



Editor's comments:

Dear Subscribers,

Welcome to our second issue of the Engaging Aging e-newsletter!

Please note: If for some reason a link does not work, copy and paste the address into your browser. Also, a reminder, if you are interested in posting and/or receiving jobs in aging announcements, please read the details at the end of this newsletter.

As always, thank you to all who donate to us! Your support is essential for continuation of our e-newsletter and new Jobs in Aging Board.

Important: If you have content for the February newsletter, please email it to me at jisrael@berkeley.edu by February 18, 2011.

Best to all and enjoy!

Jill Israel, RN, Publisher/Editor

*Contributors: Desi Owens, MS, MSW, LCSW, Campus Planner & Academic Coordinator;
Guy Micco, MD, Director, Center on Aging*

UC BERKELEY RESOURCE CENTER ON AGING: FEATURED HAPPENINGS

- **The Center's Students in Aging Group (SIA)**, will sponsor a screening/discussion with Shaleece Haas, Director of the short, award-winning, documentary "Old People Driving" on February 10, from 5:30 - 7:00 pm in RM 470 of Stephens Hall. (UCB campus map: http://berkeley.edu/map/maps/large_map.html) As always, pizza will be served! Space is limited, so if you plan to attend, RSVP to Desi Owens, SIA faculty representative, at: desiowens@berkeley.edu. For information about the film, visit: <http://www.oldpeopledrivingmovie.com/>. For more information about Students in Aging please see: <http://socrates.berkeley.edu/~aging/SIApage.html>

- **The UCB Elder Mentor Partnership Program** makes the news!
Here's a New York Times blog about our program:
<http://newoldage.blogs.nytimes.com/2010/12/17/empathy-101/>
- **New Jobs in Aging Board**
As noted in our December issue, we're very excited to be able to offer this informational service to our subscribers! Our goal is to strike a balance between timely job posts, and delivering information in a thoughtful way (e.g., doing our part to reduce email traffic to your personal inboxes). **Note: it is important that you remain a subscriber to our jobs in aging listserv to receive key updates regarding the Jobs Board.** Please remember that your donations will help sustain this informational service. Here is the link to our user-friendly Jobs Board:
<http://jobsinaging.easyjobboards.com> **Remember, we are asking that you now post your own positions—instructions are at the end of the newsletter.** (Jobs will remain on the board for approximately one month unless you request an extension.) **IF you wish to receive daily updates on job postings, please scroll to the end of the jobs board page and sign up! You will notice an option called “get job updates”; to activate this feature, you will need to enter your email address.** To date, there are approximately 35 agencies that have one or more positions available. If you need assistance during this transition, email Desi Owens at: desiowens@berkeley.edu.
- **New Website:** Desi Owens launched the Center's new website. Please visit:
<http://socrates.berkeley.edu/~aging/index.html>
While still in progress, we update content regularly.
- **New On-Line Donation Option** to support Center activities:
<http://socrates.berkeley.edu/~aging/support.html>
- **New Center-sponsored course** began this month, *Critical Perspectives in Aging in Health*. Please see this link for more information:
http://socrates.berkeley.edu/~aging/doc/2011CGcourseflyer5F_photo.pdf
- **Resource Center on Aging– January Library Additions**
 - Frontotemporal Disorders: Information for Patients, Families, and Caregivers (2010). National Institute on Aging, National Institutes of Health.
 - McLean, C. & Kelly, R. (2010). Creative Arts in Interdisciplinary Practice, Inquiries for Hope and Change. Detselig Temeron Press, Calgary.

REFLECTIONS/CONTRIBUTIONS BY OUR UCB COMMUNITY/AFFILIATES

Long-term Care and Health Care Reform

by Dorothy P. Rice

Professor Emerita, UCSF

The Patient Protection and Affordable Care Act (PPACA) of 2010 includes reforms of all aspects of our health care system, but little attention has been focused on the changes related to long-term care of older and disabled persons. This article focuses on the long-term care provisions of this historic Act.

One of the important provisions is the Community Living Assistance Services and Supports (CLASS) program that establishes a national voluntary insurance program for long-term care services and supports. This program establishes a completely new public-private approach to financing and accessing long-term care services. Premiums will be collected through payroll deductions. Individuals whose employers agree to participate in premium withholding will automatically be enrolled. Other methods for making premium payments will be established for those employed by non-participating employers. Premium amounts will be set by the Secretary of the U.S. Department of Health and Human Services. To qualify for benefits, individuals must pay premiums for five years and meet the functional and/or cognitive criteria established by the Secretary. The program is effective as of January 1, 2011, but the Secretary of HHS must develop details of the plan no later than Oct. 1, 2012. So it is likely that people will be able to sign up after that date.

The plan will pay a cash benefit of no less than \$50 per day, that will be pegged to an assessment of a person's need for help with basic activities such as bathing, eating, dressing, and mobility. There are no lifetime limits on the benefits.

The PPACA also contains provisions that could expand Medicaid community-based long-term services and supports by establishing new optional benefits including:

- Increases in Federal financial participation for State expenditures on Medicaid Home and Community Based waivers, Pace programs, and home and personal assistance to adopt structural changes in their long-term services and support systems.
- A new State Plan Option for Attendant Services and Supports that expands the definition of attendant services to include one month's rent, utility deposits, and household furnishings to help persons to transition from institutional to community living.
- Spousal impoverishment- Mandates the application of spousal impoverishment protection to persons whose spouses qualify for home and community based services.
- Long term services and supports workforce is strengthened.
- Background checks are required for employees providing services to persons receiving long-term community-based or institutional care.
- Expands Aging and Disability Resource Centers to serve long-term services and supports.

A Fulbright Experience

by Pam Arnsberger, PhD, Professor, University of Hawaii

Coming from the University of Hawaii to Queens University, Belfast (QUB) was more than just a change of weather. The Changing Ageing Partnership at QUB provided me with a new model for interaction between researchers, service providers and older consumers. The project, established by Atlantic Philanthropies to improve the quality of life for older people in Northern Ireland (NI), funded over 20 research projects at QUB. These included studies on older people caring for adult sons and daughters with developmental disabilities, age discrimination, nutritional habits of older adults, community action for health, physical activity programs especially tailored for older men and even social dance for the elderly. I found that there are both similarities and differences in the way aging research is conducted and aging services are offered in the UK and in the US.

First, Northern Ireland and the Irish Republic are developing an innovative model for participation of their older population in the community-based research process. Research launches and meetings involved the senior community resulting in spirited exchanges, with valid points and issues being raised by older adults. I believe researchers learned as much from the audience at those sessions as did the audiences from the researchers... a true exchange. In the UK there is also more emphasis on trying out interventions and less on experimental research methodology than in the states. This leads to more community level experiments, rather than the small treatment and control group studies we have in the US.

The National Health Service, through the health and social care trusts, have a strong commitment to provide long term care options and far more available sheltered housing opportunities than in the U.S. However inexpensive interventions to increase health-related quality of life in these settings (such as ongoing recreational and therapeutic activity programs) are limited. Institutional care, while it does not impoverish elders as it does at home, seems to be of the same quality as the US. Furthermore, it does not include some of the protections that are available in the US (e.g. required reporting of elder abuse and a system in place to process those complaints).

Finally, my own research project, on comparing self-assessed health status of caregivers across the US, China and the UK, showed caregivers in the UK are doing better than in either China or the US (in spite of lower incomes). It appeared that NI caregivers were benefitting from caregiver support policies that have been enacted in the past 10 years such as direct payments to carers, carer allowances, increased availability of respite services, women's pensions at an earlier age and new designs for sheltered living arrangements for elders and people with Alzheimer's Disease, all exciting ideas for future exploration in the US.

Ageing-Friendly Communities and the Village Model

by Andrew Scharlach, PhD, Professor, UCB School of Social Welfare

Ageing-friendly communities are a central focus of work at the Center for the Advanced Study of Aging Services, a research center housed in the School of Social Welfare at UC Berkeley. The Center's current projects include research on the characteristics of physical and social environments that support healthy aging, effective community change strategies, and examples of model community-based initiatives. For example, the Center recently produced a *Compendium of*

Community Aging Initiatives, a comprehensive report that for the first time documents in a single place the various efforts across the country to help communities become more “aging friendly.” http://socialwelfare.berkeley.edu/NewsEvents/compendium_aging.shtml

Research on the “Village” model. A major line of research examines the development, implementation, effectiveness, and sustainability of the “Village” model of senior support services. Villages are consumer-driven, senior membership organizations that have the stated goals of allowing members to remain living in their own homes and apartments, be actively engaged in their communities, and meet their health care support needs as they grow older. In return for annual dues, members of these “Villages” receive a variety of services and support (e.g., transportation, grocery shopping, referrals to home care and other discounted services, care coordination, volunteer opportunities, social and cultural events) specifically designed to help them age in place and avoid institutionalization. The model was pioneered in 2001 by Beacon Hill Village in Boston, Massachusetts, and now has been disseminated in at least 50 communities nationwide, with hundreds of other communities considering developing new Villages.

The Center’s research program includes a comprehensive quantitative and qualitative evaluation of these 50 villages, including their organizational characteristics, funding, membership recruitment, service provision models, service outcomes, and sustainability. To date, we have conducted two initial surveys of existing Villages across the country, examining the characteristics of seniors served by these innovative organizations and various organizational characteristics. We also are working with the SCAN Foundation and ElderHelp of San Diego, to examine the cost-effectiveness of their Concierge Club Village model. Future plans include a multi-year study of Villages nationally in order to evaluate the extent to which the Village model actually achieves its stated goals (age in place, active engagement, support needs met), and to test a conceptual model regarding the factors that contribute to program effectiveness.

For further information, please see the most recent Newsletter of the Center for the Advanced Study of Aging Services:

http://cssr.berkeley.edu/research_units/casas/index.html

California Senior Legislature

by Shirley Krohn, Senior Assembly Member, California Senior Legislature
Representing Contra Costa County, <http://www.4csl.org/>

At the end of the annual California Senior Legislature (CSL) Session in Sacramento, attendees selected the top ten State legislative proposals. Aging issues covered included increasing fines associated with ID theft, increasing the homeowner's property tax exemption from \$7K to \$27K for seniors, increasing mileage allowance for senior volunteers, identifying the purpose of a prescribed medication on the label, property tax deferral for seniors, and making sure disabled seniors are accommodated by emergency response teams in the event of a disaster.

One of my proposals was voted number one. This has to do with repealing the 2013 sunset clause in the Financial Elder Abuse Reporting Act of 2005. This is about financial institutions being mandated reporters of suspected financial abuse. I'm happy to report that this particular proposal has been picked up by Senator Joe Simitian.

Another of my proposals was voted number seven and is very controversial. It would establish an independent long-term care ombudsman program here in California. It currently resides under the Department of Aging, which is out of compliance with the Federal Older Americans Act which prohibits the program from being housed in the same department as state licensing. We are currently looking for a legislative sponsor for this important legislation. This proposal was a collaborative effort. It was the basis for an intergenerational project wherein a grad student from CSU Bakersfield, supervised by a faculty member, worked with me and a group of stakeholders from throughout the state to research and craft the proposal language. This intergenerational approach to policy creation continues on other legislative projects that will be introduced in 2011.

DIRECT PRACTICE PICKS OF THE MONTH:

- Physical Therapy Neurologic Rehabilitation Clinic– A Free Student-Run Community Service Program: http://www.samuelmerritt.edu/physical_therapy/neuro_clinic

To enroll, please contact: Rolando Lazaro, PT, DPT, GCS, Assistant Professor, Samuel Merritt University, Peralta Pavilion 3726, 450 30th St., Oakland, CA 94609 (510) 869-6511 extension 4401 rlazaro@samuelmerritt.edu

- State Braces for Shortage of Care Providers as Elderly Population Continues To Grow: <http://m.californiahealthline.org/special-reports/2010/state-braces-for-shortage-of-care-providers-as-elderly-population-continues-to-grow.aspx>
- The American Geriatrics Society's Clinical Practice Guidelines: Prevention of Falls in Older Persons: http://www.americangeriatrics.org/health_care_professionals/clinical_practice/clinical_guidelines_recommendations/2010/

AGING IN THE MEDIA

- Real Life Among the Old Old: http://www.nytimes.com/2010/12/31/opinion/31jacoby.html?_r=1&emc=eta1
- US Alters Rule on Paying for End-of-Life Planning: <http://www.nytimes.com/2011/01/05/health/policy/05health.html>
- In Pictures: Caring for the Elderly in Freetown: <http://www.bbc.co.uk/news/world-africa-11925677>
- Dance Helps Parkinson's Patients Harness Therapeutic Power of Movement: http://www.pbs.org/newshour/bb/health/july-dec10/parkinson_12-09.html
- Long-term Care Insurance Policies Can Be a Pricey Puzzle for Consumers: <http://www.washingtonpost.com/wp-dyn/content/article/2010/12/13/AR2010121305292.html>

- Raising False Alarms:
<http://www.nytimes.com/2011/01/25/opinion/25herbert.html?sq=social%20security&st=cse&adxnl=1&scp=2&adxnlnx=1295989451-H4vUsEAOSHS2Oqtb4224jQ>
- As Doctors Age, Worries About Their Ability Grow
<http://www.nytimes.com/2011/01/25/health/25doctors.html?src=me&ref=health>
- With Alzheimer's Patients Growing in Number, Congress Endorses a National Plan
<http://www.nytimes.com/2010/12/16/us/politics/16alzheimer.html>

RESEARCH-RELATED PICKS

- The Journal of the American Medical Association launches a new series on caring of the aging patient: <http://www.sciencecentric.com/news/10010133-jama-launches-new-series-on-caring-the-ageing-patient.html>
- Alzheimer's Test Clears a Hurdle:
<http://www.nytimes.com/2011/01/21/health/21alzheimers.html>
- Lost in Translation: The Unintended Consequences of Advance Directive Law on Clinical Care:
<http://www.annals.org/content/154/2/121.short>
- Use of Advance Directives in Long-term Care Populations:
<http://www.cdc.gov/nchs/data/databriefs/db54.pdf>
- Weathering the Storm: The Impact of the Great Recession on Long-Term Services and Supports:
<http://www.aarp.org/health/health-care-reform/info-10-2010/health-panel-10201.html>

WEB HIGHLIGHTS—SELECTIONS OF THE MONTH

- American Society on Aging's *New Ventures in Leadership: A Leadership Development Program for Professionals of Color in Aging*:
<http://www.asaging.org/nvl/index.cfm>
- Families USA: The Voice for Health Care Consumers (Medicare information and more!): <http://www.familiesusa.org/issues/medicare/>
- Healthy People.gov:
<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=31>

ELDER VOICE: RELATED RESOURCES

- Coming of Age: <http://www.comingofage.org/about>
Bay Area Chapter: <http://www.comingofage.org/bayarea/about-us/newsletter>

PALLIATIVE CARE

- Atul Gawande's Checklist Manifesto: <http://gawande.com/the-checklist-manifesto>
- The New Old Age: D.N.R. By Another Name: <http://newoldage.blogs.nytimes.com/2010/12/06/d-n-r-by-another-name/>
- GeriPal website: <http://www.geripal.org/>
- A call for patient-centered care: <http://www.jhartfound.org/blog/?p=2765#more-2765>
- Keep Your Voice, Even at the End of Life: http://www.stltoday.com/lifestyles/health-med-fit/health/jane-brody/article_f03dc5a0-7ca6-5d41-b0cb-58eb75f031c5.html?print=1

EVENTS

Bay Area and California:

- Stanford Geriatric Education Center (SGEC): Faculty Development Program in Ethnogeriatrics. The Stanford Geriatric Education Center (SGEC) is offering an intensive 12-month 160-Hour Faculty Development Program in Ethnogeriatrics. This hybrid educational experience uses a train-the-trainer approach to train multidisciplinary geriatric health care faculty. For more information, see: http://sgec.stanford.edu/fac_dev.html
Also, see SGEC's webinar series, Care of Diverse Elders and their Families in Primary Care: <http://sgec.stanford.edu/events.html>
- AgeTech California Technology Conference and Exposition, February 16, Hilton Pasadena, Pasadena, CA: <http://www.aging.org/i4a/calendar/details.cfm?id=275>
- Aging Services of California Annual Public Policy Conference <http://www.aging.org/i4a/calendar/details.cfm?id=39>
- Capturing the Energy & Expertise of People 50+. Is your organization ready to harness the power of skilled volunteers eager to contribute and connect? Can you offer them compelling, meaningful opportunities? Registration is now open for *Coming of Age's* dynamic two-day Learning Lab for nonprofit professionals on February 17 and 24 in downtown Oakland, at a new reduced fee! See <http://comingofage.org/bayarea/organizations/training-and-consultation> for more information or email: comingofage@ncphs.org.
- EXPLORE YOUR FUTURE!
A four-session workshop series designed to help you chart a path to an engaged, fulfilled future. Whether you're thinking about life after full-time work, starting a new career, or looking for a meaningful volunteer experience,

this program helps you consider what's most important to you, and provides practical ways to reach your goals. Discussion topics include: What has influenced me? Who am I now? How can I realize my dreams? How do I create an engaged life?

Workshops in February and March.

For more information: www.ComingofAge.org/BayArea
or call (888) 308-1767.

- **A PRACTICAL GUIDE TO HEALING**

Two workshops for caregivers, therapists and anyone wanting to deeply explore healing facilitated by Dale Borglum of the Living/Dying Project with CEUs available. Marin, Feb. 5 and 6, 2011

For more information, please go to <http://www.livingdying.org/>

- **Caring for Those You Care About**

Are you caring for a family member or friend who is older or ill? Do you have concerns about your own care as you age? Join Seniors•At•Home, a division of Jewish Family and Children's Services, for a four-part workshop series offering understanding, solutions, and support. Each session is devoted to a different aspect of caring for someone while still caring for yourself. You are welcome to attend one or all sessions.

February 28—Being an Effective Healthcare Advocate—for Yourself and Others

March 7—Setting Boundaries and Dealing with Changing Roles

March 14—Coping with Difficult Diseases

March 21—Care and Compassion at the End of Life

Workshops will be held from 6:00 – 8:00 pm at JFCS, 2150 Post Street, San Francisco. Light snacks will be provided. Preregistration is required. For more information or to register, please call 415-449-3777 or email:

<mailto:Info@SeniorsAtHome.org>

National and International Conference Information:

- **The 37th AGHE Annual Meeting and Educational Leadership Conference**
Living the Old Age We Imagine: Higher Education in an Aging Society
March 17 - 20, 2011

Hilton Cincinnati Netherland Plaza

Cincinnati, Ohio

The AGHE Annual Meeting and Educational Leadership Conference is the premier national forum for discussing ideas and issues in gerontological and geriatric education. Educators, clinicians, administrators, researchers, and students share their experiences, expertise, and innovations regarding teaching and learning about aging and older persons. Learn more:

<http://www.aghe.org/templates/System/details.asp?id=40634&PID=500208>

- Aging in America
What: 2011 ASA Aging in America Conference
Who: American Society on Aging
When: April 26-30, 2011
Where: San Francisco, CA
URL: www.agingconference.org

Aging in America, the 2011 Annual Conference of the American Society on Aging, will be held in San Francisco from April 26-30. The diverse, multidisciplinary conference will tackle the critical and timely issues faced by professionals working with older adults, offering insights and solutions to work through challenging situations. Attendees come from around the country and abroad to find the answers, the experts, the research and best practices.

The conference will focus on key public policy issues affecting older adults, such as the impact of health care reform and reauthorization of the Older Americans Act, as well as relevant topics including the future of aging, cognitive fitness, marketing to mature women, caregiving, workforce development, diversity and cultural competence, mental and physical health, and much more. Presenters include experts in the field, such as Kathy Greenlee, Assistant Secretary for Aging; Barbara Kennelly, President of The National Committee to Preserve Social Security and Medicare; and Lorraine Cortés-Vázquez, Executive Vice President of Multicultural Markets and Engagement at AARP.

Visit: www.agingconference.org

- Gerontological Society of America call for abstracts deadline: March 15, 2011:
<http://www.geron.org/annual-meeting?start=1>
(Annual meeting: Nov. 18 - 22, 2011, Boston, MA:
<http://www.geron.org/annual-meeting>)

OFF THE BEATEN PATH...

- "Forgetfulness" by Billy Collins:
http://www.billy-collins.com/2005/06/forgetfulness_b.html
- Muttville Senior Dog Rescue:
<http://www.muttville.org/>

Please Note: The deadline to submit events, etc. for our February 2011 newsletter is February 18; you will receive this issue at the end of the month.

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.

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? A reminder that our Center offers three subscription options: 1) CA Jobs in Aging posts *only*; 2) our monthly electronic newsletter *only*; or 3) both the CA jobs in Aging posts (via our new Jobs in Aging Board) **and** our monthly e-newsletter. Jill Israel, RN, is the contact for ALL subscriptions (jjisrael@berkeley.edu). Please note “subscribe” in the subject heading with your preference, that is, if you haven’t already subscribed. (Also, to unsubscribe, please note this in the subject heading of your email.)

Jobs in Aging Board Information

Note: it is important that you remain a subscriber to our jobs in aging electronic mailing list to receive key updates regarding the Jobs Board.

Here is the link to our user-friendly Jobs Board: <http://jobsinaging.easyjobboards.com>

Remember, we are requesting that you now post your own positions. Jobs will remain on the board for approximately one month unless you request an extension. **IF you wish to receive daily updates on job postings, please scroll to the end of the jobs board page and sign up! You will notice an option called “get job updates”; to activate this feature, enter your email address.**

How to Post

The following details should significantly lessen the learning curve!

To submit a new job post:

Click on the green plus sign with “submit a job” on the right side of the homepage.

There are several fields to complete, such as “job title” & “location.”

Under the “contract type” options, if none apply, select “other.” The “hours” field is optional.

At a minimum, please include the following in the “description” box:

-Job Description

-Name and address of company where job is located, and url and/or background information about your organization

-Contact person including name, phone number and/or email address

IMPORTANT: to mitigate formatting problems in the “description” box, copy and paste your job summary from a Word document or Text Edit to the “description” box without text enhancements (e.g., bulleting, bolding, etc.). If desired, do wait to bold, underline, and/or italicize content until you have already entered all information in the box; icons are available should you wish to do this.

If you do not have information for an “optional” field, leave it blank.

Next, type in the requested words in the security box and click on the “post” button. Your post will be sent to the jobs administrator for review; if complete, it will be approved and posted as

soon as possible. If we need additional information or have questions, we will contact you.

Also, remember to enter your name and email address in the appropriate text boxes below the “description” box so that we can contact you if needed.

If you need assistance during this transition phase, please contact Desi Owens at:
desiowens@berkeley.edu

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-\$15.00 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. Our monthly e-newsletter and jobs in aging posts will continue through our fiscal year, June 2011; there will be no newsletter or job posts in July and August 2011. We will resume both services in Fall 2011 (contingent upon funding). Thank you!

New Online donation option: <http://socrates.berkeley.edu/~aging/support.html>

Please mail checks to: Resource Center on Aging, C/O Desi Owens, 50 University Hall, MC 7360 Berkeley, CA 94720