

# N e w s l e t t e r



**Above:** ASC members are recognized by Supervisor Don Gage and Councilmember Pete Constant (not pictured) for their work for the collaborative.

**Below:** ASC members participate in the Caregiver Support and Health & Wellness strategic planning workshops



## ASC Update

Between the All-Collaborative meetings that occurred in November, 2008 and March, 2009, the Aging Services Collaborative (ASC) expanded and has been planning strategies to focus on for the next one to three years. In December the ASC Executive Committee met and identified four priority areas. Afterward, ASC members were invited to participate in four workshops in January and February, 2009, to plan around each of the priority areas.

After compiling all of the input collected at the workshops and identifying where certain priority areas overlap, the Executive Committee determined that the collaborative could operate more effectively if teams (or workgroups) were formed based on their function, like communication or identifying best practices, rather than a particular sector, such as "senior centers" or "health and wellness". It is anticipated that this structure will encourage greater collaboration among members. Feedback provided by the 65 ASC members who attended the March 11th All-ASC meeting is being analyzed and taken into consideration as the structure is finalized.

With the support and leadership of the Executive Committee, the ASC will form four teams:

- 1) Communications & Networking
- 2) Public Education & Outreach
- 3) Caregiver Support & Education
- 4) Best Practices Promotion

Each of the four teams will meet for the first time in late March and April to create specific and measurable plans to carry out over the next year to three years. Specific details are available on page 3 of this newsletter.

# ASC Member Events & Announcements

## Compassion in Action - Shaping the Future of Hospice and Palliative Care

March 26-27, 2009



Hospice of the Valley presents the 2nd annual *Compassion in Action* conference on Thursday and Friday, March 26-27, 2009 at the Center for Performing Arts, Recital Hall, Santa Clara University, in collaboration with the Center for Professional Development, SCU and endorsed by California Hospice Foundation. Six (6) continuing education units are available.

Registration:

\$125.00 for both days  
[Register Online](#)

For course objectives, visit

<http://www.hospicevalley.org/professionalevents.html>

For more information contact Ana Hays by phone at 408.559.5600, or email [ahays@hospicevalley.org](mailto:ahays@hospicevalley.org).

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## The 4th Annual West Valley Senior Walk

Friday, April 17, 2009

8:45am - 10:30am

Features:

- Mall Walk & Exercises
- Free Prescription Drop-Off (To properly dispose of any unwanted, expired, prescription or over the counter medications)
- Extensive Senior Resource Fair
- Free Breakfast, Prizes and Raffle!!



Location:

Westfield Valley Fair Mall  
Parking Structure A  
2855 Stevens Creek Blvd

For more information please call Councilmember Pete Constant at 408-535-4901 or email him at [pete.constant@sanjoseca.gov](mailto:pete.constant@sanjoseca.gov).

## Draft Plan and Public Hearing - From The Housing Authority of Santa Clara County



Public Hearing March 30, 2009

On January 4, 2008, the US Department of Housing and Urban Development (HUD) signed a ten-year Moving to Work (MTW) Agreement with the Housing Authority of the County of Santa Clara (HACSC). The MTW Program provides HACSC with more flexibility and authorization to develop policies that are outside the limitations of certain HUD regulations, in order to more successfully achieve its mission and program goals, and to enhance its ability to serve the needs of low-income people and communities in Santa Clara County.

HACSC creates an MTW Plan annually for the coming fiscal year. The Draft Plan (and plan summaries) for the fiscal year beginning July 1, 2009, and ending June 30, 2010, can be viewed by clicking on the link below or by visiting the location below. The Draft Plan will be available for review from February 27, 2009, through March 29, 2009.

Housing Authority of the County of Santa Clara  
505 West Julian Street, San Jose, CA 95110

### MTW Annual Plan for FYE2009

[Summary of Plan - English](#)

[Summary of Plan - Spanish](#)

[Summary of Plan - Vietnamese](#)

**A public hearing will be held on Monday, March 30, 2009 at 3:00 p.m. at 505 West Julian Street, San Jose, CA 95110.**

Comments from the public may be submitted at the public hearing or via electronic correspondence or by U.S. Mail by March 30, 2009, to the following address:

Ron Marsh

[ronm@hacsc.org](mailto:ronm@hacsc.org)

OR

Housing Authority of the County of Santa Clara  
505 W. Julian Street  
San Jose, CA 95110

## Hospice Foundation of America -- Living With Grief Teleconference

Wednesday, April 29, 2009



Hospice of the Valley, locally hosts Hospice Foundation of America's 16th Annual Living With Grief Teleconference - Diversity and End-of-Life Care on Wednesday, April 29, 2009 from 10a - 2p at Wyndham Hotel San Jose located at 1350 N. First Street, San Jose CA 95112

The teleconference, Diversity and End-of-Life Care, will examine how diversity influences end-of-life decision making and the impact that culture has at the time of death and during bereavement. One of the goals of the teleconference is to increase sensitivity by helping professionals acknowledge how their own cultural values and assumptions influence the delivery of care. The program will include a special examination of hospice care and diversity, including how hospices are reaching out to diverse groups and incorporating traditional practices and alternative therapies. The program will also discuss the challenges that may occur when culture considerations may cause ethical concerns or moral distress.

General Admission: \$20.00\*

\*Includes teleconference, lunch, information packet and local panel discussion

- Additional HFA CE processing fee by mail via Hospice of the Valley: \$35.00.
- Or, you can purchase per participant, CEs online through HFA for \$25.00.
- There is a \$10 charge per participant for each additional certificate requested.

For course objectives, visit <http://www.hospicevalley.org/professionalevents.html>

For pre-teleconference registration information, email [jwun@hospicevalley.org](mailto:jwun@hospicevalley.org) or call Jeanne Wun at 408.559.5600 x423.

## Aging Services Collaborative Meetings

### Team Orientation Meetings

As mentioned on page 1 of this newsletter, the ASC will hold four orientation meetings, one for each of the four teams that are being formed as a result of recommendations from ASC members who participated in workshops (in January and February) and from the Executive Committee. At the All-ASC meeting on March 11, collaborative members were given an opportunity to sign up to participate in any of the four groups, each of which garnered at least a dozen members. For more information or to sign up for any of the team meetings listed below, please send an email to [TeddyD@healthtrust.org](mailto:TeddyD@healthtrust.org).

Public Education & Outreach	March 31, 2009
Caregiver Support & Education	April 2, 2009
Best Practices Promotion	April 8, 2009
Communication & Networking	April 9, 2009

### All-ASC Meetings

All-ASC meetings occur the second Wednesday every-other month, from 2 to 4pm. The remaining meetings this year are set to occur on May 13, July 8, September 9, and November 11. The November All-ASC meeting may be pushed to a later date because it falls on Veterans Day.

\* \* \* \* \*

### Potential ASC Logos

At the March 11 All-ASC meeting, members were given an opportunity to vote on 3 logos that were kindly developed by Jenny O'Toole with On Lok. The two logos below received an equal number of votes, although we received varying levels of feedback for both. Have an opinion? Send your feedback to [TeddyD@healthtrust.org](mailto:TeddyD@healthtrust.org).

Logo A



Logo B



Have an announcement to make? Send an email to [TeddyD@healthtrust.org](mailto:TeddyD@healthtrust.org)

# Aging-Related News Articles

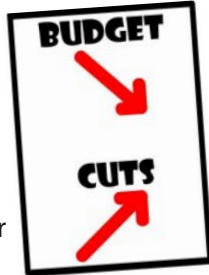
## California Budget Woes

The California Budget battles were temporarily resolved late in February, but at what cost? The \$143 billion budget closes a \$41 billion deficit through 2010 with tax increases, deep cuts in services and extensive borrowing. Are the cuts deep enough? Must they go further?

[Read more.](#)

## State Budget Cuts Out Programs Vital to Older Adults

As part of the 2008-9 State Budget, the Governor vetoed all funding for the separate Senior Citizens' Property Tax Assistance Program and the Senior Citizen Renters' Tax Assistance Program, and no funding is included for those programs in 2009-10. Other programs that are experiencing budget cuts include: home delivered meals; congregate nutrition; Alzheimer's day care resource center; MSSP (Multipurpose Senior Services Program); long term care ombudsman; senior legal hot line; area agencies on aging administration; respite-purchase of service; senior companion; SCSEP (Senior Community Services Employment Program); and Department of Aging staffing. Alarmed yet? [Click here to read more.](#)



## Food Bank Demand on the Rise

Due to the economic downturn, many people in some of the wealthiest counties in the country are turning to food pantries for the first time. There is a rapidly expanding number of child-care workers, nurse's aides, real estate agents secretaries, landscapers, bankers, software and marketing workers facing a personal financial crisis for the first time. Some of these new visitors are out of work; others are working, but cannot afford the rising food costs. Consequently, demand at food banks across the country increased by 30 percent in 2008 from the previous year, according to a survey by Feeding America. Food stamps are now being distributed in areas they were never needed before. [Read more here.](#)

## Network of Care

Network of Care provides a wide variety of comprehensive information in one website for consumers, community-based organizations and city and county government workers. Resources include a service directory; Website links; a library; a political advocacy tool; and community message boards. [View the website.](#)

## Find: Health

This website from the U.S. Department of Health and Human Services, [www.healthfinder.gov](http://www.healthfinder.gov), is a source of reliable health information. It provides a quick guide to healthy living, personal health tools, health from A-Z, health news, and popular requests that include what people are asking about and the most e-mailed news articles. [Click here to access healthfinder.](#)

## Care to Ask About Medicare?

[Click here to access the official U.S. government site for people with Medicare.](#) The site includes information regarding nursing homes, centers for Medicare and Medicaid service, and frequently asked questions.

## Health Assurance When Without Health Insurance

During President Bush's 2 terms in office 1,297 clinics in medically underserved areas were opened and there was a 60% increase in the overall number of patients served by all clinics. Health centers now serve more than 16 million patients at 7,354 sites. These clinics are often the only places for dependable care and will accept those who are uninsured and on Medicaid. Centers are known for their efficiency, but are often short staffed and not adequately funded to meet the growing need. Federal spending on these clinics is expected to quadruple from \$2.1 billion to \$8 billion. President Obama is expected to spend \$100 billion to subsidize coverage for the uninsured.

[Click here](#) to learn more.

## Take my Vitamins?

### What for!?

Contrary to popular belief, a large study conducted by researchers for The Archives of Internal Medicine has found that the multivitamins many postmenopausal women take to prevent cardiovascular disease and cancer do neither. A possible reason for positive results in postmenopausal women taking vitamins is that they also engage in other healthy behaviors. [Read more about the study here on the nytimes.com.](#)



## Pass (On) the Salt, Please!

Dr. Thomas Frieden, the commissioner of New York City's Department of Health and Mental Hygiene, is waging a campaign to lower the amount of



sodium in the American diet. His targets are packaged foods and mass-produced restaurant meals, which contribute 80 percent of the sodium in the average American diet. Over the next five years, Dr. Frieden wants food companies to identify the foods that are contributing the most sodium, immediately cut the level of salt by 25 percent, and then, in a decade, cut it by another 25 percent. [Read more about this here.](#)

# Aging-Related News Articles

## When You're Sick of Being Sick...Be an Athlete?

In order to feel connected with their bodies, some individuals faced with a chronic condition or a terminal diagnosis begin taxing physical regimes such as training for a marathon or triathlon. The result is people fighting sickness or disease that are concurrently in the best shape of their lives. The feeling of control and that the body is working is empowering and a positive coping mechanism. [Read the article here.](#)

## Not All Physical Activity Must Be Exercise

Exercise and Physical Activity Guide: Your Everyday Guide from the National Institute on Aging! is a guide emphasizing the importance of physical activity. It explains the difference between physical activity and exercise. Physical activities are designed as those that get your body moving. Exercise is more specifically planned, structured, and repetitive. [Click here to read more about the guide.](#)



## A Little Work-Approved Exercise Goes a Long Way

10 minutes of exercise 2-3 times a day can have a big impact on cardiovascular and mental health. Exercise is easier when done with a crowd, and company support helps. To further support exercising, CEOs and other managers could join in 5 or 10 minute "recess" breaks throughout the day. L.L. Bean helps to lead by example: It instituted three 5 minute exercise breaks daily. For each investment of 15 minutes of physical activity, L.L. Bean got a 30-minute return in productivity. [Read more about this here.](#)

## 'Stair Climbing' and 'Fun' Need Not Be Mutually Exclusive

Tower running events, many of which benefit charities, are held in world skyscrapers that open their stairwells just for the day. Stair climbing burns more calories than running in the same amount of time and is a more effective cardiovascular workout. [Click here to climb further into the story.](#)

## Bike-Friendly Cities and Older Adults

The Portland Bureau of Transportation implemented a Senior Cyclist Program in 2006. Based on their research, in Holland and Germany people over seventy-five years of age make around half of all their trips by bike or foot, compared with only six percent of Americans sixty-five and older. In order to make cycling safer and more accessible to seniors the transportation bureau purchased three-wheeled tricycles and offered free, twice-a-week sessions at Wil-



lamette Park in Southwest Portland. They partnered with a university researcher who is looking at how seniors retain function as they age, with cycling as a part of that process. [Learn more here.](#)

## Informal Caregiving--Without an Age Minimum

A 2005 nationwide study suggested that about 3 percent of households with children ages 8 to 18 included child caregivers. Numbers are expected to grow as chronically ill patients leave hospitals sooner and live longer. Many child caregivers are from single-parent, low-income families, including some from foreign cultures who will not put family members in nursing homes. Others are from middle-income families whose insurance does not cover home care. [Read more on this issue here.](#)

## Is this a veritable HAL 9000 for the home? Or a potential time and money saver?

eNeighbor is a motion detector system that is placed in seniors homes. It registers a 'usual pattern' and when that pattern is disturbed, a message is sent to a central monitoring system, which calls the senior at home, and if necessary an emergency number. eNeighbor can improve care at a lower cost, but the devices, which can be expensive, remain largely unproven. Doctors are not trained to treat patients using remote data and also worry that these systems absolve patients and families from personal responsibilities. [Read more here.](#)

## There's No Place Like Home?

At the Hebrew Home for Aged in Riverdale, NY, 54 year-old Dan Reingold asked his board to approve the building of a nursing home where *he* would want to live. Structures, he figured, must change to accommodate the Baby Boom generation, of which Mr. Reingold is a part, and whose needs vary greatly from the needs of their WWII and Depression era parents. [Click here](#) to read more about the facility.

## Alzheimer's Caregiving to Increase Substantially in Coming Decades

According to a report by the Alzheimer's Association, prepared by UCSF's Institute for Health and Aging, the cost of caring for Californians with Alzheimer's disease is expected to grow from \$50.5 billion to \$98.8 billion over the next 20 years, an increase of 96 percent. By 2030, the number of Californians with Alzheimer's is expected to nearly double to 1.1 million due to the Baby Boomer generation aging and the overall population living longer. Informal care is expected to increase in value from about \$37.2 billion now to \$72.7 billion in unpaid care by 2030. Formal services are also expected to double, from \$16 billion to about \$31.3 billion over the next two decades. [Read more about this here.](#)

# Aging-Related News Articles

## **Alzheimer's Cause? Or Causes?**

Yale University researchers found a link between Alzheimer's disease and the prion protein, which can cause mad cow disease and other maladies. The prion protein may contribute to nerve damage if it becomes entangled with a protein fragment which builds up in the plaques in the brain that are a characteristic sign of Alzheimer's. But scientists are also coming to believe that Alzheimer's is caused by many different things and impacts people in many different ways. [Read more about Alzheimer's theories here.](#)

## **Don't Leave Your FMLA Rights at the Door**

If eligible for Family Medical Leave Act (FMLA) workers are provided with the right to take a medical leave and care for a seriously ill family member and have job protection when they return. Several advocates and legislators at the state and federal level are currently drafting legislation to expand FMLA to include paid leave for eligible employees. California, Washington, and New Jersey are the only 3 states that currently have paid FMLA plans. [Read more about FMLA here.](#)

## **Ageism on the Rise in Tough Times?**

The International Longevity Center of the USA (ILC-USA) was founded in 1990 by gerontologist and Pulitzer Prize winner Robert N. Butler, M.D. Dr. Butler is credited with coining the term ageism in 1968. He leads a multi-disciplinary task force that recently completed a comprehensive analysis, "Ageism in America" which highlights the impact of age prejudice. "Ageism in America" concludes with concrete actions to reduce ageism. This project aims to transform the experience and culture of aging in America. The ageism portion of the ILC-USA website offers the latest news and research on age discrimination in the United States. [Check the website out here.](#)

## **No Surprise-More Proof That With Age Comes Insight**

A neurology book, "Progress in Brain Research" provides some insight into the usefulness of the brain as it ages. For most aging adults, the authors say, much of what occurs is a gradually widening of the attention span that makes it more difficult to latch onto just one fact, like a name or a telephone number. This broader attention span may enable older adults to know more about a situation and its implications than their younger peers. [Get the full story here.](#)

## **Continuing Education**

According to the National Center for Education Statistics, the number of graduate students older than 50 grew by 38 percent between 2001 and 2005, which is more than twice the rate of growth for graduate students overall. Some people seek to broaden horizons away from very specialized careers and training. Others have a desire to become more culturally aware. [Read more about how older adults are shifting their focus here.](#)

## **Look Forward to Living Longer? You Might Just Live A Little Longer.**

A researcher from the Yale School of Public Health finds that younger people who have strong negative images about the elderly are more likely to have strokes and heart problems when they grow old, according to a university press release. According to Dr. Andrew Weill, optimism is key to success as you age. [Read more here.](#)

**Don't see a story that you think should be included with the next newsletter?**

**Send an email to**

**[TeddyD@healthtrust.org](mailto:TeddyD@healthtrust.org)**