



N e w s l e t t e r

Upcoming ASC Meetings

Annual ASC Member Recognition Event May 12th

The ASC next meets from 2 to 4pm on May 12, 2010.

Sobrato Center - Cupertino B Room
1400 Parkmoor Ave, San Jose

- **May 12, 2010**
ASC Recognition Event

Come celebrate the ASC's achievements with us and recognize the key champions who made it happen. Don Weden, Retired Principal Planner with the Santa Clara County Planning Department will also present "Cities for All Ages--Planning and Our Aging Population".

- **July 14, 2010**
Elder Abuse and Prevention Panel



Caregivers Count! 2009



Caregivers Count! 2009

News & Upcoming Opportunities

ASC Brown Bag Presentation on Alzheimer's and Dementia

April 29, 2010

12 noon to 1:30 pm

Community Services Agency of Mountain View
204 Stierlin Rd., Mountain View, CA 94043

The ASC is hosting a Brown Bag Presentation on Alzheimer's and Dementia. [Click here to see the flyer.](#)

The Health Care Bill and Older Adults

Not sure of what to think about the Health Care bills that President Obama signed into law in the last few weeks?

[Click here to view a document from the National Council on Aging containing facts about the bill.](#)

[Click here to view a document put together by the National Academy for State Health Policy about how the bill will impact those with chronic conditions.](#)



ASC Strategic Planning Meeting, 2010

Team Progress Reports

Executive Committee

The Executive Committee is currently working on projects related to the following:

- Monthly Coordinated Advocacy meetings to formalize the ASC's advocacy plan. If you would like to join the conversation, contact [Amy Aken](#).
- Developing marketing and communication messages to be used for ASC promotion.
- Strategic Planning and three-year goals have been established. Click here to [view the notes](#) and to [view the planning grid](#).

Best Practices Team

The Best Practices Team is hosting the Professional Development Presentations at the All-Member ASC Meetings as well as the Brown Bag Presentations.

Other Team projects include developing a compendium of Best Practices that can be shared and implemented in our communities.

Want to get involved? E-mail co-chairs Mary Anne Mendall at mendall@comcast.net or Nancy Hikoyeda at nhikoyeda@sbcglobal.net.

The next Best Practices Team meetings are 3:30 to 5 pm on April 19, May 17, and June 21.

Caregiver Support Team

The Caregiver Support Team will be launching the newly created Caregivers tab on the Council on Aging Silicon Valley website. The website will include information and resources on topics that will be beneficial and meaningful to local and long-distance caregivers in Santa Clara County.

Other Team projects include collecting data from agencies that offer services and/or resources to caregivers to determine the scope and number of caregivers in Santa Clara County.

Want to get involved? E-mail co-chair Christina Irving at cirving@caregiver.org or Amy Andonian at aandonian@catholiccharitiesscc.org.

The next Caregiver Support Team meetings are from 9 to 10:30 am on April 23, May 28, and June 25.

CONNECT Team

The CONNECT Team is planning the Annual ASC Member Recognition and Celebration Event that will be held on May 12. Other Team projects include an aging film festival and intern/volunteer placement. The Team has successfully disseminated over 400 copies of the Council on Aging's Senior Resource Handbook to SCC libraries, hospitals, public service agencies, and nutrition sites.

Want to get involved? E-mail Amy Aken at amya@healthtrust.org.

The next CONNECT Team meetings are from 9 to 10:30 am on April 21, May 19, and June 16.

All interested and committed individuals are encouraged and welcome to join the teams.



Caregivers Count! 2009

Pete Constant and Pierluigi Oliverio present the 5th Annual West Valley Senior Walk

Friday, April 9, 2010
9 to 10:30 am
Westfield Valley Fair Mall
2855 Stevens Creek Boulevard
Santa Clara, CA 95050

[Click here to view the flyer.](#)

RSVP Volunteer Resource Fair

Friday, April 16, 2010
Opening Session – 9:30 to 11 am
Resource Fair – 11 am to 2 pm
Rotunda at City Hall
200 East Santa Clara Street
San Jose, CA 95113

The City of San Jose RSVP program will be putting on a resource fair, which will serve as the kickoff for Volunteer Appreciation Week. The resource fair will connect volunteers with volunteer opportunities.

For more information email Cory Hunt at cory.hunt@sanjoseca.gov.

Caregiving and Wellness Forum on Healthy Aging II

Friday, April 23, 2010
8:30am to 3 pm
West Oakland Senior Center
1724 Adeline Street
Oakland, CA 94607

[To view the flyer, click here.](#)

12th annual updates on dementia: Translating Research into Practice

Tuesday, May 18, 2010
8:00 am to 4:00 pm
Crowne Plaza Hotel
Foster City, CA

[Click here to see the full informational brochure.](#)

Councilmember Rose Herrera presents the 2nd Annual Senior Health Fair & Walk

Saturday, May 22, 2010
9:00 am to 12:00 noon
Eastridge Mall
2200 Eastridge Loop
San Jose, CA 95122

[Click here for the registration form](#) and [here to view the invitation.](#)

Pathways Home Health & Hospice Journal Writing Grief Workshop

April 21, 2010
7:15 to 8:30 pm
585 N. Mary Avenue
Sunnyvale, CA 94085

Created for caregivers who are healing after the loss of a loved one, this workshop meets one-time, is interactive and free of charge. Reservations are encouraged. Please call Pathways Hospice at (408) 773.4241 or send an email to bereavement@pathwayshealth.org.



Caregivers Count! 2009

Savvy Caregiver Training Program: Professional-Level Training for the Non-Professional

Mondays 1:00 to 3:00 pm

April 27, May 3, 10, 17, 24, and June 7 (Holiday May 31)

Santa Clara Senior Center-Conference Room

1303 Fremont St.

Santa Clara, CA 95050

Based on research by experts, this new 6-week course from the Alzheimer's Association will provide clinical-level training for family caregivers. This class is covered by a grant, however donations are welcomed.

Pre-registration is required. To register call (650) 962-8111 and ask for Alexandra Morris.

[Click here for the flyer.](#) This is a GREAT training opportunity for informal/family caregivers!

Need Shared Office Space in San Jose?

A consortium group of independent but complementary non-profit organizations are considering trying to rent a large, below-market-rate place in downtown San Jose together. Each could have one or two offices (approximately 100+ square feet each, with windows and locking doors) and share a huge amount of common space/rooms. It is a very central downtown San Jose location, with excellent public transportation access.

If you are interested, contact Lata Patil, President of the Cardea Center for Women, at 650-740-8161 or lata@cardeacenterforwomen.org.

Enjoy a Spring Day with VTA! FREE Travel Training

Ready for a "Daycation?" Seniors told VTA they'd get out and get adventurous if they knew how to navigate the public transit system. VTA is now offering FREE Travel Training for groups of 5 to 10.

A VTA representative and an Information Service Representative will host a morning training session immediately followed by free guided bus transport to a local destination of their choice. The group returns on their own with a trip plan in hand and the knowledge and confidence to take the bus or light rail for future trips! For persons with disabilities VTA also offers free one-on-one travel training.

Call VTA at (408) 321-2300 to find out more.



Want to include something else in the next newsletter? Send an e-mail to AmyA@healthtrust.org