



***Editor's comments:***

*Dear Subscribers,*

*Welcome to our third 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 March newsletter, please email it to me at [jisrael@berkeley.edu](mailto:jisrael@berkeley.edu) by March 11, 2011. Due to my vacation schedule, the March newsletter will be distributed the first week in April.*

*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**

- **Save the Date!** Our Resource Center on Aging, in collaboration with Bay Area organizations, Living Well (<http://livingwellalah.com/index.php>) and AgeSong (<http://www.agesong.com/>), will be hosting a presentation by Candacy Taylor; the event will highlight her extraordinary book, *Counter Culture: The American Coffee Shop Waitress*. The presentation will be held on **Thursday, April 14, from**

**5:00 pm - 7:00 pm** on the UCB campus, Stephen's Hall, Room 470 (located in area 5C on campus map: [http://berkeley.edu/map/maps/large\\_map.html](http://berkeley.edu/map/maps/large_map.html)). Light refreshments will be served.

Here's a link to Candacy Taylor's work: [http://www.taylormadeculture.com/Taylor\\_Made\\_Site/BOOK.html](http://www.taylormadeculture.com/Taylor_Made_Site/BOOK.html)

**From the website:** "COUNTER CULTURE profiles waitresses aged 50 and older who have been working in neighborhood diners throughout the United States. Photographer, writer and former waitress, Candacy Taylor uses interview quotes, cultural criticism, documentary photography and oral histories to document an overlooked group of working women who have brought meaning and culture to the American roadside dining experience."

About the Author: "Candacy A. Taylor is an award-winning photographer, writer, and visual artist. For eight years she has produced multimedia ethnography and oral history projects that challenge common stereotypes of women and class. She has conducted research for National Geographic and the Library of Congress and has received numerous grants for her work, including two Story Fund grants from the California Council for the Humanities."

**RSVP requested:** Please email Desi Owens at [desiowens@berkeley.edu](mailto:desiowens@berkeley.edu); we hope you can join us for this special evening...

- **The Center's Students in Aging Group (SIA)**, sponsored a screening/discussion with Shaleece Haas, Director of the short, award-winning, documentary "Old People Driving" on February 10, 2011. It was a fantastic evening— we were treated to a very moving and informational film, followed by great discussion, and ample time to connect with wonderful individuals within our aging network. Thank you to everyone who came out to see the film! To follow upcoming screenings, visit: <http://www.oldpeopledrivingmovie.com/screenings/>. For more information about *Students in Aging* please see: <http://socrates.berkeley.edu/~aging/SIApage.html>
- **New Jobs in Aging Board: Reminder About How to Post/Receive Job Announcements**  
As noted in our earlier 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/subscribe 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 20 agencies that have one or more positions available. If you need additional information, email Desi Owens at: [desiowens@berkeley.edu](mailto: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. For the Spring 2011 *Critical Perspectives on Aging and Health* syllabus see: [http://socrates.berkeley.edu/~aging/doc/course\\_syllabi/PH%20290%20Syllabus%20Sp2011-Martinson%20FINAL\[2\].pdf](http://socrates.berkeley.edu/~aging/doc/course_syllabi/PH%20290%20Syllabus%20Sp2011-Martinson%20FINAL[2].pdf)
- **New On-Line Donation Option** to support Center activities including the e-newsletter and the Jobs in Aging Board: <http://socrates.berkeley.edu/~aging/support.html>
- **Resource Center on Aging– February Library Additions**
  - Shore, W., and Ciccarone, D. (2010). The Data Base: The Medical History, Physical Examination, and Write-up. Dept. of Family and Community Medicine, UCSF.
  - NIH State-of-the-Science Conference Statement on Preventing Alzheimer’s Disease and Cognitive Decline. Volume 24, Number 4, April 26-28, 2010. National Institutes of Health. See: <http://consensus.nih.gov/2010/alz.htm>

## REFLECTIONS/CONTRIBUTIONS BY OUR UCB COMMUNITY/AFFILIATES

### **Nursing Confronts the Geriatric Challenge**

By Karen Anne Wolf PhD, APRN-BC, DPNAP

Associate Professor

Samuel Merritt University

As the population ages the demand for health and social services grows. From health promotion services to keep older adults healthy and active to care for frail elders, nurses play a central role. The preparation of a nursing work force to meet the needs of the geriatric population is recognized as a primary focus in education and practice. The [National Association of Gerontological Nurses article](#) notes that despite a slow period of recent job growth in nursing, due mostly to a sluggish economy, RN employment is expected to grow more than 20% from 2008 to 2018, according to the 2010-11 edition of Bureau of Labor Statistics Occupational Outlook Handbook. For example, while more than fifty percent of patients in hospitals are older adults, there is only about 5 percent of nurses who achieved certification as geriatric nurses. There is a growing range of policies and resources directed at developing the knowledge, skills attitudes to build nursing geriatric competence.

One of the most successful examples of these efforts is the [Hartford Foundation Institute for Geriatric Nursing](#) (IGN) at: [http://consultgerirn.org/about/Hartford\\_Institute](http://consultgerirn.org/about/Hartford_Institute). The Hartford IGN

seeks to “shape the quality of the nation's health care for older Americans by promoting geriatric nursing excellence in the nursing profession and to the larger health care community. The Hartford Institute supports change at the system and individual level through education, practice changes, research and health care policy. The influence of policy making has contributed to integration of geriatric competence into nursing academic accreditation standards.

Both major academic accreditation agencies, the [National League for Nursing](#) and the [American Association of Colleges of Nursing](#) have embraced geriatric nursing competencies and promote educational resources to schools of nursing. The American Association of Colleges of Nursing supports a Geriatric Nursing Education consortium (GNEC) that has held faculty-training conferences and distributed resources. Five centers for Geriatric Nursing Excellence have been funded, including a local center at UCSF. The National League for Nursing recently developed the [Advancing Care Excellence for Seniors \(ACES\) Project](#) in collaboration with the Hartford Foundation, the Laerdhal Corporation, and the Community Colleges of Philadelphia. This project provides a series of simulation experiences and threaded case studies to be used across the curriculum.

An alliance between the American Journal of Nursing and Hartford Foundation made the dissemination of evidence-based resources for geriatric assessment possible; see the [“Try This Series”](#). The series includes more than twenty-five assessment topics in article format with an accompanying video. A continuing focus is the improvement of nursing care of hospitalized adults. This has results in an ongoing collaboration, “Nurse improving Care for hospitalized older adults or [NICHE](#). Additional resources have been developed for specialty areas of nursing in an initiative entitled, [Resourcefully Enhancing Aging in Specialty \(REASN\)](#). In fall 2010 the Institute of Medicine and the Robert Wood Foundation, released a [report on the Future of Nursing](#). This cited the shortage of primary care providers and the need to support the full practice of nurse practitioners in health care. Simultaneous to this was an effort to restructure advanced practice nurse practitioner programs. A consensus of nursing organizations resulted in a new proposal for all adult nurse practitioners to be educated in geriatric nursing. The Hartford Foundation worked with the [National Organization of Nurse Practitioner Faculties](#) to develop new Adult-Gerontological Primary Care Nurse Practitioner competencies. With this initiative, there is hope that nurse practitioners will continue and expand practice in underserved areas such as nursing home and community settings.

The Nursing Profession, supported by professional organizations, foundations, academic and health care institutions, has embraced the challenge of geriatrics, but the future of such practice is necessarily collaborative. To meet the needs of geriatric populations in the future, health care professionals need to share the best of their disciplinary expertise!

### **Physical Therapist Approach to Balance Problems in Elders**

By Sharon Gorman, PT, DPTSc, GCS

Board certified in geriatric physical therapy

Associate Professor of Physical Therapy, Samuel Merritt University

Physical therapy was included as a recommended intervention modality for elders with a history of falls in the new AGS falls guidelines, and multiple studies show physical therapy can reduce fall risk and improve balance. What does a physical therapist do with an elder who has a problem with falls?

**Examination:** By looking for impairments such as weakness, decreased position sense in the joints in the foot and ankle, impaired sensation in the lower extremities, the therapist can identify underlying causes for the falls. Further examination of the elder's ability to respond to a loss of balance with an appropriate balance strategy—swaying at the ankles, flexing at the hips, or stepping with the leg—is also important. Looking at activity limitations to determine what everyday activities the patient cannot perform safely or without assistance will also occur. This may include assessment of moving in and out of bed, walking in special situations such as low light (at night), uneven surfaces (on grass or gravel), or when performing manual tasks (carrying items). Lastly, the therapist will interview the patient to determine if any participation restrictions have been caused by the balance problems. Oftentimes, elders with balance problems will avoid crowds, stop social activities such as having dinner out, stop attending religious services, or restrict recreational activities like golf or hiking. Standardized measures like the Performance-Oriented Mobility Assessment (Tinetti), the Berg Balance Scale, or the Timed Up and Go Test (TUG) may also be conducted to provide a baseline of balance function and determine fall risk.

**Plan of Care:** An individualized intervention plan aimed at addressing the specific deficits identified in the physical therapy examination will be developed. This may include exercises for strengthening, balance exercises to improve and normalize balance reactions, coordination re-training, and/or prescribing assistive devices such as a cane or a walker. Patients will often get education on fall prevention and home modification, as well as a home exercise program to perform on their own (even while still getting physical therapy) to further gains and remedy impairments.

Learn more about how physical therapy can help persons of all ages regain and improve their movement and reduce pain at the American Physical Therapy Association's consumer and health care provider website at: <http://movingforwardapta.blogspot.com/>

### **California Senior Legislature**

by Shirley Krohn, Senior Assembly Member, California Senior Legislature  
Representing Contra Costa County, <http://www.4csl.org/>  
skrohn9520@aol.com

Research on intergenerational learning primarily focuses on parents and grandparents working with children. This is a way to transmit beliefs and values. However, there is virtually no research that addresses intergenerational learning for college students. Specifically, this is called a "co-learning" approach designed to enable members of different generations to exchange knowledge and experience and to benefit from different perspectives. One way to encourage students is

through some type of service learning. More specifically, service learning translates into a way for students to work on a process for policy change.

Such a program is in place now between the California Senior Legislature (CSL) and several universities in California. The program involves a senior legislator identifying an issue affecting our aging population that could benefit from a policy change. Myself as a member of the CSL, and a university colleague, an Associate Professor at California State University, Bakersfield, Department of Social Work, created this program that has proven to be very successful.

As part of the Department's gerontology program, MSW students interested in working with older adults were informed of the macro practicum opportunity. I identify a topic, and the student researches and addresses this with the purpose of developing and introducing legislation at the state level. Students chosen for a practicum and/or project each expressed high levels of motivation to research and analyze topics offered, as well as an interest in political advocacy. Students met with the faculty supervisor weekly and with me periodically via teleconference.

Several legislative proposals have been submitted using this program. We now have students from UC Berkeley, an interest from Chico State to participate, along with CSU Bakersfield. Our goal is to replicate this program across the State with a goal of evaluating gerontology competencies and skills mastered through the intergenerational co-learning model.

### **DIRECT PRACTICE PICKS OF THE MONTH:**

#### **AGING IN THE MEDIA**

- Will California Keep Adult Day Health?  
<http://www.californiahealthline.org/capitol-desk.aspx>
- Grief, Unedited  
<http://www.nytimes.com/2011/02/15/opinion/15Konigsberg.html?emc=eta1>
- When Elderly Drivers Must Stop Driving  
<http://newoldage.blogs.nytimes.com/2011/02/22/when-elderly-drivers-must-stop-driving/>
- When Alzheimer's Waited Outside the Oval Office  
<http://www.nytimes.com/2011/02/22/health/views/22reagan.html>

#### **RESEARCH-RELATED PICKS**

- Seniors and the Health Care System: What is the impact of chronic health conditions?  
[http://secure.cihi.ca/cihiweb/products/air-chronic\\_disease\\_aib\\_en.pdf](http://secure.cihi.ca/cihiweb/products/air-chronic_disease_aib_en.pdf)

- Pew Internet Report Includes Dementia, Caregiving, Pain, End-of-Life Topics  
<http://www.geripal.org/2011/02/pew-internet-report-includes-dementia.html>
- US Department of Health And Human Service:  
Affordable Care Act Supports States in Strengthening Community Living  
<http://www.hhs.gov/news/press/2011pres/02/20110222b.html>

#### AARP REPORT:

- How Recent Changes in Reverse Mortgages Impact Older Homeowners  
<http://www.aarp.org/money/credit-loans-debt/info-02-2011/fs211-reverse-mortgage.html>
- Studying Aging, and Fearing Budget Cuts  
<http://www.nytimes.com/2011/02/22/health/22hodes.html?pagewanted=all>
- Can Unemployed Older Workers Find Work?  
[http://www.urban.org/retirement\\_policy/url.cfm?ID=412283](http://www.urban.org/retirement_policy/url.cfm?ID=412283)

#### WEB HIGHLIGHTS—SELECTIONS OF THE MONTH

- Long-Term Care Needs Changes, Officials Say  
<http://www.nytimes.com/2011/02/22/health/policy/22care.html>
- New Advice on Preventing Falls  
<http://newoldage.blogs.nytimes.com/2011/02/17/new-advice-on-preventing-falls/?src=me&ref=health>
- Artwork From Experienced Hands  
<http://newoldage.blogs.nytimes.com/2011/02/21/artwork-from-experienced-hands/>
- Tackling Care as Chronic Ailments Pile Up  
<http://www.nytimes.com/2011/02/22/health/22brody.html>

#### ELDER VOICE: RELATED RESOURCES

##### **New Blog for LGBT Older Adults**

LGBT older adults have a new forum to help envision and create an aging society informed by the best lessons and thinking of the LGBT community:  
[www.GrayPrideParade.com](http://www.GrayPrideParade.com).

GrayPrideParade.com, is a new national blog and platform curated by long-time LGBT aging advocate, Loree Cook-Daniels. Cook-Daniels founded the Transgender Aging

Network, is a contributing editor to *Victimization of the Elderly and Disabled*, and has been working on LGBT policy issues since the mid-1970s. GrayPrideParade (GPP) is sponsored by FORGE ([www.forge-forward.org](http://www.forge-forward.org)). FORGE's Transgender Aging Network is one of 11 partners in the U.S. Administration on Aging-funded National Resource Center on LGBT Aging (<http://www.lgbtagingcenter.org/>), and administers grants from the U.S. Office for Victims of Crime and the Office on Violence Against Women.

GPP is designed to:

- Help readers know about and weigh in on policies that affect LGBT elders;
- Disseminate ideas, programs, and resources that can improve the lives of LGBT older adults;
- Provide a forum for envisioning and creating an aging future informed by the best lessons and thinking of the LGBT community; and
- Showcase LGBT older adults' contributions.

GrayPrideParade.com also has a "Have You Thanked" link: <http://www.grayprideparade.com/thanked/>

People can contribute to GrayPrideParade.com by submitting blog posts for consideration, using the comments section, or donating photographs. For those wanting to regularly follow posts see: GrayPrideParade.com or contact Loree Cook-Daniels at [LoreeCD@aol.com](mailto:LoreeCD@aol.com).

For more information, contact FORGE at 414-559-2123 or [info@forge-forward.org](mailto:info@forge-forward.org).

- California Senior Leaders Program and California Senior Leaders Alliance <http://www.calseniorleaders.org/>
- "Never Say Die," Susan Jacoby's tough look at the realities of aging <http://www.washingtonpost.com/wp-dyn/content/article/2011/02/04/AR2011020407012.html>
- "Dementia Drama: Dementia Diaries," a new play by Maria Jastrzebska: <http://www.guardian.co.uk/lifeandstyle/2011/feb/22/dementia-drama-looks-at-the-illness>
- Next Steps Think Tank: Culture Change Consensus and the Household Model, Center on Age and Community <http://www.ageandcommunity.org/index.attachment/2010thinktank-5005/2010ThinkTank.pdf>

## PALLIATIVE CARE

- Clearing the Fog in Nursing Homes <http://newoldage.blogs.nytimes.com/2011/02/15/clearing-the-fog-in-nursing-homes/>

- You're sick. It's serious.  
<http://www.geripal.org/2011/02/youre-sick-its-serious.html>
- Determinants of Medical Expenditures in the Last 6 Months of Life  
<http://www.ncbi.nlm.nih.gov/pubmed/21320939>
- A Catalyst for Culture Change in End-of-Life Care  
<http://www.chcf.org/practical-progress/catalyst-culture-change-endoflife-care>

## EVENTS

### Bay Area and California:

- **Alzheimer's Association Sacramento Advocacy Day 2011, March 9**  
For more information: <http://alz.org/norcal/>
- **Millman Center Announces Its Line-up of Spring Programs Open to the Public**  
The Millman Center of the Contra Costa Jewish Community Center (JCC) is proud to announce its line-up of programs for the spring. All offerings will be held at the Contra Costa JCC, 2071 Tice Valley Blvd., in Walnut Creek. Upcoming events: Fall Prevention and Balance; Free Memory Screenings: How Fit is Your Memory? Free family caregiver educational presentations; and the Millman caregiver support group. For additional details on any of these programs, contact Marvelyn Davis at (925) 407-0430, email [millmancenter@ccjcc.org](mailto:millmancenter@ccjcc.org); or visit [www.ccjcc.org/millman](http://www.ccjcc.org/millman).
- **OLLI @Berkeley Spring 2011 Open House**  
Get to know OLLI @Berkeley's enthusiastic membership, distinguished faculty, and fresh course offerings and learn about our upcoming programs at the Tahéima Wellness Resort and Spa in Mexico.  
March 15, 2011  
10:00 am-12:00 noon  
Doors open at 9:30 am  
Freight & Salvage Coffee House  
2020 Addison St., Berkeley  
For more information see: <http://olli.berkeley.edu>
- **A Day of Retreat and Learning: 14<sup>th</sup> Annual Education Conference  
Alzheimer's Association, Santa Cruz Office**  
Date: Wednesday, April 6, 2011, from 8:30 am - 4:00 pm  
Location: Mount Hermon Conference Center  
Address: 37 Conference Drive  
Mt Hermon, CA 95041

For more information including details about the conference, contact Suzanne Chonette at [Suzanne.Chonette@alz.org](mailto:Suzanne.Chonette@alz.org) or call 831-464-9982

To register online: <https://www.kintera.org/AutoGen/Register/Register.asp?ievent=456895&en=jeLIIJMoF4JAIQMtF5IAINPtEkKVkZOyFeJKITMtefJJPJ1ODJsE>

Additional contact information: Alzheimer's Association Northern CA and Northern NV

[www.alz.org/norcal](http://www.alz.org/norcal)

Dale Thielges, CTRS

Site Director Santa Cruz Office

Office: 831-464-9982, Monday –Thursday, 9-5:00 PM

- **City College of San Francisco Older Adults Classes:**

Two Free Courses:

“Mental Aerobics”

Where: 1400 Geary Blvd., (at Laguna)

California Suite

When: Mondays, 10:00 am - 12:00 pm

January 24 - May 23, 2011

(No class Feb. 21 and March 28)

Join anytime!

“Staying Engaged for a Lifetime”

Where: San Francisco Public Library- Main Branch

100 Larkin Street (at Grove and Market)

Accessible by several MUNI and Bart lines

When: Mondays, 1:30 - 3:30 pm

January 24 - May 23, 2011

Join anytime!

For information contact:

Hope Levy at [hopelevy@yahoo.com](mailto:hopelevy@yahoo.com) or 415-931-8679, or contact the Older Adults Department at 415-920-6021

Note: These courses are designed for individuals 55 year of age and older, though all are welcome to attend.

- **Coming of Age: Bay Area**

Do you have a plan for your next stage in life? Not sure how to reach your goals? Not even sure what your goals are? Get energized, get inspired, and envision your next steps at “Explore Your Future” workshops! Our next session begins Thursday, March 10, 5:30 to 7:30 pm in San Francisco. Special reduced fee for two people attending

together! See: <http://comingofage.org/bayarea/explore-your-future> or call (888) 308-1767. Scholarships may be available.

- **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.

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>

- **"The Elder Care Radio Show"** with Kira Reginatoo

KSRO 1350 AM Fridays at 12:30 pm and starting Saturday, February 5th at 8:30 AM on KFRC 1550 AM

*Expansion of "The Elder Care Show" couldn't come at a better time as the first of the Baby Boom generation turns 65 this year. An estimated 8,000 U.S. residents a day are expected to hit that milestone age.*

*Kira makes a wide range of elder care issues readily accessible to listeners. She interviews local and national experts on topics including driving, pain, hoarding, legal matters, seniors and sex, fall prevention, depression, home care, anxiety, housing options, medication management, end-of-life issues, alcohol misuse, volunteering, and dementia care.*

*Radio show guests offer pragmatic advice and create an on-air community where listeners learn they are not alone in facing the delicate issues accompanying aging. Kira brings insight, a compassionate personality, and humor to subjects that can be difficult to address.*

### **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](http://www.agingconference.org)

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

### OFF THE BEATEN PATH...

- **Sailing to Byzantium by William Butler Yeats**

<http://www.online-literature.com/yeats/781/>

- **For Cold Virus, Zinc May Edge Out Even Chicken Soup**

[http://well.blogs.nytimes.com/2011/02/15/for-cold-virus-zinc-may-edge-out-even-chicken-soup/?ex=1313557200&en=caf2e5628d4e0fd8&ei=5087&WT.mc\\_id=HL-D-I-NYT-MOD-MOD-M189-ROS-0211-L1&WT.mc\\_ev=click](http://well.blogs.nytimes.com/2011/02/15/for-cold-virus-zinc-may-edge-out-even-chicken-soup/?ex=1313557200&en=caf2e5628d4e0fd8&ei=5087&WT.mc_id=HL-D-I-NYT-MOD-MOD-M189-ROS-0211-L1&WT.mc_ev=click)

**Please Note: The deadline to submit events, etc. for our March 2011 newsletter is March 11;** you will receive this issue at the beginning of April.

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.

**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? 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 ([jisrael@berkeley.edu](mailto:jisrael@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, please contact Desi Owens at: [desiowens@berkeley.edu](mailto:desiowens@berkeley.edu)

**All content in this newsletter and on the Jobs Board is for informational purposes only and does 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