



Editor's comments:

Dear Subscribers,

Welcome to our April edition of the "Engaging Aging" e-Newsletter!

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 CA Jobs in Aging Board.

*Important: If you have content (e.g., upcoming events) for the May newsletter, please email it to me at jisrael@berkeley.edu by **May 20, 2011**. The May newsletter will be distributed at the end of the month.*

Best to all and enjoy!

Jill Israel, RN, Publisher/Editor

Contributor/Coeditor: Desi Owens, MS, MSW, LCSW, Campus Planner & Academic Coordinator;

Contributor: Guy Micco, MD, Director, Center on Aging

UC BERKELEY RESOURCE CENTER ON AGING: FEATURED HAPPENINGS

- On Wednesday evening April 14th, our Resource Center on Aging, in collaboration with Bay Area organizations, Living Well (<http://livingwellalah.com/index.php>) and AgeSong (<http://www.agesong.com/>), hosted a presentation by Candacy Taylor highlighting her extraordinary book, **Counter Culture: The American Coffee Shop Waitress**. It was a great evening and I think everyone was captivated by Candacy's story of how this book came about from her own waitressing experience while a graduate student. She traveled over 26,000 miles around the country to interview extraordinary women, all of whom made waitressing their life's work. We were also privileged to have Sondra Dudley present, a waitress from Napa, who is

featured in Candacy's book. Please visit this link for more information about Candacy and her current projects: www.taylormadeculture.com.

- **American Society on Aging (ASA) 2011 Presentation:** Desi Owens, MS, MSW, LCSW, recently presented about a program that she developed called **InnerViews** to an enthusiastic and engaged audience. Please see the next section of this newsletter for the ASA abstract, and some reflections that were posed. Desi and her colleague in this effort, Nader Shabahangi, PhD, consider it both a gift and a call to help represent our elders with dementia more fully, that is beyond society's dominant paradigm— the biomedical model. We will keep you updated about our efforts to move toward our goal of offering a more balanced view, and narrative about, our elders who experience forgetfulness.
- UC Berkeley Students! Once again, our Center on Aging will be offering the highly-rated course, **Readers' Theater in a Medical Context: On Aging and Old Age**, in fall 2011. The lead instructor is Guy Micco, MD, and the co-instructor is Linda Spector-Hatofsky, playwright and co-founder of Stagebridge Senior Theater Company (<http://www.stagebridge.org/>). For more information (i.e., a link to last year's syllabus) please visit this webpage and click on "Readers' Theater": <http://socrates.berkeley.edu/~aging/centeractv.html>. This course is geared for graduate students from all health-related disciplines, though upper-division undergraduate students may be admitted with Professor Micco's consent. If interested, contact Guy Micco at: guym@berkeley.edu; a course entry code is required. This is a unique opportunity to have a moving experience within an interdisciplinary and intergenerational setting!
- **Our Center's CA Jobs in Aging Board: Reminder About How to Post/Receive Job Announcements**
You will find a link to our Jobs Board on our Center's homepage: <http://socrates.berkeley.edu/~aging/> As always, we're very pleased to be able to offer this informational service to our subscribers! **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. 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.** If you need additional information, email Desi Owens at: desiowens@berkeley.edu.

- **On-Line Donation Option** to support Center activities: <http://socrates.berkeley.edu/~aging/support.html> Additional donation-related information is at the end of this newsletter.

REFLECTIONS/CONTRIBUTIONS BY OUR UCB COMMUNITY/AFFILIATES

American Society on Aging Abstract, Session Presented April 2011

InnerViews Program: Elders with Dementia Represent Their Realities Using Photonarrative Elements

Author, Presenter:

Desi Owens, MS, MSW, LCSW
University of California, Berkeley, Center on Aging
Berkeley, CA

Co-Presenter:

Nader Shabahangi, PhD
AgeSong Senior Communities

Learning Objectives:

- 1) gain knowledge about the purpose and process of the InnerViews Program—specifically, how photonarrative (e.g., elders’ digital photographs accompanied by their text and/or recorded comments or reactions) can serve as a medium for elders to communicate, connect, and/or educate carers about their diverse realities and life experiences.
- 2) develop a deeper and more expansive understanding about how to communicate and meaningfully engage with elders diagnosed with Alzheimer’s disease or a related dementia.
- 3) engage in critical thinking about how individuals diagnosed with dementia are often viewed in today’s society, expanding beyond a biomedical perspective/approach, to a bio-psycho-social-spiritual model of care.

Session Description:

The InnerViews Program, recently integrated into AgeSong Senior Communities of Oakland and San Francisco, CA, provides a forum for individuals who have been diagnosed with dementia to tell their “story” through a photonarrative process. Accompanied by trained “photo partners” (e.g., interns or staff members), elders are given digital cameras to photograph elements in their everyday world, or whatever they consider

important or meaningful to them; they are then asked to write or convey reactions about their images. Through this process, we hope to gain a better understanding –from our elders– about the “panorama of forgetfulness,” a foundation from which our attitudes and ways of caring have the potential of being significantly transformed.

This highly visual and interactive presentation called upon the audience to reflect on questions such as:

- Are there aspects to appreciate in the experience of forgetfulness (i.e., “dementia”)?
- If we look through a lens of only loss (anticipated) when it involves individuals diagnosed with dementia, what might we miss in the context of providing the best care?
- Can we learn from our elders diagnosed with dementia throughout the various stages/transitions? If so, how do we go about this? What did we learn about how the camera can be used as a vehicle to enhance deeper communication and connection?
- What does this process ask of us– that is, what attributes does it require to be a co-learner, and join in the elder’s experience and reality?
- How can we validate and support the family caregiver, staff, and intern experiences that might differ from the elder diagnosed with dementia?

An Excerpt from the Article, *Some Observations on the Social Consequences of Forgetfulness and Alzheimer's Disease: A Call for Attitudinal Expansion*

by Shabahangi, N., Faustman, G., Thai, J., and Fox, P. (2009)

A PLEA FOR CHANGE

This article is a plea for a change in the way the condition known as Alzheimer’s disease is both publicly and professionally understood in our society. Reflecting on issues of aging and memory, we will highlight the way in which the human process of forgetting as we age has been pathologized into a symptom of dread disease (Lyman, 1989; Shabahangi & Szymkiewicz, 2008; Whitehouse and George, 2008). The fear and anxiety that this forgetting has engendered in our society has been linguistically encapsulated in its designation as a disease, although age associated cognitive changes such as forgetfulness are an essential aspect of growing older (Foster, Cornwell, Kiskey, & Davis, 2008).

Biomedical interpretations of life events exert a powerful influence on the meaning of our

experiences. Conceptions of the relationship between health and old age permeate social, cultural, and political images of elderly people. In American society, these images tend to reflect a medicalized view of elderly people. Aging tends to be characterized as a process of biological decline to which an increasing variety and quantity of medical resources are dedicated.

Alzheimer's disease is one of the most feared diseases associated with aging. The reconstitution of senility as Alzheimer's disease transformed the meaning of cognitive impairment associated with age from an inevitable process to a medical condition that might be delayed or avoided altogether (Fox, 1989). The acceptance of this definitional transformation has been crucial not only medically, but also politically, because it marshaled resources for the support of research into aging-related diseases by researchers and medical professionals. The fear and anxiety associated with Alzheimer's disease is mainly caused by the loss of the ability to function in the social world in normatively acceptable ways. This, combined with the objectification of the disease as a biological problem to be studied, dissected, and hopefully solved, has contributed to the creation of what one observer has called a "malignant social psychology" (Kitwood, 1997a). This refers to a situation wherein the actions and words of those who are most concerned with the welfare of the person with dementia, may actually be detrimental to them. The unintentional deprivation of the social self of the person with dementia can occur in many ways, including disempowerment, infantilizing, labeling, stigmatization, invalidation, and banishment, as well as negative stereotyping, to name but a few (Kitwood, 1997a; Scholl and Sabat, 2008). All of these can result in a form of excess disability resulting from an unnecessary constriction of the lives and social roles of people with Alzheimer's disease. For a link to the full article, see: <http://pacificinstitute.org/news/Pat%20Fox%20Article.pdf>

DIRECT PRACTICE PICKS OF THE MONTH

- New criteria and guidelines for the diagnosis of Alzheimer's disease have been published for the first time in 27 years – by three expert workgroups spearheaded by the Alzheimer's Association and the National Institute on Aging (NIA) of the National Institutes of Health (NIH). See: <http://www.alz.org/research/diagnostic%5Fcriteria/>
- Remaking Alzheimer's: A Few Questions
<http://newoldage.blogs.nytimes.com/2011/04/21/a-few-questions-about-the-new-alzheimers-criteria/>
- Programs Aim to Keep Elderly from Being Isolated after Their Driving Days End
<http://yourlife.usatoday.com/mind-soul/story/2011/04/Helping-seniors-stay-mobile/46258114/1>

- Info Long-Term Care Blog
<http://infoltc.blogspot.com/>

AGING IN THE MEDIA

- Report: California Fails to Regulate Caregivers
<http://www.sfgate.com/cgi-bin/article.cgi?f=/n/a/2011/04/21/state/n143240D90.DTL>
- Poll: Taxing the Rich Favored Over Medicare Cuts
<http://www.politico.com/news/stories/0411/53455.html>
- Want To Live To 100? Try To Bounce Back From Stress
<http://www.npr.org/2011/04/11/135216852/want-to-live-to-100-try-to-bounce-back-from-stress>
- Few Seniors Support GOP Plan To Restructure Medicare
<http://www.kaiserhealthnews.org/Stories/2011/April/27/kaiser-poll-on-Medicare.aspx>

RESEARCH-RELATED PICKS

- Musical Activity May Improve Cognitive Aging
<http://shared.web.emory.edu/whsc/news/releases/2011/04/musical-activity-may-improve-cognitive-aging.html>
- Eighty Years Along, a Longevity Study Still Has Ground to Cover
http://www.nytimes.com/2011/04/19/science/19longevity.html?_r=1&ref=todayspaper
- Patterns: Treating Other Conditions May Stave Off Alzheimer's, Study Finds
http://www.nytimes.com/2011/04/19/health/research/19patterns.html?_r=1&ref=research
- National Institutes of Health (NIH)- Supported Survey to Study Functional Change in Older Adults
<http://www.nih.gov/news/health/apr2011/nia-20.htm>
- Study Finds Decrease in Length of Hospital Stay After Hip Replacement, but Increase in Readmissions
http://www.eurekalert.org/pub_releases/2011-04/jaaj-sfd041411.php
- Older Brains Less Nimble at Multi-Tasking
<http://www.montrealgazette.com/health/Older+brains+less+nimble+multi+tasking+Study/4600825/story.html>

- Higher Levels of Social Activity Decrease the Risk of Cognitive Decline
http://www.eurekalert.org/pub_releases/2011-04/rumc-hlo042511.php

WEB HIGHLIGHTS—SELECTIONS OF THE MONTH

- Elder Law Expert: Ryan Plan Would Fundamentally Change Medicare
http://www.eurekalert.org/pub_releases/2011-04/uoia-ele040711.php
- Early Retirement May Be Hazardous to Your Health
http://www.latimes.com/news/opinion/commentary/la-oe-schlaerth-retirement-20110420,0_6531827_story
- House (of Representatives) Republicans Face Heat At Home Over Proposed Medicare Cuts
<http://www.kaiserhealthnews.org/Daily-Reports/2011/April/25/medicare-politics.aspx>
- The High Cost of Capping Federal Medicaid Funding
<http://assets.aarp.org/rgcenter/ppi/health-care/fs219-medicaid.pdf>
- The Disappearing Family Doctor
<http://well.blogs.nytimes.com/2011/04/22/the-disappearing-family-doctor/>
- The Time it Takes
<http://newoldage.blogs.nytimes.com/2011/04/22/the-time-it-takes/>

ELDER VOICE: RELATED RESOURCES

- Statistics May Be the Answer to Dementia By Gerta Farber
<http://www.berkeleydailyplanet.com/issue/2010-12-08/article/36916?headline=Statistics-May-Be-the-Answer-to-Dementia>
- My Wonder Years
http://www.aarp.org/personal-growth/transitions/info-01-2011/boomers65_al_martinez.html
- Senior Power: Older Americans Month (in May!)
<http://www.berkeleydailyplanet.com/issue/2011-04-20/article/37700?headline=Senior-Power-Older-Americans-Month>

PALLIATIVE CARE

- Effective Pain Management Crucial to Older Adults' Well-Being
<http://www.geron.org/About%20Us/Press%20Room/Archived%20Press%20Releases/77-2011-press-releases/1038-effective-pain-management-crucial-to-older-adults-well-being>
- Figuring the Odds
<http://newoldage.blogs.nytimes.com/2011/05/02/figuring-the-odds/?partner=rss&emc=rss>
- When Seniors Don't Take Care of End-of-Life Issues
<http://www.vcstar.com/news/2011/apr/23/when-seniors-dont-take-care-of-end-of-life/>
- Book Review: *The Salami Salesman and His Daughter Falafel*
http://www.geripal.org/2011/04/book-review-salami-salesman-and-his.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+GeriPal+%28GeriPal%29
- Bringing Hope to Elderly and Terminally Ill Indians
<http://www.bbc.co.uk/news/world-south-asia-12352494>

EVENTS

Bay Area and California:

- **ART FROM THE HEART!** Celebrate the continued creative spirit of those affected by memory loss.(Alzheimer's Services of the East Bay's Annual Art Exhibit/Auction)
Thursday, May 5, from 6:30 - 9:00 pm, at Piedmont Community Hall
To RSVP, call 510-644-8292.
For more information, see: <http://www.aseb.org/v1/auction.php> and <http://www.aseb.org/v1/overview.php>
- **Ageing Services Collaborative of Santa Clara Presents: AWESome* Film Festival (Ageing With Excellence)**
Saturday, May 7, 9am - 4pm
H2U Auditorium on the Good Samaritan Hospital campus - 2425 Samaritan Drive, San Jose, CA
An intergenerational, positive aging film festival hosted by the ASC CONNECT Team
For more information or to register, please visit our website: sccagingcollaborative.org
or call Amy Aken: 408-559-5589

- **Community-Based Palliative Care: CARE Recommendations and Best Practices**
Wednesday, May 11, 2011, from 8:30 am - 5:00 pm
For more information, visit: http://education.ioaging.org/educational_programs.html
This event is sponsored by UCSF Division of Geriatrics, Northern California Geriatric Education Center, and the Institute on Aging.
- **LGBT Senior Survival School with Open House!** Learn more about community resources, your rights, and advocacy!
Fridays starting May 13th. Dates: May 13th, 20th, 27th, and June 3rd from 1:00-4:00 pm, Castro Community Meeting Room, 501 Castro at 18th in San Francisco (in the Bank of America building) This session will cover information about safety, housing, transportation, healthcare, and many other important issues and community resources. LGBT seniors and people with disabilities are especially encouraged to attend, but all are welcome.
Classes are free of cost, and healthy snacks will be served. To register, please contact Sarah Jarmon at 415-703-0188 x 302, or Fairley Parson at 415-296-8995 x 1
- **The 12th Annual UC San Diego Stroke Conference** on May 14, 2011, offers an update on the latest advances in stroke patient care and research. The course will provide cutting edge information for practitioners in current clinical practice and present future possibilities for stroke treatment and prevention. Topics will focus on acute stroke, new developments in endovascular therapies, stroke prevention & recovery and recent advances on stroke research. The program faculty is comprised of respected stroke care specialists and researchers. For more information: <http://cme.ucsd.edu/stroke/>
- **San Francisco: Legacy Film Festival on Aging, May 13-15, 2011**
The Legacy Film Festival on Aging opens Friday, May 13, 2011 at 6:30 p.m. with a remarkable documentary on artist Ruth Asawa, and post-screening Q & A with director Bob Toy and others. On Saturday and Sunday films begin at 1:00 p.m. and continue through the day. The Festival showcases the best films from around the world that celebrate older adulthood, and deal with the challenges and triumphs of aging. At the Viz Cinema at the New People Building, 1746 Post Street (near Webster) in San Francisco. To see the full program: <http://legacyfilmfestivalonaging.org/>
- **Alzheimer's Association 13th Annual Updates on Dementia Conference**
May 18, 2011, 8:00 am - 4:00 pm, Crowne Plaza Hotel, Foster City, CA
http://www.alz.org/norcal/documents/03-2011_UpdatesonDementia_BrochureWeb.pdf

- **11th Annual Statewide Senior Injury Prevention Conference**
May 26, 2011, at the Courtyard Marriott, 4422 Y Street, Sacramento.

In addition to providing information and the latest research on senior injury prevention, the Senior Injury Prevention Conference is trying to assist senior service providers in learning how to sustain their crucial programs. This year, due to the difficult economic environment, many of us are facing challenges in building or growing our programs. We will devote a portion of this year's conference to exploring the components of sustainability and achieving maximum results with limited resources.

Are you: Wondering how to elicit stronger support from your supervisor, agency or organization? Struggling to keep your program or Injury Prevention activities going? Looking for ways to increase support for your program or activities? Trying to determine the best way to bring your work to the attention of decision makers?

Learn the importance of advocating for your work-no matter what position you hold, and tips on how to go about it.

Please join us in working together to maximize results with limited resources.

For more information, please contact Colleen Campbell at:

CCAMPBEL@ACGOV.ORG or (510) 577-3535. To download the conference brochure, go to: http://www.acgov.org/PublicHealth/organization/divisions/ems/ems_SIPP.htm

- **UCLA Seminar For Health Policy Research: *Ageing California in the 21st Century -- Problems, Promise & Policies***

Date/Time: May 31, 2011 from noon till 1:00 pm

Location: 10960 Wilshire Blvd., Los Angeles, CA 90024 - Suite 1550.

Center Associate Director Steven P. Wallace, an expert on elder health and author of numerous publications on The Elder Index, will discuss a range of topics related to aging safely and healthily in California, including budget cuts to many of the programs and services that support the state's low-income elderly. This will be the final Center Health Policy Seminar until classes resume in the fall.

For more information see: <http://www.healthpolicy.ucla.edu/NewsReleaseDetails.aspx?id=73>

- **Summer Series for Caregivers 2011**

UC Berkeley CARE Services Elder Care Program will be offering the following workshops. Registration is required through UCB Learning Center. Log on to UCB Learning Center at: <http://tinyurl.com/ucblms>

For more information, call (510) 643-7754

First in the summer series lineup:

Caregiving Challenges

Thursday, June 16, 2011, 12:10-1:30 pm, Tang Ed. Center

This workshop will explore challenges related to caring for an older adult; including memory loss, resisting help, roles and responsibilities of the caregiver/other family members, and feeling responsible but not having control.

Strategies for self-care discussed.

- **Stagebridge Presents: Bright Lights Big City Performing Arts Camp for Adults 50+**

When: July 18 - 22, 2011, 9:30 am -3:30 pm daily. For more information about this and other events, visit: <http://www.stagebridge.org/>

- **Capturing the Energy & Expertise of People 50+ -- Coming of Age:**

Bay Area sponsors low-cost Learning Labs for nonprofit staff. These intensive two-day trainings will help you strengthen your organization's ability to cultivate, recruit and retain volunteers, and provide meaningful opportunities for people 50+. Rethink and rebuild your volunteer program. The sessions are scheduled for Wednesdays, May 11 and 18, 8:30 a.m. to 4:00 p.m. in the Coming of Age offices in San Francisco.

For more information: <http://comingofage.org/bayarea/organizations/training-and-consultation>

OFF THE BEATEN PATH...

- Isa Leshko: Elderly Animals
<http://www.pdnphotooftheday.com/2011/04/9103>
- At age 90, Richard O. Moore Publishes the Book, *Writing from the Silences*
<http://www.ucpress.edu/blog/5582/richard-o-moore-reads-from-writing-the-silences/>
- *Written in a Carefree Mood* by Lu Yu
<http://poetrymala.blogspot.com/2009/03/written-in-carefree-mood.html>

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)

To subscribe to this newsletter: mail to: jisrael@berkeley.edu with "subscribe newsletter" on the subject line.

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