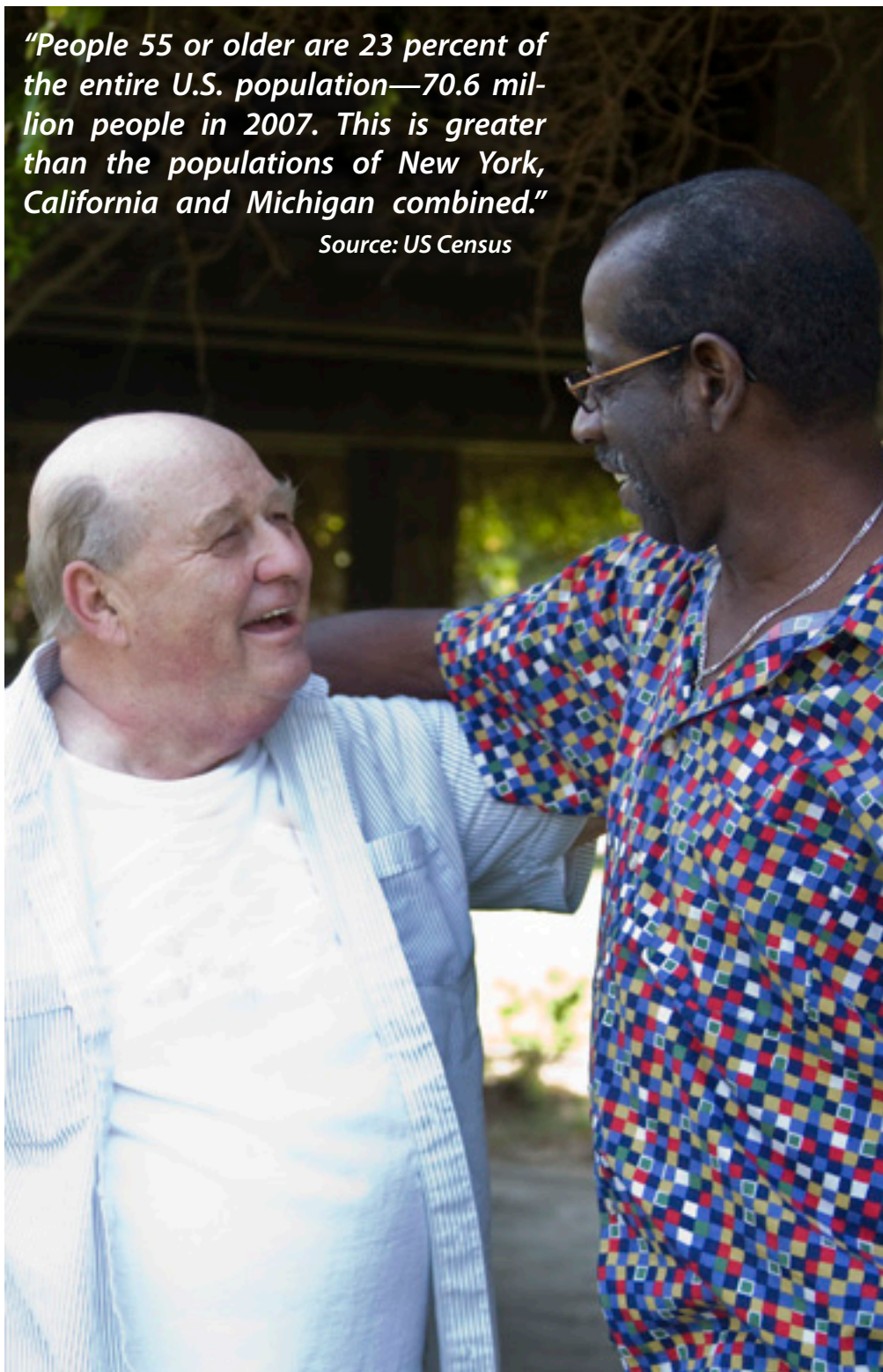


N e w s l e t t e r

“People 55 or older are 23 percent of the entire U.S. population—70.6 million people in 2007. This is greater than the populations of New York, California and Michigan combined.”

Source: US Census



ASC Update

This fall, the Executive Committee and ASC Retreat Group made significant progress in refining the structure of the collaborative and the roles of the Executive Committee, Consulting Counsel, and Workgroups. With guidance and input from members of the collaborative, the Executive Committee will soon expand its ranks to include additional representatives from academic institutions, hospitals, ethnically diverse populations, the business sector, cities outside of San Jose and other community stakeholders.

In January, the expanded Executive Committee will engage both ASC members and the broader community in determining priority areas and projects for the 2009 ASC Work Plan. We will focus on cross-cutting priorities identified in multiple Santa Clara County planning documents and reports on the needs of older adults including: caregiver support, aging in place/housing, health and wellness, mobility and leadership/coordination.

By March, we hope to have reached consensus on a set of goals and plans for the ASC and to have developed viable work plans for the Executive Committee and each ASC Work Group.

ON LOK LIFEWAYS OPENS CENTER IN SAN JOSE TO SERVE LOCAL SENIORS

South Bay's seniors and their caregivers soon will have a new option for high-quality geriatric care. On Thursday, Dec. 11, [On Lok Lifeways](#) celebrated its grand opening in San Jose.

Located near the HP Pavilion, the center provides a complete array of medical and social services to as many as 190 local seniors. Based in San Francisco for 36 years, On Lok Lifeways operates 10 centers, serving the elderly in San Francisco and Southern Alameda Counties.

With its expansion to Santa Clara County, On Lok Lifeways will help South Bay seniors continue living in their own homes while still receiving the care and support services they require. "A person's greatest desire is to continue living at home as they grow older," said Swamini Wakkar, Program Manager of On Lok Lifeways' San Jose center. "Our center will allow San Jose's older residents to live with independence and dignity in their own homes. We also take pride in providing our services in a culturally and linguistically appropriate way to ensure our participants are comfortable and secure."

On Lok Lifeways provides transportation to and from the center, where seniors can enjoy easy and regular access to primary medical care, including board-certified geriatricians, as well as social and recreational activities, meals prepared according to each senior's special dietary needs, and access to rehabilitation services including physical and occupational therapy. By the year 2020, Santa Clara County's population of adults over 65 will nearly double, reaching close to 300,000, making the need for such services more important than ever.

On Lok Lifeways is excited to be working with Santa Clara County community providers to help seniors continue to live in the homes they love.

Additional Links:

Silicon Valley Council of Non-profits (SVCN) promotes the interests of nonprofits in Silicon Valley. To visit the website go to www.svcn.org.

Does what you eat or how you live determine how healthy you will be as you age? Of course! The group "Greater Boston Physicians for Social Responsibility" has investigated how diet and the environment that you are exposed to can reduce or increase your risk for Alzheimer's, Parkinson's Disease, and other health conditions. Learn more by going to www.agehealthy.org.

The economy is having a profoundly negative impact on retired Americans and those preparing to retire. How does this turmoil in the markets affect older adults? [Click here](#) to read more of the Urban Institute Report.

The American Association of Homes and Services for the Aging (AAHSA) works to serve the interests of older adults and to make it easier for seniors to age in place. CEO Larry Minnix wrote an open letter to President Elect Barack Obama offering insight on how to best serve older adults in the coming years. To read the letter [click here](#).

Have an announcement to make? Send an email to
TeddyD@healthtrust.org

The Aging Services Collaborative has (at last) joined the online community and has its own [website](#). While the website is still being developed and contains a few broken links, it will soon prove to be a useful tool in broadcasting the goals of the collaborative, sharing meeting notes and event dates, and highlighting our accomplishments.

Visit the ASC website
www.sccagingcollaborative.org

Aging Services Collaborative
of Santa Clara County

About Projects Resources Events Contact Us

The Aging Services Collaborative (ASC) is a consortium of organizations and individuals working together to provide leadership and build community-wide capacity to support, maintain, and promote the well-being of older adults and their caregivers in Santa Clara County.

ASC Funding Partners
 HEALTHTrust

In the past year the collaborative has served as means for community organizations to network, exchange information, and move forward with objectives and strategies designed to provide leadership and address goals for improving the lives of Santa Clara County seniors.

The collaborative consists of more than 45 organizations and 75 active individuals, including city and county agencies, faith-based and non-profit organizations, and other community advocates. The ASC is currently undergoing a strategic planning process to determine how it can best impact and improve the lives of the county's rapidly expanding population of older adults and their caregivers.

Check out these NY Times articles:

Internet Search: "my HEALTH"
 More people are becoming proactive about their health and using the internet to look up symptoms and ailments. Is it all good information? You decide. Read more [here](#).



ed to have violations in the past year. [Click here](#) to read more.

Alzheimer's and Hispanics. Several studies have indicated Hispanics are more likely to suffer from Alzheimer's than other populations. For Hispanics, Alzheimer's may be attributable to disparities in health access and education. To read more [click here](#).

Sensing Condescension? Not surprisingly, it turns out most individuals do not like it when people lower their expectations of them or talk down to them. Older adults may experience these things more often than other populations and suffer health consequences and depression as a result. To read more [click here](#).

Feeling the pinch? Passing on the pills? Analysts have noticed a marked decrease in the number of prescription medications being dispensed to Americans since the economic downturn began. Gas, food, or pills--Which will it be? [Click here](#) to read more.

Nursing Home Violations. According to a report released by the U.S. Dept. of Health and Human Services, no fewer than 94% of nursing homes in the U.S. were report-

Want to be healthy? Get your move on! Myriad studies have proven the [mental](#) and physical benefits of physical activity. But what activity is best? Turns out the best activity is *any* activity, as

long as you are moving. Read more [here](#).

"Pedestrian friendly" ≠ "Senior friendly"?
 In New York City a study revealed that seniors are disproportionately



much more likely to be hit and killed by drivers than people in other age groups. Older adults may be less able to react to an out of control car, and less likely to heal as a result of a crash. To read more [click here](#).

85 and still climbing...
 Fred Beckey climbed as a boy and continues doing what he loves at the age of 85. No reason to stop now. Click [here](#) for more.

Don't see a story you think should be included with the next newsletter? Send an email to TeddyD@healthtrust.org

