Editor’s comments:

Dear Subscribers: I’m Jill Israel, RN, editor and publisher of our monthly Engaging Aging e-Newsletter. I am a nurse who has been in the field of aging and health for over 30 years. I’ve worked in many capacities, including community-based health education, research, publishing, and clinical practice. It’s wonderful to be on board and to have received your welcoming emails. Our goal is to engage you, keep you informed about the latest community events, and update you on some key areas in the aging field. You will notice a new format to our newsletter that includes writings and perspectives from our community. Desi Owens, MS, MSW, LCSW, and Guy Micco, MD, Center Staff, will contribute regularly. Please note: I welcome comments/feedback on our newsletter to help us best meet your needs. (If for some reason a link does not work, copy and paste the address into your browser.)

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

UC BERKELEY RESOURCE CENTER ON AGING: FEATURED HAPPENINGS

- **New Jobs in Aging Board!**
  An update regarding our Jobs in Aging list-serve: since the first week of November—when we reinstated this service—we have received an unprecedented number of job postings (for example, in less than one week we received more postings than in the entire month of March). While wonderful and encouraging, we realize that this unexpected surge no longer lends itself to sending job announcements out individually (our past approach). Thus, we decided to create a Jobs in Aging Board. 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 list-serve to receive key updates regarding the Jobs Board.** Please remember that your donations will help sustain this informational service. (Also, please continue to refer your colleagues to us—we have a wonderful community with much to offer one another.) Here is the link to our user-friendly Jobs Board: [http://jobsinaging.easyjobboards.com](http://jobsinaging.easyjobboards.com) **Remember, we are asking 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, you will need to enter your email address.** To date, there are approximately 17 agencies that have one or more positions available. If you experience difficulties during the transition, email desiwens@berkeley.edu.

- **New Website: Desi Owens launched the Center’s new website. Please visit:** [http://socrates.berkeley.edu/~aging/index.html](http://socrates.berkeley.edu/~aging/index.html)
  
  While still in progress, our site has much more information “up” now including the Center’s primary educational activities; select Web resources in aging; campus-wide faculty in aging; a link to our library database; the new Job Board (detailed above); and a new on-line donation option ([http://socrates.berkeley.edu/~aging/support.html](http://socrates.berkeley.edu/~aging/support.html)) if you wish to support our work.

- **Performance of Readers’ Theater: On Aging and Old Age**

  UC Berkeley and Salem Lutheran Home sponsored an intergenerational collaboration, Readers’ Theater in a Medical Context: “What’s Old?”

  As the culmination of a course offered by Guy Micco (UCB - UCSF Joint Medical Program) and Linda Spector (Drama director, instructor and playwright), student participants from UC Berkeley and elders from Salem Lutheran Home, a continuing care retirement facility in Oakland, joined together in early November at the Women’s Faculty Club on the UC Berkeley campus to present readings of prose and poems on subjects pertaining to aging and old age, in an intergenerational exchange. A stimulating intergenerational discussion followed the readings including a lively exchange about stereotypes of elders and youth.

- **New Course in Spring 2011, Critical Perspectives in Aging in Health**
  
  Please see this link for more information:


- **Participation in Northern California Geriatric Education Center Consortium**

  See: [http://www.norcalgec.org/corefac.html](http://www.norcalgec.org/corefac.html)

- **UCB-UCSF Joint Medical Program: Community Collaboration with Piedmont Gardens, Oakland, CA**

  *by Sidney Spies, MD, Joint Medical Program Preceptor and Resident of Piedmont Gardens*

  In 1978 the University of California began the Joint Medical Program (JMP).
The goal was to establish a medical education program based on a broader concept of health than medical care alone. In the usual four-year medical school program, students spend two years in formal classes such as Anatomy, Physiology, Pharmacology, etc. followed by two years in “clerkships” on the wards of hospitals. Students accepted for the 5-year JMP, on the other hand, spend their first three years on the Berkeley campus, completing the preclinical science curriculum required for MD licensure (though in a non-traditional, case-based fashion) and elective coursework in support of a health-related master's thesis. For their last two years they join the UCSF student body in hospital clerkships in San Francisco, so that when they graduate they receive both a Master’s Degree from UC Berkeley and an MD from UCSF. In 2005, Piedmont Gardens became a teaching facility for the JMP.

Students accepted for this prestigious JMP are chosen not only for their academic record, but also for past involvement in public service. Typical examples: a year working in an orphanage in the slums of Tijuana; a project to bring potable water to a village in Sudan; assisting in an HIV clinic for women in Thailand. All of the students had been involved in similar pursuits that led them to choose medicine as a means, not an end. At Piedmont Gardens, residents are asked to volunteer as patients to help first- through third-year med students develop skills in performing full medical histories and limited exams (basically blood pressure, pulse, head, heart and lungs.) These are done in the resident’s own apartment while I’m sitting nearby as unobtrusively as possible. The information the residents provide remains totally private (as it would in their own doctor’s office.) For the initial interview 2 ½ hours are allotted. The student grows in ability to understand an elder population, and the resident who volunteers as a patient has the gratification of playing a role in the development of an exceptional doctor.

• “The Elder Mentor Partnership Program”

This is a pilot project at the UC Berkeley-UCSF Joint Medical Program whose purpose is to bring together first year medical students with community elders to help these students learn about the pleasures and pains of growing old in our time. Our goal is for students to learn self reflection, excellent communication skills and an appreciation of the varied lives of elders. It also provides an opportunity for elders to voice their opinions about health issues and their personal experience with health care professionals.

What is an elder “mentor”?

A mentor is an elder who is willing to share their life experiences with a student over a three-year period. They meet with a student at least once a semester and participate in a conversation about a variety of topics including their biography, their experiences with healthcare, growing old in our society, and any other issues of interest or concern. Mentoring does not mean you need
to take responsibility for teaching or guiding our students other than by sharing your life history. We believe this sharing will be one of the most rewarding experiences our students will have in medical school because it allows them to relate to the complexity and richness of being a person who is aging; and breaks down stereotypes, conscious and unconscious.

- **Resource Center on Aging – November Library Additions**
  
  - Haas, S. (Director). (2010), *Old People Driving* documentary, [DVD]
  
  

**REFLECTIONS/CONTRIBUTIONS BY OUR UCB COMMUNITY/AFFILIATES**

“Old People Driving”
By Shaleece Haas, Director, and Alum of the UCB School of Journalism, and UCB Students in Aging Interest Group

When I tell people about my film, Old People Driving
[http://www.oldpeopledrivingmovie.com/](http://www.oldpeopledrivingmovie.com/) I'm always afraid they'll make a joke about little old ladies driving slow in the fast lane, or insist that everyone over 70 should have their license taken away. But more often than not, when I talk about my film, people respond with deeply personal stories of their own — stories about loved ones who struggled with the decision of when and how to stop driving.

Old People Driving (runtime: 24 minutes) chronicles the adventures of my 96-year-old grandfather, Milton, and 99-year-old Herbert as they confront the end of their driving years. In the film, we join Herbert as he takes his last drive, hands over his keys, and comes to terms with the reality of a life without the car. Milton, meanwhile, continues to drive every day and says he'll do so until he feels he's no longer safe on the road. Through their stories, the film reveals the heartbreaking truth about the generation that came of age during America’s love affair with the automobile: that they, too, will eventually sputter to a stop.

Facing the end of a driving career can be frightening and emotional - for the senior driver and for their family. As one researcher who studies caregiving and driving says, "When you bring up the issue of stopping driving, it's like you're bringing up the issue of dying." No one wants to talk about it. And so I am especially grateful that the film is being used by family members and senior care providers to make the "driving retirement" conversation a bit easier to start.
The film is available on DVD for personal and institutional use. (visit <http://www.oldpeopledrivingmovie.com>) It will be screened on the UC Berkeley campus at an upcoming Center event – stay tuned for details!

The National Association of Healthcare Advocacy Consultants
By Stan Weisner, Ph.D., MSW, Director, UC Berkeley Extension (www.nahac.com)

The National Association of Healthcare Advocacy Consultants held its second annual conference to a packed house in Washington, D.C., in November. It will be convening next year’s conference here in Berkeley (November 4-5, 2011). A growing movement (and new professional calling), the association has brought together nurses, medical social workers, geriatricians, lawyers, and others who see the urgent need for a more patient-centered and informed voice for families caught up in an increasingly complex U.S. health care system. With the ever-expanding array of medical procedures, specialists, and diagnostic tests; changing eligibility and coverage policies in both the government and private insurance marketplace; and multiple long-term care options with major cost and quality-of-care implications, the need for families to have access to independent health care advocates will only grow in the years ahead.

Health care advocates have already developed a code of ethics http://www.nahac.com/code/, training programs (www.healthcareliaison.com), and a Master’s degree in health advocacy at Sarah Lawrence College. CEU workshops (www.extension.berkeley.edu) that offer basic and continuing education for both paraprofessional and professional health advocates are being offered locally and across the country. Challenges this new field faces include the need to further explore insider/outsider advocacy and case manager roles, to examine cost-benefit issues (with anticipated savings of families’ health care dollars due to more timely and informed patient-centered care), and to develop more effective strategies for involving intergenerational family members in making more humane and cost-effective long-term care decisions for their loved ones.

Additional information about this field is available through a number of online resources. For example, up-to-date Medicare information can be found at http://www.medicareinteractive.org/, and AdvoConnection helps links consumers to health advocates all over the country: http://www.advoconnection.com/index.asp

California Senior Legislature
By Shirley Krohn, Senior Assembly Member, California Senior Legislature Representing Contra Costa County, www.4csl.org

Some say it’s the best kept secret in California. The fact that few have ever heard of the California Senior Legislature (CSL), this would certainly seem to be true. The reality is that the CSL is made up of 120 robust seniors from throughout the State who research and prepare legislative proposals concerning issues affecting our aging population. Modeled after the California Legislature, the CSL has 80 Senior Assembly Members, and 40 Senior
Senators. In October of each year, CSL members convene in Sacramento where they meet in the Assembly and Senate chambers to hear the legislative proposals. The final outcome of this exercise is the voting to determine the top 10 state and top 4 federal proposal.

In future articles I will be discussing the collaborative partnership I am attempting to develop with the university system wherein grad students actually work on legislative projects under the supervision of faculty with a CSL member mentoring them through the policy process.

**DIRECT PRACTICE TOPIC OF THE MONTH: FALLS**

- Falls Among Older Adults and Overview: http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html  
  http://www.cdc.gov/HomeandRecreationalSafety/Falls/FallsPreventionActivity.html

- Stop Falls Network California  
  http://www.stopfalls.org/snc/index.shtml  
  An extensive list of resources: http://www.stopfalls.org/resources/index.shtml

**AGING IN THE MEDIA**

- Planning for Temporary Home Care After the Hospital Stay:  

- Wired Up at Home to Monitor Illnesses:  

- Well: A Guided Tour of Your Body:  
  http://www.nytimes.com/interactive/2008/05/13/health/20080513_WELLGUIDE.html

**RESEARCH-RELATED PICKS**

- Frontotemporal Disorders: Information for Patients, Families, and Caregivers (September 2010)  
  http://www.nia.nih.gov/Alzheimers/Publications/FTLD/

- Fighting Against Age Discrimination in Clinical Trials  

- If you are interested in publishing or learning about an array of journals on aging:  
  http://crab.rutgers.edu/~deppen/journals.htm

- UCLA/Drew Center for Health Improvement for Minority Elders:  
  http://www.chime.ucla.edu/AboutCHIME.htm (see recent publications)
WEB HIGHLIGHTS—SELECTIONS OF THE MONTH


• National Blueprint for Injury Prevention in Older Drivers: http://www.caot.ca/driving/driving.pdf


• State Expected to Face Serious Shortage of Eldercare Providers, California Healthline: http://www.californiahealthline.org/articles/2010/11/10/state-expected-to-face-serious-shortage-of-eldercare-providers.aspx

• Medicare Beneficiary Savings and the Affordable Care Act Summary: http://www.healthcare.gov/center/reports/affordablecareact.html

More! November is Alzheimer’s Awareness Month

• Alzheimer’s Research Forum: http://www.alzforum.org/
• The AD8 screening tool: A viable screening tool for primary care? (see background text and related links.) http://www.alzforum.org/res/for/journal/detail.asp?liveID=185
• The Shriver Report: http://www.alz.org/shriverreport/overview.html

To subscribe to this newsletter: mailto: jisrael@berkeley.edu with "subscribe newsletter" on the subject line.
- Alzheimer’s 10,000 Joys and 10,000 Sorrows: an Interview with Olivia Ames Hoblitzelle
  http://www.huffingtonpost.com/marguerite-manteaurao/alzheimers-10000-joys-and_b_788873.html
- California Alzheimer’s Disease Centers:
  http://cadc.ucsf.edu/cadc/

ELDER VOICE: RELATED RESOURCES

- On “Culture Change”
  o The Pioneer Network:
    http://www.pioneernetwork.net/
  o Eden Alternative:
    http://www.edenalt.org/
  o The Green House Project
    http://www.ncbcapitalimpact.org/default.aspx?id=146
  o Planetree
    http://www.planetree.org/
  o California Culture Change:
    http://www.calculturechange.org/index.html
  o Live Oak Institute
    http://liveoakinstitute.org/about_today.html

- SeniorNet's mission is to provide older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom. Find out how you can become a part of SeniorNet and start enjoying the benefits of membership today! Read more:
  http://www.seniornet.com/

- Find Your Inner Genius: Late-blooming artists reveal how they tapped their creative talents—and how you can too

PALLIATIVE CARE

- Geriatrics and Palliative Care Blog– see GeriPal at: http://www.geripal.org/
- See Atul Gawande’s newest essay, “Letting Go” and more!
  http://gawande.com/
- Facing Death: An interview with Jerome Groopman, MD
EVENTS

Bay Area and California:

• **Perioperative Care of the Older Patient Symposium**, University of California Irvine, School of Medicine and Department of Anesthesiology  
  Date: January 28, 2011  
  Contact: Nokteh Taheri, Ed.D.  
  Phone: 714.456.6971  
  Email: ntaheri@uci.edu

• **Living Well on a Fixed Income**  
  With Peggy Green, Education Specialist  
  Consumer Credit Counseling Service  
  Learn how to:  
  o Stretch your income by setting priorities  
  o Establish a budget  
  o Plan and save  
  o Also learn other services provided by Money Management International, including free counseling services for help with money management, paying off creditors and help with housing related questions.  
  All programs: 1:30 – 3:00 p.m.  
  Tuesday, November 30, Newark Library– 6300 Civic Terrace Ave.  510-795-2627  
  Wed., December 1, Union City Library– 34007 Alvarado-Niles Rd. 510-745-1464  
  Wed., December 8, Fremont Main Library– 2400 Stevenson Blvd.  510-745-1401  
  No reservations required. Refreshments provided. All library programs are FREE. Libraries are wheelchair accessible.

• **The Elders’ Guild** (Conscious Aging for the Greater Good)  
  Meets the second and fourth Sundays of every month at the North Berkeley Senior Center at 1901 Hearst St. at the corner of Martin Luther King Way at 1:30 for socializing followed by a meeting from 2:00 to 4:00. The Elders’ Guild deals with issues of aging as well as telling life stories, and building community as well as participating in community projects. Call Joan Spiegel at 510-548-8709 for more information.

• **Eden Alternative:**  
  Join us for a FREE Webinar on Thursday, 12/09/10 at 3:00pm ET to learn about different workshops. The Eden Alternative offers and how to play a part in reinventing the way we care for our Elders and each other.  
  Copy and paste the following in your web browser to see upcoming workshops: [http://www.edenalt.org/component/option,com_registrationpro/Itemid,25/view.events/Space is limited](http://www.edenalt.org/component/option,com_registrationpro/Itemid,25/view.events/Space is limited).
 Reserve your Webinar seat now at:  
 https://www1.gotomeeting.com/register/895106008  
 Contact information for questions and more information:  
 The Eden Alternative  
 512-847-6061  
 http://www.edenalt.org/  

- **Diablo Valley Foundation for the Aging**  
 1936 Tice Valley Blvd.  
 Walnut Creek, CA 94595  
 (925) 945-8040  
 Contact– Robert Kain, Executive Director: robert@dv-fa.org  

The third annual “The Best Is Yet to Be” forum will take place **February 18** with five speakers whose topics range from better eye care to taking the best steps for the rest of one’s life. In addition, community theater veteran Bill Oakley will portray George Burns, who expressed a number of thoughts and ideas about aging.  

A free senior information fair will be held concurrently. Sixteen exhibitors will describe their varied services, and furnish prizes, pamphlets and gifts next door to the forum.  

The forum will be held from 9 am to 3 pm at Heather Farm Community Center, 301 N. San Carlos Drive, Walnut Creek. The nonprofit Diablo Valley Foundation for the Aging is sponsoring the event, and will donate proceeds to the Walnut Creek Seniors Club.  
Lunch is included in the $25 admission. For tickets at the door, the admission is $30.  
**To register, visit:** www.dv-fa.org or call 925-945-8040  

**NATIONAL/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:  

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• **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](http://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.

**Note:** Register before December 15, 2010 and save! For more information visit: [www.agingconference.org](http://www.agingconference.org)

• **Fourth Annual International Conference on Positive Aging**, December 7-10, 2010, Los Angeles, CA. Host: Fielding Graduate University  
  [http://www.positiveaging.fielding.edu/](http://www.positiveaging.fielding.edu/)

For conference program: [http://www.positiveaging.fielding.edu/conference-program](http://www.positiveaging.fielding.edu/conference-program)

• **Webinar: Vision to Reality: Partnerships, Practices and Policies to Foster Mobility**  
  Panelists will explore how state and local governments and their partners can advance effective practice and policy to foster mobility, drawing upon lessons learned. Action strategies and tools will be shared.

**Time:** Dec. 14, 2010, 1-2:30 (EST)  
**Moderator:** Rebecca Hunter, M.Ed., University of North Carolina and CDC-HAN  
**Panel:** Jennifer O'Connor, MPA, Pima Association of Governments; Ellen Jones, PhD, CHES, Senior Program Consultant, NACDD

**For more information:** [http://www.prc-han.org/epc-modules](http://www.prc-han.org/epc-modules)
Please Note: The deadline to submit events, etc. for our January 2011 newsletter is January 14. Our newsletter will follow soon after… Our warmest wishes to you and your family this holiday season—peace and good health in the new year!

OFF THE BEATEN PATH...
• As we’re aging, so are our pets! Helping Your “Good Old Dog” Navigate Aging

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? Send an e-mail to jisrael@berkeley.edu with "Newsletter Only" in the message's subject field. If you are interested in receiving information about jobs 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.

We have a new Jobs in Aging Board that can be found at: http://jobsinaging.easyjobboards.com/ Agency representatives are now required to post their own positions. 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. If you would like to receive both the newsletter and job announcements (via our Jobs in Aging Board) place "Jobs & Newsletter" in the 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-$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

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