



N e w s l e t t e r

Don't Miss the 2010 ASC Meetings!

The full ASC meets once every two months. The Best Practices Team arranges for presentations to occur at each meeting. All meetings are held from 2:00 to 4:00pm at the Sobrato Center - Cupertino B Room, located at 1400 Parkmoor Ave in San Jose.

The next few All-ASC meetings will occur on the following dates:

- **March 10, 2010**
Aging in Place: Housing Models
- **May 12, 2010**
ASC Recognition Event
- **July 14, 2010**
Elder Abuse and Prevention Panel

If you missed the All-ASC meeting on January 13, 2010, and would like to view the presentations on the Aging Network or on the Evidence-Based CAPS Program, you can find the PowerPoint presentations online at the ASC website by [clicking here](#).

Events

The Silicon Valley Positive Aging Forum -
Spring 2010 Speaker Series Begins February 11, 2010

This monthly Silicon Valley Positive Aging Forum Series will feature nationally recognized speakers sharing best practices in Positive Aging. Events will occur on February 11, March 11, April 8, and May 13, 2010. The series is being produced by The Leading Age Institute.

[Click here for more information.](#)

Aging in America 2010 -- NCOA-ASA Conference

When: March 15 to March 19, 2010

Where: Chicago, Illinois.

Are you planning to go? Let us know! E-mail [Amy Aken](#) and we will see you there!

City of San Jose's General Plan Task Force Meeting

When: Monday, January 25, 2010 6:30pm to 9pm

Where: San Jose City Hall, Wing Rooms

Calling all Senior Housing Advocates! Make your voice heard at the General Plan Task Force meetings!

San Jose is currently in the process of updating its General Plan. Envision San Jose 2040 is a community-driven effort to update the City's General Plan to align the community's values, goals, and aspirations for San Jose. Whether you live in, work in, or visit San Jose, the City invites your participation. The General Plan Task Force will be meeting on January 25 and hearing a presentation on housing issues. This would be a good opportunity for senior housing advocates to provide input on the future of San Jose's senior housing.

To view the agenda [click here](#).

For further information about the City's General Plan process [click here](#).

Become a Part of Something Bigger!

The ASC is now accepting nominations to fill 3-4 At-Large positions on the Executive Committee. Terms last for a period of one year and the At-Large Members will represent the following:

- Community Stakeholders
- Business Groups
- Diverse Populations
- Cities Outside of San Jose
- City Associations
- Healthcare Organizations
- Other Santa Clara County Departments
- Advocates
- Experts in Aging
- Those Possessing a Specific Skill Set

To express interest in serving on the Executive Committee, e-mail AmyA@healthtrust.org. Hurry! Deadline is February 15, 2010.

Employment Opportunities

Alzheimer's Association of Northern California and Northern Nevada

Position: **Family Care Specialist**
Compensation: \$42,000 - \$45,000, Exempt,
30 hours/week

Position Summary

Under the direction of the Chief Program Officer, the Family Care Specialist is responsible for enhancing direct assistance and professional intervention to Alzheimer's families and to foster cooperative relationships with the infrastructures of local community health and social service professionals.

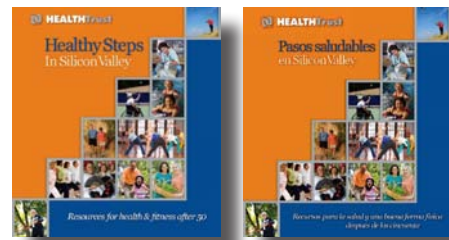
For more information, [click here](#).

Healthy Steps Guidebook

Silicon Valley residents ages 50 and up will get help with improving their health with The Health Trust's publication of "Healthy Steps in Silicon Valley," a guidebook to help people get more physically active in their daily lives.

The easy-to-read and easy-to-use guide are available in both English and Spanish, and include information for all types of physical activity -- from at-home exercises to hiking clubs and water aerobics classes. The guidebook also includes information on safety and falls prevention, stress and depression.

Copies of the publication will soon be available throughout Santa Clara County at libraries, community centers, senior centers, offices of health care providers, and through other community organizations such as faith congregations and neighborhood groups.



Caregivers Count

On November 14, 2009, the Caregiver Support Team hosted Caregivers Count – a full-day conference for friends and family caring for an aging loved one. The conference was held at the Sobrato Center for Non-Profits in San Jose and was a sold-out event.

If you missed the conference, you can watch the recorded webcast and print off the presentation materials by going to

www.healthtrust.org/caregiverscount.

Data collected before and after the event indicated that the conference reached a diverse range of people and had a positive impact. Key statistics include:

- Among conference registrants, 62.2 percent were from San Jose, and 83.7 percent were female.
- More than 66 percent of participants indicated that they were caregivers for other members of their family.
- Approximately 51 percent of caregivers who attended the conference were 40 years or younger.

- Sixty-two of 64 participants indicated that they benefitted “A lot” from attending the conference.
- All participants (64 of 64) indicated that they were “Very likely” or “Extremely likely” to incorporate what they learned from the conference into their responsibilities as a caregiver.
- About 14 percent of attendees rated the conference overall as “Good” while the remaining 86 percent rated the conference “Excellent” overall.

ASC Team Reports

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.

Caregiver Support Team

The Caregivers Count! Conference on November 14 brought 74 caregivers to the full-day conference.

The Team is also developing the content for a Caregivers tab on the new 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.

Want to get involved? E-mail co-chair Christina Irving at cirving@caregiver.org or Danielle Myers-Rickard (to get involved with the COA Caregiver Website Development) at dmyers@coasiliconvalley.com.

CONNECT Team

(A synergistic blending of the Education and Outreach Team with the Networking and Communication Team)

The CONNECT Team is working to create messages related to the work of the ASC and around positive aging.

Other projects include an aging film festival, intern and volunteer placement, and resource directory dissemination.

Want to get involved? E-mail co-chair Vivian Silva at vivsilva@aol.com.

Executive Committee

The Executive Committee is currently working on projects related to Coordinated Advocacy, Outreach and Partnership expansion, and Funder Coordination.

The Executive Committee will also be developing marketing messages to be used for ASC promotion among service providers, political and community leaders, agency partners and the general public.

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

Want to get involved or include something else in the next newsletter?

Send an email to AmyA@healthtrust.org