MS; Bruce G. Pollock, MD, PhD; Jane F. Potter, MD; and Todd P. Semla, MS, PharmD. American Geriatrics Society.

Mind Alert: A joint program of the American Society on Aging and the MetLife Foundation. *Intervening with Late-Life Cognition: Lessons from the ACTIVE Study* by Michael Marsiske

NEW PUBLICATIONS

AGING AND DIVERSITY: An Active Learning Experience, by Chandra M. Mehrotra and Lisa S. Wagner (Routledge, 2009).

<http://www.routledge.com/books/Aging-and-Diversity-isbn9780415952149>

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

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

Senior New Ways creates, offers, and supports group programs that enhance the meaning, purpose and well-being of seniors. **Their Older Adult Groups and Activities-Late-April-May '09** can be seen at: <http://www.seniornewways.org/calendar.html> They have programs beyond the San Francisco Bay Area, all the way to Grass Valley, Auburn, Redding, Eureka, Fortuna, Clearlake, Crescent City, Yuba City, Chico-Paradise, Colusa, Loomis and Gardnerville, NV. **Contact** Senior New Ways at 650-209-1119 or <mailto:judithpm@seniornewways.org> for more information.

See the Institute on Aging's **2009 Monthly Professional Training Schedule** on line at: http://education.ioaging.org/monthly_training.html
First Thursday of the Month 3:00 pm - 4:30pm IOA's Adult Day Health Center 3600 Geary Blvd. in San Francisco (at Palm):
FREE OF CHARGE Contact **Danna Moore**, Project Manager, Education & Communications.

Email: <mailto:education@ioaging.org> **Phone:** (415) 750-4180 x223

Spring onto Stage!

It's not too late to enroll in **Stagebridge Classes** that began Monday, April 6 and run until June 19.

Mondays

Beginning Acting with Josiah Polhemus

Playwrighting with Josiah Polhemus

Musical Theatre with Bruce Bierman and Ellen Robinson

Tuesdays

Find Your Voice Singing Class with Scrumbly Koldewyn

Antic Witties Improv with Barbara Scott

Solo Performance with David Ford (full)

Wednesdays

Advanced Improvisation with Josiah Polhemus

Advanced Acting and Directing with Josiah Polhemus

Thursdays

The Art of Storytelling with Jeanne Haynes

Playback Theatre with Roni Alperin

Fridays

Stretch Your Storytelling with Liz Nichols

"Never Too Late" Rehearsals with Stuart Kandell

For more detailed information see:

<http://www.stagebridge.org/classes.html>

Stagebridge will **celebrate its 30th Anniversary** From **May 07, 2009**

8:00 PM, Through May 10, 2009 2:00 PM at the Ashby Stage, 1901

Ashby Ave., Berkeley, CA 94703. For information contact Jim Jenkins,
2501 Harrison St., Oakland, CA 94612, 510-444-4755

<mailto:info@stagebridge.org> or see:

<https://www.brownpapertickets.com/event/60556>

Saturday May 2, 2009

American Golf Program For Senior Centers (AGPSC) is a nonprofit organization developed to teach our Baby Boomers & Seniors the game of golf from “green to tee.” Our entire volunteer staffs offer instructional lessons, videos, hands-on putting contest and refreshments at No Cost to our Baby Boomers & Seniors.

FUNDRAISING EVENT

White Elephant Sale at Albany Senior Center

846 Masonic Avenue

Albany, CA 94706

8:00 AM to 2:00 PM

AGPSC (nonprofit) is hosting fundraising tables at Albany Senior Center's White Elephant Sale. All new merchandise for all occasions such as Mother's Day, Father's Day, Birthday, 2009 Graduation, Christmas, Halloween, etc. available at this event. Great Deals at 75%-90% Off New Items!!! Used Golf Clubs & New Golf Head Covers will be sold at a HUGE Discount.

Contact: Nancy Foster, AGPSC Executive Director, P.O. Box 6370, Albany, CA 94706, 510-528-1576, <http://www.agpsc.org>

Wednesday, May 13, 2009

Anabel Pelham, Ph.D, Professor and founding director of the Gerontology Program at San Francisco State University, will lecture and discuss the **current models for independent living** including Village Cooperatives, Communal Housing Options, Retirement Communities Without Walls, and a new way to engage with Geriatric Care Managers. If you are among the many active adults interested in aging in your own home, then this presentation is for you.

WHERE: SF State Downtown Campus, 835 Market St., 6th floor, Served by MUNI and BART - Powell St. Station, Parking at the Mission Street Garage

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>

May 14

Outcome Thinking and Management: Shifting Focus from Activities to Results in San Francisco

For grantseekers and nonprofit executive directors.

Now, more than ever, donors ask nonprofits to prove the effect of their programs on the communities they serve. In this course you'll learn how to apply an outcomes approach to your project, produce better proposals, and report on project impact. Developed in partnership with The Rensselaerville Institute. See:

http://foundationcenter.org/marketplace/catalog/product_training.jhtml?id=prod2290007

Saturday, May 16, 9:30 am - 4 pm

Osher Lifelong Learning Institute - SF State Presents:

Employment Conference for Jobseekers 55+

Pathways to Work: Effective Strategies for Approaching Today's Tough Job Market

For Whom: If you are a Boomer, Senior, or a Member of the 'Quiet Generation'

Why: *If you are looking for work ...because you've been laid off, watched your retirement fund tank, or simply want the stimulation of work.*

Panels and Workshops on:

- Strategizing your approach to the job market during difficult times
- Volunteering as an entry to employment
- Starting the business you've always dreamed about
- Living within your means, while you look.

Speakers and Panelists:

- Debra Varner, OLLI Director;
- Linda Artel, Bay Area Career Center;
- Michael Collins, RSVP;
- David Brick, Encore After School;
- Linda Murray and Frances Payne, Experience Corps;
- Gerry Meister, United Educators (SFUSD);
- Jennie Horns, United Administrators (SFUSD);
- Polly Babcock, OLLI; Amy Hittner, OWL.
- Keynote Address: Joe Hanson, life coach, business consultant, author of *Soaring Into Acceptance*.

Bring a current resume: Members of the Job Forum of the SF Chamber of Commerce will offer one-on-one résumé critiques during the lunch hour.

Registration form is available on our website:

<http://www.cel.sfsu.edu/olli/events.cfm>, or contact

Debra Varner: <mailto:dvarner@sfsu.edu>; 415-817-4243

Where: SF State OLLI, 835 Market St., San Francisco, 6th Floor (BART and MUNI Powell Station)

Cost: \$35 in advance or \$50 at the door.

May 16 & 17

Certified Laughter Yoga Leader Training with Carmela Carlyle

Saturday 1 - 7 p.m. and Sunday. 10 a.m. - 6 p.m.

FREE! 12.0 contact hours will be awarded through UCSF Department of Nursing (CA Board of Registered Nursing Provider # CEP 12980)

UCSF Osher Center for Integrative Medicine.

The Circle Room.1701 Divisadero.Suite 150.

San Francisco. CA. 94115.

Visit Carmela's website and see how thousands of seniors in 65 countries around the world laugh their way to improved health every day. Laughter Yoga has been featured on CNN, The Discovery Channel, National Geographic, Dancing with the Stars and even on Oprah! Now you can train to bring Laughter Yoga to your senior community! More Info:

<http://www.carmelacarlyle.com>, 707.765.9035. or

<mailto:contact@carmelacarlyle.com>

Sunday, May 31, 2009

Vital Aging: Achieving Your Best Life

Peninsula Volunteers, Inc., offers a free half-day seminar in honor of the 60th Anniversary of Little House, The Roslyn G. Morris Activity Center
1:00 pm to 4:30 pm

Keynote Speaker: Dr. Walter M. Bortz II, Expert on Longevity and Healthy Aging

Other experts on:

- MEMORY, Dr. J. Wesson Ashford
- TECHNOLOGY, Susan Ayers Walker
- TRANSPORTATION, Family Service Agency of San Mateo County, Metropolitan Transit Commission, Department of Motor Vehicles
- CRIMES AGAINST OLDER ADULTS, Legal Aid Society, Menlo Park Police Department (Invited)
- FITNESS AND NUTRITION, Ruth Anne Bortz

Seating is limited. Pre-registration is recommended. PENINSULA VOLUNTEERS LITTLE HOUSE, 800 Middle Avenue, Menlo Park, CA 94025, 650-326-2025 x 231, To register see:

<http://www.penvol.org/pdf/PV-Vital-Aging-Conference.pdf>

CALIFORNIA

JUNE 12-13, 2009

HEALTH MINISTRIES ASSOCIATION 20TH ANNIVERSARY WESTERN REGIONAL CONFERENCE

ST. JOHN'S LUTHERAN CHURCH 1701 "L" STREET,
SACRAMENTO, CA 95811. For information or to receive a brochure,
contact: For more information contact:

Rebecca Anton, C CVS Chapter President at,
<mailto:ranton39@sbcglobal.net>, Or Susan Carson Mercy Health Ministry
Coordinator at <mailto:Susan.Carson@chw.edu>
(916) 851-2094

June 5, 2009 8:00 am—5:00 pm

Determination of Decision-Making Capacity: An Interdisciplinary Training

*Jointly sponsored by the University of California, Irvine School of
Medicine, Program in Geriatrics and the California Geriatric Education
Center*

Decision making capacity is a crucial issue in care of the older patient. By correctly evaluating and documenting your patient's capacity issues, you can protect his or her autonomy and safety. Experts in geriatrics, psychology and elder abuse will demonstrate clinical evaluations of decision making capacity, completion of the declaration form, and use of an interpreter to perform the evaluation. Using simulated patients, participants will interview an elderly subject, complete a capacity determination and receive feedback from peers and experts.

COURSE FACULTY:

- **Solomon Liao, MD**, Associate Professor, UC Irvine School of Medicine, Geriatrics, Course Director

- **Bonnie Olsen, Ph.D.**, *Licensed Clinical Psychologist, Associate Clinical Professor UC Geriatrics, Professor, Irvine School of Medicine*
- **Erika Falk, Psy.D.**, *Licensed Clinical Psychologist, Institute on Aging, Geriatric Assessment Service*
- **Beth L. Lewis, J.D.**, *Deputy County Counsel for Public Guardian Office of County Guardian, Counsel, County of Orange*
- **Honorable Gerald Johnston**, *Superior Court of Orange, County, Probate/Mental Health Division*

For information please call or email Elaine Chen at (714) 456-7863 or <mailto:eachen@uci.edu> or see:

http://www.centeronelderabuse.org/files/CapacityTraining_5Jun09.pdf

Registration will be confirmed upon receipt of payment

October 26-28

Preserving Values, Emerging Stronger

CALA's 2009 Fall Conference & Trade Show, The Hilton Hotel Orange County/Costa Mesa Speaker proposals are now being accepted for this conference. The Deadline for submitting a proposal is June 19, 2009. See:

http://www.caassistedliving.org/web/events/09FC_conference.asp

NATIONAL

June 8-10

AARP presents: **Diversity and Aging in the 21st Century, The Power of Inclusion** Marriott Chicago Downtown Magnificent Mile, Chicago, Illinois. See:

http://www.aarp.org/aarp/human_resources/diversity/articles/2009_diversity_aging_conference.html

INTERNATIONAL

July 2-3, 2009.

Ageing in Latin America: Developing the Research Agenda

The demographic ageing of societies represents one of the major challenges for the 21st century. As fertility has fallen, longevity has increased, with older people living longer and healthier old ages. The experience and meaning of old age is being transformed. However, in Latin America the context for this is very different from other world regions. Population ageing is taking place much more rapidly than in Europe and North America for example, and against a background of limited health care and social protection. Both collaborative research and data collection are now needed to better understand the implications. The programme includes key speakers from all over Latin America and from the UK.

Conference attendance is free, registration is mandatory; deadline for registrations is 1 June 2009.

Please download the programme form from

<http://www.ageing.ox.ac.uk/system/files/LARNAconferenceprogramme.pdf> and registration form from

<http://www.ageing.ox.ac.uk/research/regions/latin-america/larna>(at bottom of page).

COMMUNITY RESOURCES

Imagining Forgetfulness ... A Participation into the Intuitive Reality

By Desi Owens, MS, MSW, LCSW and Nader Shabahangi, PhD

AgeSong is creating an adaptation of the classic PhotoVoice approach originally developed and implemented by Caroline Wang, Mary Ann Burris, and colleagues. PhotoVoice projects provide a forum to actively engage individuals within communities who have often been

marginalized, overlooked, and unheard. This AgeSong-based project will focus on individuals who have been labeled as having dementia in an effort to establish meaningful two-way communication, prompting us to listen, and teaching us about the emotional worlds and representations of our elders.

Each resident participant will be paired with a trained staff person and/or intern who will provide assistance and join in the process as the resident's "photo partner". Elders will be given digital cameras to photograph elements in their everyday world and will be asked to take pictures of whatever they consider important or meaningful to them. Participants will have the opportunity to tell their story both through the photographs that they take, and through any verbal comments that they wish to share about their motivations for taking a picture, and/or any reactions that they may have to their images.

This project seeks to bring us closer to the person behind the cognitive impairment label by giving us the opportunity to directly observe the elder's experience of "dementia." Through this project we hope to gain a better understanding - from our elders - about the "panorama of forgetfulness," a foundation from which our attitudes and ways of caring have the potential of being significantly transformed.

This pilot project has been developed with the help of Desi Owens, AgeSong Project Consultant and Campus Planner at the UC Berkeley Resource Center on Aging, in collaboration with Nader Shabahangi and the AgeSong community. For more information contact Desi Owens at: <mailto:desiowens@berkeley.edu>

Engage As You Age, LLC, helps seniors pursue interests they've long enjoyed - and introduces them to new stimulating activities, as well. Visits are made to seniors in their homes that complement the medical and non-medical care they receive. For more information see:

<http://www.engageasyouage.com/> or contact **Engage As You Age**,

LLC_275 5th Street, Suite 320_San Francisco, CA 94103 **Phone:** 415-690-6944, **Fax:** 415-541-8950.

East Bay Smart Senior Real Estate & Resources for Seniors is run by **Joann Sullivan**, a Full-Service Realtor® who specializes in working with senior homebuyers and sellers and their families. She is a member of the Senior Advantage Real Estate Council® and has been designated a Seniors Real Estate Specialist (SRES)®

(<http://www.seniorsrealestate.com/sarec/>) by the National Association of Realtors ®. For more information see:

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

DisabledCommunity.Org, a clearinghouse of disability resources and information designed to help improve the quality of life for people with disabilities, their friends, caregivers and social service agencies, is looking to expand its program and **needs a rental space either separate or within another community based organization in which to grow.** In the coming months, they plan to build out the DCO bookstore into a "Work Hardening" project for young and older people with disabilities. They need a 10 x 14 or larger space to grow their online bookstore where they will train people with disabilities in bookstore operations. This could be in the form of a room, warehouse space or storage room as long as it is secure, has an elevator if needed and an accessible bathroom available. If you can help, please contact Lori Guidos, Executive Director DisabledCommunity.org <mailto:admin@disabledcommunity.org>. See: <http://www.disabledcommunity.org>

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:

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\$10 a year for job listings

\$20 a year for both

\$20 per job posting.

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

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