



# 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, 2010**

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*AgeStrong!LiveLong!*

To read **President Obama's proclamation**, please visit  
<http://www.whitehouse.gov/the-press-office/presidential-proclamation-older-americans-month>

The U.S. Census has some interesting statistics on Older Americans' Month as well. See:

[http://www.census.gov/Press-Release/www/releases/archives/facts\\_for\\_features\\_special\\_editions/014595.html](http://www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/014595.html)

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## EDITOR'S NOTES

The June issue of the newsletter will be published **Monday, May 31<sup>st</sup>**. **The deadline for items to be included in the June issue is Friday, May 28th**. Please email submissions to: <mailto:ddriver@berkeley.edu>.

Thanks again to all for your thoughtful email to me on the occasion of my (complete!) retirement, June 30<sup>th</sup>. Many of you expressed hope that the newsletter and jobs list will continue. Again, at this point Center staff are evaluating what might be possible to continue once their resource situation becomes clearer.

A reminder that the Center maintains a **list-serve 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.

***Continued thanks to all for your generosity and support.***

## NEW ON THE WEB

### Aging in the Media

KALW Public Radio

"Your Legal Rights" with Chuck Finney

April 14, 2010

**Topic: Financial Abuse of the Elderly**

Guests: Prescott Cole, Attorney; Steve Riess, Attorney; Erika Falk, Director of San Francisco Elder Abuse Forensic Center.

Download mp.3 podcast: [http://public.npr.org/anon.npr-podcasts/podcast/2/510278/126010636/KALW\\_126010636.mp3?dl=1](http://public.npr.org/anon.npr-podcasts/podcast/2/510278/126010636/KALW_126010636.mp3?dl=1)

### From the New York Times

- New reality show on the WE tv network called "**Sunset Daze.**" *Boozy, Bawdy Reality TV, With a Few Wrinkles*, By BROOKS BARNES, Published: April 26, 2010.  
<http://www.nytimes.com/2010/04/27/arts/television/27daze.html>
- **A Graying Population, a Graying Work Force**, By JOHN LELAND, New York Times, Published: April 24, 2010,  
<http://www.nytimes.com/2010/04/25/us/25care.html?ref=todayspaper>
- For two interesting **controversial opinion pieces** in the NY Times, see: David Brooks, "The Geezers' Crusade," *The New York Times* (Feb. 1, 2010)  
<http://aging.informz.net/z/cjUucD9taT03NTU3MTlmcD0xJnU9MTAwODI4NTg2MiZsaT0yODkxNjl3/index.html> and
- Paul Krugman, "The Bankruptcy Boys," *The New York Times* (Feb. 21, 2010):  
<http://aging.informz.net/z/cjUucD9taT03NTU3MTlmcD0xJnU9MTAwODI4NTg2MiZsaT0yODkxNjl4/index.html>

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## **For Hoarders, The Mess Begins In The Mind**

by PATTI NEIGHMOND, National Public Radio, April 5, 2010

<http://www.npr.org/templates/story/story.php?storyId=125344573>

## **Consumer Resources**

### **Summary of New Health Reform Law**

On March 23, 2010, President Obama signed into law the comprehensive health reform legislation, the Patient Protection and Affordability Act.

Kaiser Family Foundation has published a 13-page summary that reflects provisions of the new law, and changes made by subsequent legislation, including provisions to expand coverage, control health care costs, and improve the health care delivery system. See: <http://www.kff.org/healthreform/upload/8061.pdf>

In September 2009, labUK launched the Brain Test Britain experiment to answer the question: **does brain training actually work?** They asked the public to help and the public responded in the thousands, making this the biggest ever study of its kind. Find out more about the results at:

<https://www.bbc.co.uk/labuk/results/braintestbritain/index.html>

US NATIONAL INSTITUTES OF HEALTH NIH SENIORHEALTH UPDATE: A section on "Exercise and Physical Activity for Older Adults" has been updated on NIHSeniorHealth.gov.

<http://nihseniorhealth.gov/exerciseforolderadults/toc.html>

## **Research & Reports**

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

Urban Institute, **How Quickly Do Older Adults Spend Their Wealth?**, Rudolph G. Penner, Karen E. Smith, April 19, 2010, <http://www.urban.org/publications/412077.html>

**New Poll Shows California Voters 40 and Older Largely Unprepared for Costs of Long-Term Care Services**

To view the poll results, visit

<http://www.healthpolicy.ucla.edu/pubs/Publication.aspx?pubID=409>  
[- download](#)

Report to Congressional Requesters, United States Government Accountability Office, **POORLY PERFORMING NURSING HOMES Special Focus Facilities Are Often Improving, but CMS's Program Could Be Strengthened**, US SENATE SPECIAL COMMITTEE ON AGING HEARING TESTIMONY: Listening Sessions. <http://www.gao.gov/new.items/d10197.pdf>

**"Seniors Feeling the Squeeze: Rising Drug Prices and the Part D Program,"** a hearing held March 17, 2010

[http://aging.senate.gov/hearing\\_detail.cfm?id=323166&](http://aging.senate.gov/hearing_detail.cfm?id=323166&)

**"The War on Drugs Meets the War on Pain: Nursing Home Patients Caught in the Crossfire,"** a hearing held March 24, 2010

[http://aging.senate.gov/hearing\\_detail.cfm?id=323367&](http://aging.senate.gov/hearing_detail.cfm?id=323367&)

**Community Colleges and Caregiver Training: Implications for Policymakers**, By James P. Nyberg, Spring, 2010 International Longevity Center–USA,

[http://www.ilcusa.org/media/pdfs/CTI\\_Issue\\_Brief\\_Mar\\_2010.pdf](http://www.ilcusa.org/media/pdfs/CTI_Issue_Brief_Mar_2010.pdf)

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention **Trends in Health Status and Health Care Use Among Older Men**, Mabel Crescioni

et al, <http://www.cdc.gov/nchs/data/nhsr/nhsr024.pdf>

Berkeley Center on Health, Economic & Family Security, **How Would Health Care Reform Impact California Senior Citizens?**,

Zachary L. Baron et al,

[http://www.healthpolicy.ucla.edu/pubs/files/HCR\\_Seniors\\_Brief\\_3-22-10.pdf](http://www.healthpolicy.ucla.edu/pubs/files/HCR_Seniors_Brief_3-22-10.pdf)

Department of Veterans Affairs, Office of Inspector General  
**Hospitalized Community-Dwelling Elderly Veterans: Cognitive and Functional Assessments and Follow-up after Discharge**,

March 4, 2010, <http://www4.va.gov/oig/54/reports/VAOIG-09-01588-92.pdf>

**Aging in Place: The National Broadband Plan and Bringing Health Care Technology Home**, April 22, 2010 Senate Special Committee on Aging, Statements of Committee Members. Hearing can be heard at:

[http://aging.senate.gov/hearing\\_detail.cfm?id=324102&](http://aging.senate.gov/hearing_detail.cfm?id=324102&)

California Senate Office of Oversight and Outcomes, **Dangerous Caregivers: State Failed to Cross-Check Backgrounds, Exposing Elderly to Abusive Workers**, March 18, 2010, John Adkisson et al,

<http://www3.senate.ca.gov/deployedfiles/vcm2007/senoversight/docs/dangerouscaregiversreport1.pdf>

April 2010, "**Survey of California Voters 40 and Older on Long-Term Care**," April 2010, Lake Research Partners,

<http://www.healthpolicy.ucla.edu/pubs/Publication.aspx?pubID=409-download>

**Still Out, Still Aging**, TheMetLife Study of Lesbian, Gay, Bisexual, and Transgender Baby Boomers, March 2010,  
<http://www.metlife.com/assets/cao/mmi/publications/studies/2010/mmi-still-out-still-aging.pdf>

Center for Health Statistics, Office of Policy, New Jersey Department of Health & Senior Services, **Pedestrian fatalities among the elderly**, CHS BRIEF, April 2010,  
[http://www.state.nj.us/health/chs/monthlyfactsheets/older\\_pedestrian\\_brief\\_0410.pdf](http://www.state.nj.us/health/chs/monthlyfactsheets/older_pedestrian_brief_0410.pdf)

## **Research & Reports-International (by country)**

### **Australia**

**The impact of advance care planning on end of life care in elderly patients: randomised controlled trial**, Karen M Detering et al, March 2010,  
[http://www.bmj.com/cgi/content/full/340/mar23\\_1/c1345](http://www.bmj.com/cgi/content/full/340/mar23_1/c1345)

### **Canada**

**Drug Use Among Seniors on Public Drug Programs in Canada, 2002 to 2008**, Canadian Institute for Health Information,  
[http://secure.cihi.ca/cihiweb/products/drug\\_use\\_in\\_seniors\\_2002-2008\\_e.pdf](http://secure.cihi.ca/cihiweb/products/drug_use_in_seniors_2002-2008_e.pdf)

### **Japan**

Social Statistics Division, Statistics and Information Department, Minister's Secretariat, **Survey of Institutions and Establishments for Long-term Care**,  
<http://www.mhlw.go.jp/english/database/db-hss/siel-index.html>

## United Kingdom

### **Telling the story of Hartfields A new retirement village**

**for the 21st century**, Joseph Rowntree Foundation,  
Karen Croucher and Mark Bevan

<http://www.jrf.org.uk/sites/files/jrf/Hartfields-retirement-village-full.pdf>

## General International

**Informal Carers: Who Takes Care of Them?**, Frédérique Hoffmann & Ricardo Rodrigues, Vienna, Policy Brief, European Center, April 2010.

[http://www.euro.centre.org/data/1272461942\\_23133.pdf](http://www.euro.centre.org/data/1272461942_23133.pdf)

### **Designing the Payout Phase of Funded Pension Pillars in Central and Eastern European Countries**

Policy Research Working Paper 5276, *Dimitri Vittas et al*, The World Bank, Europe and Central Asia Region, Private and Financial Sector Development Department & Central Europe and the Baltics Country Department, April 2010, [http://www-](http://www-wds.worldbank.org/external/default/WDSContentServer/IW3P/IB/2010/04/21/000158349_20100421103114/Rendered/PDF/WPS5276.pdf)

[wds.worldbank.org/external/default/WDSContentServer/IW3P/IB/2010/04/21/000158349\\_20100421103114/Rendered/PDF/WPS5276.pdf](http://www-wds.worldbank.org/external/default/WDSContentServer/IW3P/IB/2010/04/21/000158349_20100421103114/Rendered/PDF/WPS5276.pdf)

### **Family Location and Caregiving Patterns from an International Perspective**

Helmut Rainer, Thomas Siedler  
MARCH 2010, CESifo Group, (Center for Economic Studies (CES), the Ifo Institute for Economic Research and the Munich Society for the Promotion of Economic Research), [http://www.cesifo-](http://www.cesifo-group.de/pls/guestci/download/CESifo)

[group.de/pls/guestci/download/CESifo](http://www.cesifo-group.de/pls/guestci/download/CESifo) Working Papers  
2010/CESifo Working Papers March 2010/cesifo1\_wp2989.pdf

## Practice Resources

The February 10th, 2010 webinar **An Analysis Of Medicare And Medicaid In Long-Term Care And Suggestions Of Reform** (along with others) has been archived by the Center for Personal Assistance Services and can be found at:  
<http://www.pascenter.org/webcast/index.php>

The Technical Assistance Centers are a partnership between Family Caregiver Alliance and the ARCH National Respite Network and Resource Center. The Centers provide technical assistance to the Aging and Lifespan Respite Networks on **caregiver and lifespan respite program development**. They publish a **newsletter** to which you can subscribe at:  
[http://caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=2366](http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2366)

**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>

**Environmental Geriatrics** <http://www.environmentalgeriatrics.org>

**The Animated Virtual Home** is an interactive multimedia course that teaches health professionals how avoidable disability and injury can be reduced through age-appropriate design, by providing the following online experiences:

- To make a virtual home visit with an older patient who has reduced visual, hearing, mobility, and memory skills;
- Witness virtual patients unnecessarily struggling to accomplish daily tasks of living (e.g., bathing, eating, ambulating, and taking medications);

- Observe patients encountering remediable environmental hazards, that increase fall and burn risk, which are not usually observable in practice;
- Experience virtually the effect of visual impairments, such as macular degeneration or glaucoma, while interacting with the environment (e.g., descending stairs);
- Identify specific assistive devices and environmental features that improve patients' ADL/IADL functioning while reducing injury risk;
- Identify specific assessment tools for the geriatric patient

Other available information include:

- **Patient handouts on environmental design**  
[http://www.environmentalgeriatrics.com/home\\_mod/index.html](http://www.environmentalgeriatrics.com/home_mod/index.html)
- **Information on home modifications**
- **Information on home safety**

### **Geriatric Interdisciplinary Team Training**

<http://consultgerirn.org/resources/media/>

The Geriatric Interdisciplinary Team Training (GITT) videos, developed by the Hartford Institute of Geriatric Nursing, are now freely available on the ConsultGerIRN website (formerly GeroNurseOnline) <http://consultgerirn.org/>

Studies show that complex patients manage better when their doctors, nurses, gerontologists, pharmacists--every health professional involved in their care (including the patient!)--work together as a team to develop a plan of care. The goal of the GITT Program is to help promote the development of effective patient management across multiple disciplines.

The GITT program has produced a toolkit which, along with the videos and the video transcripts, consists of manuals on CD-ROM, which can be downloaded at the following:

<http://www.gittprogram.org/products.html>

## Artifacts of Culture Change

<http://www.artifactsofculturechange.org/ACCTool/>

The Pioneer Network has developed an interactive web-based version of the *Artifacts of Culture Change* tool for providers to input and score their data online. This free tool is designed to measure five specific areas in the culture change journey: care practice; environment; family and community; leadership; and workplace. While you must register, registration is free. Information about your care home is coded and is never identified, although you may compare your data to similar care homes. You are also able to monitor changes in your home periodically. Providers will be able to access current and historical data and are encouraged to complete the tool at a minimum of twice a year; and create high involvement of staff, family and residents in completing the tool and solicit feedback from varying perspectives.

**Coming soon:** Although providers will not be able to view peers' data, the online collection of consistent and measurable variables will allow Pioneer Network to aggregate culture change implementation measures and benchmark data for homes throughout the country to develop reports by multiple characteristics (such as home size, market concentration, staff hours and census data).

## Improving Health Literacy for Older Adults

<http://www.cdc.gov/healthmarketing/healthliteracy/reports/olderadults.pdf>

Improving health literacy is increasingly critical as information, choices, and decisions about health care and public health have become more complex. In the past, patients and consumers were often restricted to a small number of medical information sources, most written for health professionals. Today, a wide variety of health information is available because of technological advances

such as the Internet and the need for patients to be informed “consumers” of health care services. Yet older adults use more health care services than other segments of the population, and face unique issues related to physical and cognitive functioning that can make it difficult for them to find and use appropriate health information.

To address concerns about the barriers for older adults to understand and use health information, the Centers for Disease Control and Prevention (CDC) convened an Expert Panel on Improving Health Literacy for Older Adults on December 6–7, 2007, in Atlanta, Georgia. The expert panel brought together a diverse group of researchers, social service providers, and public health and medical practitioners to connect research and practice. This document, a summary of these proceedings, provides recommendations for health providers to be trained as effective communicators working with older adults’ abilities and cultural differences, and for system redesign to provide accessible, interactive, and user-centered information.

### **Elder Abuse**

<http://www.nicenet.ca/list.aspx?menu=43&app=195&cat1=568&tp=9&lk=no>

The National Initiative for the Care of the Elderly (NICE) website contains evidence-based tools for the detection, management and prevention of elder abuse. While some of the tools have been available for some time, all are in the final stages of being piloted to seek advice on any needed adjustments prior to printing large quantities for dissemination across Canada. Tools to date include:

- Indicators of Abuse (IOA):
- Caregiver Abuse Screen (CASE)
- Elder Abuse Suspicion Index (EASI)
- An Ethical **Decision-Making Framework (IN HAND)**

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## 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\\_center\\_on\\_aging](http://opac.libraryworld.com/cgi-bin/opac.pl?command=signin&libraryname=ucb_center_on_aging)

**A Portrait of the Brain** (2008), by Adam Zeman, Yale University Press.

**Geriatrics at Your Fingertips** (2009), by David B. Reuben, Keela A. Herr, James T. Pacala, et al., published by the American Geriatrics Society.

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## NEW PUBLICATIONS

**Neuroimaging Research in Geriatric Mental Health**, Howard J. Aizenstein, MD, PhD (Editor) Charles F. Reynolds III, MD (Editor) Myra Fernandes, MA, PhD (Editor), 2/2010, Springer, <http://www.springerpub.com/product/9780826110992>

DVDs

**"A Time to Live"** - TRT 17:03 documentary

Palliative Care aims to prevent and relieve suffering and support the best possible quality of care for patients and their families. This film catalogs the lived experiences of five real patients receiving in-patient palliative care.

**"A Healing Journey"** - TRT 11:13 documentary

A veteran's story of how the Services of Hospice and Palliative Care have provided support both at home and during inpatient stays. The veteran accounts how interventions have improved the

quality of life and provided reassurance and dignity in dealing with end-of-life issues.

To order your **free copy of either one** please contact VJ Periyakoil, MD <mailto:hospice@med.va.gov>

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## CALENDAR OF EVENTS

**Note:** Except for UC Berkeley, the following are **all newly submitted events**. For a comprehensive calendar see [Resources on Aging](http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html) on our WEB site at: <http://ist-socrates.berkeley.edu/~aging/ResourcesinAging.html> Newsletter archives can be accessed at: <http://conium.org/~aging/Newsletters/> The **Gerontological Society of America** maintains a national/international calendar at: <http://www.geron.org/calendar.htm>.

### Bay Area

#### Series

#### **It Takes Two: A Refreshing Approach to Understanding Dementia Behavior**

A four-week class to help the caregiver of someone with memory loss better understand and communicate with their family member. Learn new ways to respond to troubling behavior. Feel more confident and positive about your caregiving role.

**When:** Wednesdays - May 26 and June 2, 9 and 16, 2010  
9:30 a.m. - 11:30 a.m.

**Where:** Marin Adult Day Health Center, 1905 Novato Blvd.  
Novato, CA 94947

**Facilitator:** Amanda Hartrey, M.A., MFTI, Family Consultant,  
Family Caregiver Alliance

**To Register:** Pre-registration required. Call Amanda Hartrey at  
(800) 445-8106, ext. 304

**Sponsored by:** Family Caregiver Alliance, Marin Adult Day Health  
Center

## Non Series

**MONDAY, MAY 3, 2010**

OWL San Francisco **A SPECIAL OWL PROGRAM FOR ALL PARENTS WITH ADULT CHILDREN**

Dr. Ruth Nemzoff will be speaking to us about her wise and wonderful book, "**Don't Bite Your Tongue: How to Foster Rewarding Relationships with your Adult Children.**

Dr. Nemzoff, who has spent her life studying family dynamics, empowers parents to continue to have close relationships with their children, while respecting their independence and their choices.

**WHERE** OWL OFFICE--FLOOD BUILDING 870 MARKET ST--ROOM 975

**TIME** 10 AM TO 12 NOON

**Information:** 415/989-4422

**Thursday, May 6, 2010**

**Free Putting Lessons**

**Time:** 10:30 am - 12:30 pm

**Place:** Kensington Senior Center, 52 Arlington Avenue, Kensington, CA 94707

**Details:** Please Call (510) or see [www.agpsc.org](http://www.agpsc.org)

**From May 08, 2010 3:30 PM Through May 09, 2010 3:30 PM**

StageBridge presents **City Green** Dyanne DiSalvo's delightful book comes to life in this world premiere musical adapted by Josiah Polhemus and with original music by Daniel Savio. Join in the fun as young Marcy and Old Man Hammer do battle over turning an abandoned neighborhood lot into a community garden in Brooklyn. A dancing flowers ball will have you laughing and clapping. Meet the award-winning author after the show for an Old Fashioned Ice Cream Social (included in the price). All moms receive a gift on

Mother's Day. For tickets see:

<http://www.brownpapertickets.com/event/106373>

**May 13, 2010 ~ 5:30 p.m. to 7:00 p.m.**

The Silicon Valley Positive Aging Forum Presents:

**Non-Traditional Senior Housing With Integrated Services**

With Christine Kennedy Executive Director, the Leading Age Institute, Inc.

This final Forum of the Spring Series will take the audience on a virtual tour to innovative senior communities across America that match the purpose and passion of people in their mature years.

Virtual site visits will include:

- Elderspirit Cohousing,
- the Burbank Senior Artist Colony,
- the Greenhouse Project, and
- Senior Housing Solutions.

At Avenidas: 450 Bryant St., Palo Alto, CA 94301

Reception from 5:30 to 6:00: Appetizers Served ~ Drinks Available.  
Program begins at 6:00.

Conversations continue at an optional no-host dinner at Rangoon Restaurant in Palo Alto.

**\$20~Advance Purchase On-Line**

**(\$25 on May 13)**

CLICK HERE FOR Registration & More Information:

<http://www.regonline.com/builder/site/Default.aspx?eventid=857176>

or <mailto:P.A.Forum@LeadingAge.org>

**May 14 in San Francisco**

**Outcome Thinking and Management: Shifting Focus from Activities to Results**

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 for fundraising success, and report on project impact.

## TOPICS

Understanding how outcomes thinking differs from other approaches

Using targets and milestones to describe a project and the intended results

Addressing outcomes in proposals to build donor confidence about their investment

Registration fee: \$195

Click for more details or to register

<http://fconline.fdncenter.org/pnd/25022577>

For listings of courses throughout the country see:

<http://foundationcenter.org/>

## Saturday, May 15th

The Buck Institute presents “**A Healthy Diet: Good for You, Good for the Planet**”, to be held on **Saturday, May 15th** beginning at 10:30 a.m. The free seminar will feature Buck faculty Dr. Pankaj Kapahi and Dr. Justin S. Brashures, Assistant Professor of Wildlife Ecology and Conservation at UC Berkeley. Dr. Kapahi, whose research focuses on nutrition and aging, will address the impact of diet on individual health. Dr. Brashures will discuss the impact our diets have on the health of our global community and wildlife.

Doors open at 10:00 a.m. Seating is limited. To reserve a space, call (415) 209-2030 and leave a message with your name and the names of any guests who will attend with you. You will not receive a call-back unless there is a problem with the reservation. You can also e-mail:

<mailto:events-rsvp@buckinstitute.org>

## Tuesday, May 18

**12th Annual Updates on Dementia Conference: Translating Research into Practice**

**Time: 8:00AM - 4:00PM**

**Location:** Crowne Plaza Hotel, Foster City, CA

For information see: [http://www.alz.org/norcal/documents/03-2010\\_UpdatesonDementia\\_Brochure\\_Web.pdf](http://www.alz.org/norcal/documents/03-2010_UpdatesonDementia_Brochure_Web.pdf)

## **May 20th**

**Caregiver Empowerment Workshop** featuring Teepa Snow  
May 20th, 9-4, Fairfield Community Center, 1000 Webster Street  
Fairfield, CA

Phone &07 428-7654 for more information.

## **May 20**

The **10th Annual Statewide Senior Injury Prevention Conference** will be held at the Waterfront Hotel in Jack London Square on May 20, 2010. Topics covered will include:

- Vitamin D and Fall Prevention,
- Polypharmacy (Prescriptions, Herbals, and Over-the-Counter),
- Medication Disposal-Doing it the Safe Way,
- Foot Health and Successful Aging, and
- Injury Prevention in the Emergency Dept-The Fall Prevention Center at Highland.

We will offer two breakout sessions; one on program "Sustainability" and another on "Incorporating Injury Prevention into Daily Work".

In celebration of the conference's 10th Anniversary, we will hold a drawing to give one lucky attendee a free Wii console complete with Wii Fit Plus software and Balance Board!

To download a copy of the registration brochure go to:

[http://www.acgov.org/PublicHealth/organization/divisions/ems/ems\\_SIPP.htm](http://www.acgov.org/PublicHealth/organization/divisions/ems/ems_SIPP.htm)

## **May 21**

**FORGIVENESS IN MEDIATION - A One-day Retreat**

**9:00 am - 5:00 pm**

**Faculty:** Frederic Luskin, PhD and attorney Dana Curtis

**Location:** Sausalito, CA

See: <http://danacurtismediation.com/dcm/forgivenessyrslater.html> for complete details and to register.

**Saturday, May 22<sup>nd</sup>, 4pm-7pm**

### **The Grape Escape: A Culinary Caper**

A fundraiser supporting Ombudsman Services of San Mateo County, Inc.



Hiller Aviation Museum, 601 Skyway Road, San Carlos, CA

Sample wines, beverages and great foods from local vendors

Tour the museum! Included with purchase of admission ticket

Bid at our silent and live auctions hosted by: **Assemblyman Jerry Hill**, Vic Lee, ABC 7 News, Mike Nevin, San Mateo County Board of Supervisors

**Admission \$65 per person** Children under 12 free

Proceeds support our work on behalf of the residents of long-term care facilities. To purchase tickets visit: [www.ossmc.org](http://www.ossmc.org) or call 650-780-5707. Ombudsman Services promote standards of excellence in advocacy and enhancement of the quality of life for residents of long-term care facilities.

**Saturday, May 22**

**MOVING AROUND THE CITY: Let's Stay Active** (3rd in the Series: STAYING IN THE CITY)

10:00 AM - 12 Noon

MECHANICS INSTITUTE, 57 POST ST., SF, MUNI STOP—  
MONTGOMERY ST

Phone 415-989-4422 \* Web site: <http://www.owlsf.org>

For Both Persons Highly Mobile or Those with Limited Mobility This program will look at different ways for both highly mobile and limited mobility San Franciscans to enjoy our city, through walking, biking, and access to public transportation.

Staff members from MUNI will discuss the city's plans to improve service for persons with limited mobility, who may be experiencing isolation.

Melanie Grossman, Ph.D, will present "On your feet and cycling: discovering the City for fun, for your health, for your psyche."

## **Friday, June 4 in San Francisco**

### **Proposal Writing Seminar**

More than 38,000 grantseekers have strengthened their skills with our most popular seminar. Our expert instructors will teach you to research funders and craft a comprehensive, compelling proposal package. Hear what grantmakers have to say, and gain valuable insight into the review process.

#### **TOPICS**

Cover letter, executive summary; your message to the grantmaker  
Comprehensive project descriptions; your proof of project planning  
Statement of need, organizational overview, conclusion, appendices

#### **BENEFITS**

Learn the best way to present your information  
Humanize your story to present a compelling picture  
Convince funders to become part of your success and stay committed

#### **BONUS**

Free copy of *The Foundation Center's Guide to Proposal Writing*, 5th Edition (\$34.95 value)

Registration fee: \$195

Click for more details or to register

<http://fconline.fdncenter.org/pnd/25022578>

For listings of courses throughout the country see:

<http://foundationcenter.org/>

## July 19-23

Stagebridge's **4th Annual Performing Arts Camp** will be held July 19-23. Registration is now open at

<http://www.stagebridge.org/10pac50.htm> or call (510) 444-4755 for more information. Each year sells out, so don't wait.

## California

**Tuesday, May 11, 4:00pm-5:00pm -or- Friday, May 14, 10:00am-11:00am**

Visit our **OPEN HOUSE without leaving yours...On the phone!**

Two opportunities to meet scintillating seniors, sample a class, play a brain fitness game, meet the Senior Center Without Walls staff and learn how this award-winning program operates – all with one simple phone call.

On May 11 at 4:00pm -or- May 14 at 10:00am

**Dial toll-free: 1-877-237-9339**

When you hear the prompt, "Please enter your conference code," press 88 on your phone. When you hear the "beep", you have connected with everyone who is attending the OPEN HOUSE—they can hear you and you can hear everyone else! (If 88 is filled, press 77— this is a listen-only code.)

Senior Center Without Walls offers activities, friendly conversation, and an assortment of classes and support groups to adults aged 50+ who find it difficult to go to a community senior center. From

the comfort of their homes, they connect to our activities using their own telephones. And it's FREE!

QUESTIONS? Please call us at 1-877-797-7299

## **National**

**June 7 - 8, 2010**

### **NATIONAL MEDICARE READMISSIONS SUMMIT**

A Forum on Medicare 30-Day [hospital] Readmissions Policy and Technology-enabled Strategies for Transitions of Care

ONSITE, Washington Marriott, Washington, DC

ONLINE In your own office or home live via the Internet with 24/7 access for six months.

CO-LOCATED WITH The FIFTH NATIONAL MEDICAID

CONGRESS: Strategies for Navigating the New Medicaid

Media Partners

THE NATIONAL ACCOUNTABLE CARE ORGANIZATION

SUMMIT

For information see: <http://www.readmissionssummit.com/>

## **International**

**Monday 19th July 2010**

### **Futures of Ageing: Science, Technology and the Body**

You are warmly invited to the 3rd Annual Conference of the Ageing, Body and Society study group. We are delighted that the British

Library, St Pancras, London, are our co-hosts for this conference, that enables us to present our research in a very special,

prestigious and engaging venue, close to the centre of London.

A One Day Conference:

British Library, St Pancras, London:

<http://www.bl.uk/aboutus/quickinfo/loc/stp/index.html>

**For information:**

Jenny Cairns

Events Coordinator

The British Sociological Association

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Facsimile: +44 (0)191 383 0782

Email: <mailto:Jenny.cairns@britsoc.org.uk>

Visit our website at <http://www.britsoc.co.uk/>

**30th August to 1st September****"Designs On Our Future"**

Join us for the 3rd International Urban Design Conference being held from 30th August to 1st September 2010 at the National Convention Centre- Canberra, Australia. The conference will focus on a variety of themes and topics:

- Growth
- Demographic change
- Housing diversity and affordability
- Settlement patterns
- Preparedness
- Resilience
- Infrastructure and sustainability in the "New" Australia
- Transport system requirements
- Energy efficient building design
- Effective governance and leadership
- Sustainable higher density development
- Renewable development
- Managing the carbon footprint of new and existing cities
- The future of public spaces
- Food and resource vulnerability

See: <http://www.urbandesignaustralia.com.au/>

## Community Resources

Beginning April 2010, ***Creating Aging-Friendly Communities*** joined with **The Center for Disease Control's Healthy Aging Research Network** to engage professionals and advocates nationwide in **promoting environmental policy change to support healthy aging.**

This project addresses one often underutilized strategy to create communities that promote healthy and vital aging: **environmental policy change.** By this we mean changes in policy to help ensure that people are able to remain fully engaged in their communities as they age. We need improvements in neighborhood design and safety, more housing options with universal design features, better integration of transportation resources, and protection from environmental hazards. Federal and state policy change is important, but much of the change that is needed can take place at the community level. We can use policy tools that range from regulations to incentives to education. To advance this cause, we all need to learn more about effective policies in these areas and what roles we can play to create policy change. **You can become a part of this important one-year initiative!**

Start now by taking our online survey about your learning needs and what you would like to accomplish at:

<http://www.surveymonkey.com/s/298BCZL> We will use the survey results to create and make available on *Creating Aging-Friendly Communities*, < <http://www.icohere.com/agingfriendly/> > action briefs, online resources, interactive online mini-conferences, and to engage the online community in sharing ideas, resources, and successes.

**END**

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](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.

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://socrates.berkeley.edu/~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.

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**Please Note:** Due to anti-spam filters on some e-mail services, many messages are blocked or deleted. **Please add [lists@berkeley.edu](mailto: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