



NEWS

A Publication of the California Council on Gerontology & Geriatrics
Fall/Winter 2009

www.ccg.org

President's Column Barbara White, DrPH, GNP-BC

*It's the Circle of Life
And it moves us all
Through despair and hope
Through faith and love
Till we find our place
On the path unwinding
In the Circle
The Circle of Life*

These lyrics by Tim Rice for the play *The Lion King* can easily be applied to organizations. Each biennium the leadership of CCGG shifts to widen our reach with the addition of new members to our leadership circle. We are grateful to have Nancy Hikoyeda's (Consultant in Health, Aging, and Diversity) thoughtful presence continuing with us as Past President and Chair of the Nominating Committee. Debra Secord (Gerontology, Health and Physical Education Department Chair, Coastline Community College) continues to bring her enthusiasm and creativity to the role of Vice-President and Membership and Marketing Committee Chair. Though Janet Frank (UCLA Multicampus Program in Geriatric Medicine and Gerontology) has finished her roles as Past President and Development Committee Chair, she continues her valuable support as a Presidential Appointee to the Board of Directors. We welcome Helen Miltiades (CSU Fresno, Gerontology Program) as our new Secretary.

Though Susan Kornblatt (Consultant, On Lok Senior Health) left the post of secretary, we are happy that she accepted the appointment as CCGG Treasurer when we found that our elected treasurer, Debra Sheets (CSU Northridge Gerontology Program), had left us temporarily to share her expertise out of State. We miss you Deb! We also welcome Mark Robinson (UC Davis Center for Healthy Aging) as the new President-Elect and Chair of the Education Committee.

Board of Director members continuing their contributions to CCGG include Gloria Cavanaugh (Gloria Cavanaugh Consulting), Lorie Eber (Coastline Community College), Rosalie Gilford (Professor Emerita, CSU Fullerton), Barbara Gillogly (American River College), Maria Henke (USC Davis School of Gerontology) Sang Lee (San Jose State), Cheryl Osborne (CSU Sacramento), Brenda Premo (Center for Disability Issues and the Health Professions, Western University), Alison Ruff (Assembly Committee on Aging and Long Term Care), and Monika White (USC School of Social Work and Davis School of Gerontology).

Our Circle widens further with the addition of new members to the Board of Directors including Joan

Abrams (UC San Francisco) as the UC Representative and Patty Robinson (College of the Canyons) as the Community College Representative.



New Members-at-Large include Shirley Krohn (California Senior legislature), Kathy Sniffen (CaISWEC Aging Initiative), and Erin Westphal (SCAN Foundation). New Presidential Appointees include Joann Driggers (Mt San Antonio College) and Carl Hahn, Alzheimer's Association). We also welcome Marie Bischoff (CSU Sacramento) as the northern region Student Representative.

We also want to thank departing Board members who served us well over the past biennium. These valued Board members include Patricia Housen, Linda Jones, Brason Lee, Maria Mayen-Cho, Thomas McKay, Carl Reynolds, and Laura Trejo. We hope you will continue to work with us in new capacities. We also are saddened to have lost two valuable staff members Brian Manning and Victoria Muravlenko. We miss you.

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Policy Corner

The legislature adjourned for the interim recess at 6:30 am on September 12th, drawing a tumultuous year to a close. 2009 began with another serious budget deficit, and in spite of repeated cuts, borrowing, and revenue increases to bring the budget into balance, recent revenue estimates reveal that 2010 will begin much of the same way.

During a normal legislative year, major policy changes occur through regular legislation. However, due to the ongoing budget crisis, the budget and related budget trailer bills have played a much larger part in shaping policy, particularly in health and human services. These policy changes have been direct and immediate in many cases, like the reduction or elimination of programs that older adults and adults with disabilities rely upon (In-Home Supportive Services, Adult Day Health Care, and Linkages). These reductions further erode the safety net that helps to keep thousands of Californians out of institutions. More long-range transitions were also seen, such as amendments to federal

waivers and the expansion of mandatory enrollment in managed care.

The budget crisis also has an indirect affect on aging policy by hampering the ability of policy-makers to create sweeping legislation, enact new programs, or even make more modest changes like AB 324 (Beall) which would have required area agencies on aging and the California Department of Aging (CDA) to utilize the Elder Economic Security Index when measuring poverty during their planning processes. AB 324 was vetoed by the governor on October 11th.

While 2009 was dominated by the doom and gloom of the budget crisis, there have been a few legislative bright spots, including the following:

AB 329 (Feuer), Chapter 236, Statutes of 2009, The Reverse Mortgage Elder Protection Act of 2009, provides increased protections for older adults from fraud and predatory practices in the reverse mortgage industry.

AB 392 (Feuer), Chapter 102, Statutes of 2009, appropriated \$1.6 million from the Federal Health Facilities Citation Penalties Account to CDA for local long-term care ombudsman programs, partially restoring some of the funding lost due to the governor's veto of all state funding from the program in 2008.

AB 762 (Lowenthal), Chapter 471, Statutes of 2009, clarifies the definition of "bedridden" and the appropriate fire clearances for individuals in residential care facilities. While AB 762 represents a small change, the clarification will help residents remain in their own homes and not be forced to higher levels of care only because they use a walker or wheelchair to get around.

SB 18 (Oropeza), Chapter 25, Statutes of 2009, increases penalties against those who repeatedly abuse elder or dependent adults.

Barring another fiscal emergency, the legislature will not reconvene until January, when the process will start all over again, beginning with the release of the Governor's 2010-11 Budget proposal.

President's Column

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*From the day we arrive on the planet
And blinking, step into the sun
There's more to see than can ever be seen
More to do than can ever be done
There's far too much to take in here
More to find than can ever be found
But the sun rolling high*

*Through the sapphire sky
Keeps great and small on the endless round*

And so, we begin a new bien-nium as members of a unique organization that can serve as a model for the rest of the country: an organization dedicated to "serve as the statewide expert voice in gerontology and geriatrics education, workforce development, and policy". Our tools are our members who represent multidisciplinary faculty and students, professionals with an

interdisciplinary focus, and advocates for policy development in the area of aging. Although there is "more to do than can ever be done," we begin this new season with goals that include:

- Develop plans to increase CCGG visibility, membership, and participation in central and northern California.
- Maintain and enhance enrollment in the annual meeting.
- Continue to develop strategies/funding for self-sufficiency in

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Students Corner

CSUF Conducts Aging Attitudes and Knowledge Survey among Undergraduate Human Services Students.

The well-being of older adults is enhanced by those around them. "It takes a village" to help the world grow older successfully. Having a workforce that is specialized in gerontology and geriatrics is therefore essential. The growing population of older adults, however, currently outnumbers the amount of trained persons who can provide assistance. Research also indicates that many already working with older adults have limited knowledge about gerontology (Cowan, Fitzpatrick, Roberts & While, 2004). A baseline understanding of attitudes and knowledge about aging among Human Services

students is therefore critical.

The present research focused on: (1) basic knowledge of aging processes; (2) attitudes and perceptions of growing older; and (3) experiences with and interest in older adults. A sample 150 students in Human Services at CSU Fullerton were surveyed using a modified version of the Palmore Facts on Aging, Attitudes Toward Older Adults survey (based on Rosencranz & McNevin, 1969) and open-ended questions of previous gerontological experience. Findings indicate that students have limited and incorrect factual information about aging. Specifically, students lacked knowledge on basic facts of aging related to: sensory changes, sexual ability, nursing home occupancy, prevalence of accidents, cognitive ability, population demographics, poverty status, religiosity, health

status, and personality changes occurring during older adulthood. Furthermore, results from a series of regression analyses indicate student's overall attitudes towards aging are significantly predicted by previous experience working with older adults, having taken academic coursework on aging, and also by having understanding of the professional benefit of working with older adults.

In conclusion, students with knowledge or experience with older adults are more likely to have more positive views of aging and motivation to work in the aging field. Such findings can encourage college-based faculty to increase aging course content & gerontological internships, and work at attracting more undergraduates to the field.

President's Column

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CCGG programming and executive office support.

- Develop "greener" strategies for CCGG internal and external communication through vehicles such as our newsletter, websites, and teleconferencing.
- Complete the first year deliverables for the California Wellness Foundation Grant related to diversity in membership, leadership, and programming.

A word about the last listed goal for the biennium: Thanks to the exemplary work of our Executive Director, Jolene Fassbinder, we have received a three-year California Wellness Founda-

tion Grant focused on diversity in CCGG membership, leadership, and educational programs. The significance of this grant is borne out by statistics that indicate increases in the ethnic/racial diversity of older adults in California. It is projected that today's minorities will represent about 58% of the 60+ population by 2040 (2005-2009 State Plan on Aging). Addressing these demographics, the goals of the CCGG grant include:

- Incorporate diversity into CCGG Committee structure and work, including the development of a Leadership & Diversity Council to work with the Board.
- Increase the diversity on the CCGG Board by 25%.

- Host two policy forums to inform educational policymakers and opinion leaders about issues of diversity and the aging workforce.
- Provide scholarships to minority students, faculty, and service providers to attend the CCGG annual meetings.

We ask all of our members to participate in this important project as well as in the other unique opportunities offered with membership in the California Council on Gerontology and Geriatrics. "There's more to do than can ever be done," alone, but a lot we can do together. Come into our circle!

News From Campuses Across the State

California State University, Chico

Developing Interdisciplinary Center on Aging

The California State University, Chico (CSU, Chico) 12 county service region has a higher percentage (15.4%) of older adults than other regions in the United States (United States Census Bureau, 2000). This accelerated "graying" of the region presented possibilities for establishing an Interdisciplinary Center on Aging to provide coordinated efforts to meet needs and model innovations and leadership. The School of Social Work at CSU, Chico, with support from the College of Behavioral and Social Sciences Strategic Performance funds, evaluated a Center's feasibility in the spring and winter of 2008.

An assessment of 60 Centers on Aging in the U.S. was followed by three focus groups. The 54 total participants in the focus groups included community members and service providers representing 26 agencies from four regional counties, and the University administration and faculty representing 15 University departments. Feedback indicated a need for a center with a dual emphasis on community service and gerontological education. Center activities outlined by the groups led to a Strategic Plan.

The recommendations from the groups were incorporated in a Concept Paper and in turn, a proposal for designation of an ICOA was submitted to the CSU, Chico Academic Senate in spring 2009. The designation of a CSU, Chico Interdisciplinary Center on Aging was approved unanimously by

the CSU, Chico Academic Senate in May 2009. At this time, the Board of Directors and Director of the Center are being recruited. Additionally, funding sources are being evaluated and grants submitted. The substantial support of stakeholders across disciplines at the University and throughout the community has been key to the success of this endeavor to date and will ensure future long-term success.

For information on the CSU, Chico ICOA, contact Seema Sehrawatlohmor, PhD, Assistant Professor at (530) 898-3113 or ssehrawat@csuchico.edu

California State University, Northridge

Hosts Careers in Aging Boot Camp

The first *Careers in Aging Boot Camp* was held at CSU Northridge on Saturday, May 2, 2009. The all-day workshop presented students with a broad overview of careers in the field and introduced them to a career management model and toolkit for assessment, market research and successful job

search. Presenters offered first person insight into a variety of unique employment options and discussed ways to translate education and an interest in older adults into a successful career. They also shared practical tips and examples about how to match them to the products and services defined by current and emerging workforce trends and opportunities

Faculty included Neal Cutler, PhD; Jolene Fassbinder, MSG, MACM; Debra Sheets, PhD, MSN, RN-BC and Linda Wiener, aging and workforce consultant. Guest professionals from the field of aging included Josh Johnson, MSG, LNHA; Kali Peterson, MSG and Trina M. Saucedo, MSG, CAPS, NAPG.

Attendees represented eight area campuses: UCLA; USC; Cal State Bakersfield, Cal State Fullerton, Cal State Long Beach, Cal State Northridge, Chaffey College and Coastline Community College.

The *Careers in Aging Boot Camp* exemplified the theme for Older Americans' month, May 2009 "Reinvent Yourself, Reinvent Aging."



Roxaynn Robinson, Linda Wiener, Debra Sheets, Ph.D., Jill Burlingame, Judith Schamadan

News From Campuses Across the State (continued)

Coastline Community College

Dr. Laura Mosqueda, Keynote Speaker Annual Fall Networking Event

Each fall Coastline's Gerontology Networking Event brings together students and faculty members from across Los Angeles and Orange County, as well as employers and professionals in the aging field. This year's event on October 7th highlighted the work of Laura Mosqueda, MD, from UC Irvine's Center for Excellence on Elder Abuse and Neglect. Dr. Mosqueda shared her expertise on the important issues of caregiver stress, dementia and elder use and neglect with the appreciative crowd. The program consists of a keynote speaker, followed by refreshments and time to connect with the other attendees. Check the Coastline Gerontology Program website <http://gerontology.coastline.edu> for future events.

Stanford GEC Sponsors

Webinar Series Ethnicity and Dementias

Stanford Geriatric Education Center (GEC), in collaboration with the California Area Health Education Centers is presenting a webinar series in Ethnicity & the Dementias this academic year. One webinar per month for nine months is included in the series. Each webinar is 75 minutes long and carries continuing education units (CEUs) for nurses, social workers, and marriage and family therapists. We are in the process of being able to offer CME units to physicians and psychologists, and will let you know when they are available.

The following is a calendar of the topics in the series:

Series Introduction: Prevalence of Dementia in Different Populations.

Presented by Gwen Yeo, PhD, and Kala Mehta, DSc on October 14, 2009, 11:30am-12:45pm.

Assessment of Dementia and Caregiving for Latino Elders.

Presented by Dolores Gallagher-Thompson, PhD, and Consuelo Juarez on November 4, 2009, 11:30am-12:45pm.

Assessment of Dementia and Caregiving for African American Elders.

Presented by Rita Hargrave, MD on December 9, 2009, 11:30am-12:45pm.

Assessment of Dementia and Caregiving for Chinese American Elders.

Presented by Dolores Gallagher-Thompson, PhD, Edie Yau, MA, and Marian Tzuang, MSW on January 13, 2010, 11:30am-12:45pm.

Assessment of Dementia and Caregiving for Japanese American Elders.

Presented by Nancy Hikoyeda, DrPH on February 3, 2010, 11:30am-12:45pm.

Assessment of Dementia and Caregiving for Korean American Elders.

Presented by Sang E. Lee, MSW, PhD., and Yookyung Kwon, PhD on March 17, 2010, 11:30am-12:45pm.

Assessment of Dementia and Caregiving for Hmong American Elders.

Presented by Linda Gerdner, PhD, RN, and Xa Xavier Xiong, MD on April 14, 2010, 11:30am-12:45pm.

Assessment of Dementia and Caregiving for Filipino American Elders.

Presented by Melen McBride, RN, PhD on May 12, 2010, 11:30am-12:45pm.

Assessment of Dementia and Caregiving for Vietnamese Americans. Presented by Ladson Hinton, MD, and Jane Nha Uyen Tran, MSW on June 9, 2010, 11:30am-12:45pm.

Cost for each webinar is \$10 without CEUs and \$20 with CEUs. For more information about the series and enrollment, please go to: <http://sgec.stanford.edu/events.html>

Stanford GEC Sponsors Faculty Development Program Health Literacy and Ethnogeriatrics

Stanford Geriatric Education Center (SGEC) is sponsoring the 3rd Annual SGEC Faculty Development Program in Health Literacy and Ethnogeriatrics June 21-26, 2010, on the Stanford University School of Medicine campus in Palo Alto, California. The week long course is an intensive educational experience using a train-the-trainer approach for multidisciplinary health care faculty. It is funded by the Bureau of Health Professions as part of a GEC grant.

The course is taught by an interdisciplinary health care faculty team with experience in teaching cultural competence, ethnogeriatrics, and health literacy. Its framework is based on the Stanford Faculty Development Center programs that have successfully trained faculty in clinical medicine since 1987. It includes didactic sessions, interactive workshops, and trainee led sessions. The modules will include topics in aging, culture and cultural competence, low literacy in geriatric care, ethnogeriatric care, communication and use of interpreters, and teaching strate-

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Special Interest

It Takes a Village: Toolkits for Effective Practice

CCGG 2009 Annual Meeting
Barbara White

Friday April 3, 2009 saw a packed conference room at CSU Northridge as approximately 155 faculty, students, and health and social services professionals participated in the CCGG annual conference. The conference provided participants “the opportunity to explore innovative tools and research designed to enhance skills in care management and workforce development”.

Highlights of the daylong program included:

- A poster session with 10 participants presenting projects and research related to aging issues in California. Participants included students, faculty, and professionals in practice.
- A keynote session featuring W. June Simmons, founding President and CEO of the Partners in Care Foundation, who presented information about key evidence-based health promotion programs available to gerontology and geriatric faculty, students, and professionals for use in practice.
- A legislative toolkit presented by Dixon Arnett (former Director, California Department of Aging and current SDSU Adjunct Professor), Lynn Daucher (Director, California Department of Aging), Lynn Friss Feinberg (Deputy Director, National Center on Caregiving, San Francisco), and Patricia McGinnis (Founder and Executive Director, California Advocates for Nursing Home Reform). Program participants received “Instructions and

Sample Toolkit for Visits to Legislators”.

- An interactive session entitled “Toolkits for Linking Competency-Based Gerontology Education to Jobs in Aging Services” presented by JoAnn Damron-Rodriguez (UCLA Department of Social Welfare) and Janet Frank (Associate Director, UCLA Multicampus Program in Geriatric medicine and Gerontology). The session looked at gerontology competencies and related them to job descriptions.
- During the business meeting the following awards were presented:
 - Ellis Waller-Walker, faculty member in the Gerontology Department at Coastline Community College, received the Betty and James E. Birren Emerging Leadership Award
 - Pauline Abbott, Director of CSU Fullerton Institute of Gerontology, received the Betty and James E. Birren Senior Scholar Award
 - Lynn Daucher, Director of the California Department of Aging was awarded the CCGG Lifetime Achievement Award.
 - Trina Saucedo, completing a Masters in Gerontology at CSU Fullerton, was recognized with the David A. Peterson Student Achievement Award

The annual meeting also presented opportunities for dialogue and networking with a variety of professionals in the field of aging. The conference program and scholarships were generously supported by the University of Southern California, Leonard Davis School of Gerontology.

CCGG had additional support through the generosity of the following organizations: Agencies and Programs on Aging – City of Long Beach, AgeWise TV at www.AgeWise.TV, California Geriatric Education Center, CSU Northridge Department of Health Science Interdisciplinary Gerontology Program, California Geriatrics Society, Life Course Publishing, PURPOSE, Inc., the Let’s Group™, and Union Bank of California; and the following individuals: Pauline Abbott, Nancy Hikoyeda, Susan Kornblatt, Phoebe Liebig, and Mark Robinson.

Next year’s annual meeting is scheduled for April 9, 2010 at UCLA Covel Commons. Stay tuned for details. It looks like another dynamic event!

Stanford GEC Sponsors

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gies. There will also be resource sessions on related topics. After completing the course, faculty participants will have the curriculum, resources, and preparation teach these topics to students and other trainees in their respective disciplines.

There is no cost to attend the program in 2010, but faculty trainees will need to pay for their own transportation, housing, and meals. The deadline for applications will be January 15, 2010. For more information, please contact Gwen Yeo at gwenyeo@stanford.edu to receive an application form. Enrollment is limited.


Special Interest (continued)

CCGG Poster Sessions a Success

Annual Meeting 2010 Seeking Participants

The California Council on Gerontology and Geriatrics (CCGG) accepted 9 poster presentations for its 2009 It Takes a Village: Toolkits in Care Management Conference. The posters focused on aging issues in California and provided research based evidence on caregiving, workforce issues, teaching gerontology, and banking. Several presenters provided evidence that support groups (online and/or in person) and education are instrumental in reducing caregiver burden and increasing caregiver efficacy. The educational posters focused on instructional pedagogy to increase student interest in the field of gerontology and curricula design for engaging students and community dwelling elders in discussing ethical issues of aging. An applied research project presented a design for a volunteer fall prevention program to reach homebound seniors.


The poster format was designed to foster interaction between faculty, professionals in the field of aging and students. Participants had the opportunity to network with presenters prior to the start of the conference and during lunch. The poster session stirred lively discussion and provided useful information for instruction. CCGG is looking for new research and innovative presentations on aging or older populations in California to include in our 2010 Annual Conference. This is a wonderful opportunity to inform the gerontological and geriatric community in California



NAP
National Association for
Professional Gerontologists

Teaching Care for the Elder-Caregiver

Diane Alexander Patterson, MSG, CPG



The Let's Group
The National Center for
Elder Care

Objectives

According to SCAN (April, 2006), more than 25 percent of American families are involved in some manner with elder/parent care, resulting in a staggering number of the workforce with elder-caregiving responsibilities. It is projected that the number will increase exponentially as the Baby Boom generation continues to reach senior status, even reaching over 40% of all workers who will actively participate in elder-caregiving. The study 1) examined effective tools for Aging practitioners and educators and 2) discussed the need for self-care classes for elder-caregivers.




Photo acknowledgment: <http://www.dailycaring.com/entry/030211.jpg>

Findings

Aging educators are interested in receiving effective tools to satisfy the needs of elder-care clients. When effective suggestions and practical strategies were offered, Aging educators felt better able to promote hope and refer resources in the elder-caregiving task. Additionally, through support group mentoring, elder-caregivers better understood the importance of addressing personal, emotional and physical health with adequate nutrition, exercise, sleep and rest.

Methodology

A qualitative study using IRB-approved, open-ended questions were presented to Aging educators and elder-caregiving workers in several workshop settings in 2006. The device used to evaluate answers was the classic "X-O-X" model of "test, observation, test". Likert-type surveys and questionnaires were used as pre- and post-evaluations for the study.

Examples of Surveys and Questionnaires

Pre: Self-Evaluation of Personal, Emotional and Physical Health: Your Typical Week of Nutrition, Exercise, Rest and Sleep.

Weekly: Rate Your Elder's Level of Skills and Your Level of Confidence in Meeting His/Her Needs.


Monthly: Rate Your Present and Projected Participation in Pro-Active Lifestyle Changes.

Post: Sixth Month Self-Evaluation of the Positive Effects of *Care for the Elder-Caregiver: Instruction and the Resources You Accessed.*

Conclusion

Aging educators are receptive to information and continuing education as enhancement to baseline knowledge. In addition to traditional methods, Gerontologists, Geriatricians and other Aging professionals can offer real-life applications to the general public by publishing the results of successful classroom strategies in local media and through internet resources. The effectiveness of professionals to assist elder-caregiving clients is reflected in positive life outcomes not only for the elder-caregiver but for the loved one being cared for.

© Takes a Village: Toolkits in Care Management - 2009 California Council for Gerontology and Geriatrics Conference - CCGG Northridge, CA




VA HEALTHCARE SYSTEM
A Department of the Veterans Affairs

The Benefits of Caring for an Aging Parent

T Saucedo, MS, CPG, M Martinez, MS, C Lock, MA, C Rholl, MA, E Marlephansakul, MA

Background

Whether due to tradition or obligation, caregiving for an aging parent affects the family dynamic. Responsibility for long term care often falls upon aging spouse or adult child. The resulting change in roles may lead to conflict and stress on the parties involved.



" My parents have stood by me and for me forever. How could I do other than care for them now? "


Findings

Content analysis was used to uncover three themes in the data: love and concern, economics, and obligation. Analyses of the pooled data confirmed the decision to provide caregiving for an aging adult parent should not be taken lightly. Love and concern was stated as the main reason for caregiving (40%) and in many instances the personal relationships between parent and child were positively enhanced.

Research Question

By sharing their personal experiences, can the adult child caring for an aging parent, offer insight as to whether caregiving is a rewarding or damaging experience for family dynamics?

Why did you choose the responsibility of caring for your parent?



Purpose

Adult children can play a key role in the responsibility of caregiving for aging parents (McGraw, 2004). Understanding the dynamics of the parent-adult child relationship allows insight to the resulting social, economical and psychological effects of caring for an aging parent. This study examined 1) the reasons why adult children might choose to be responsible for caregiving, and 2) what resulting personal benefit they experienced from their decision.

Design & Sample

This descriptive, qualitative study used a survey instrument consisting of 22 questions to conducted interviews with a convenience sample of ten mid-life adults caring for aging parents.

Recommendations

Supporting the "obligations" of caregiving by adult children can evidence positive benefit from both the caregiver and care recipient roles. As our society continues to age, longitudinal studies should be conducted to explore how caretaking roles affect families over time.

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about programs, interventions, research, and education in aging. Watch our website for information on how to apply to make your presentation at the 2010 meeting. <http://ccgg.org>

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Special Interest (continued)

Free Online Resources for Decision Making

Compiled by Jeanne E. Bader

HEALTHY LIFE EXPECTANCY

WWW.LIVINGTO100.COM

Useful for adults of *all* ages is the "Living to 100 Health Span Calculator." It offers detailed information about how to live long *and well*, personalized for each user. By following the personalized recommendations downloadable from www.livingto100.com one can improve one's chances of living long *and well*. It addresses physical, social and financial indicators. Users do not need to provide the requested demographic information.

RETIREMENT CALCULATOR

AARP's Retirement Calculator is one of many online retirement calculators. See others by entering "retirement calculator" in the www.google.com search box.

LEGAL INFORMATION

WWW.HELP4SRS.ORG

Based in Santa Monica, HELP provides extensive legal information.

BENEFITS FOR OLDER ADULTS

WWW.BENEFITSCHECKUP.ORG

The National Council on the Aging (NCOA) supports a website that identifies medication, housing and other benefit programs for older adults. The program can be accessed directly at www.benefitscheckup.org as can an online video to help users use this helpful link.

SERVICES

WWW.AGINGPRO.COM

Based in Long Beach but national in scope, Aging Pro is a comprehensive eldercare clearinghouse designed by an award winning care manager.

CAREGIVERS

http://caregiver.org/caregiver/jsp/fcn_content_node.jsp?nodeid=2083

Family Care Navigator is a comprehensive online guide to help families in all 50 states locate government, non-profit, and private caregiver support programs.

WWW.MEDICARE.GOV/CAREGIVERS

Caregiver supports (including resources beyond Medicare)

WWW.CARING.COM

National Council on the Aging's resource links for caregivers.

Member News

Gerontologist Di Patterson to Host Successful Aging Conference: Superstars Pat Boone, Jane Russell and Peter Graves Headline Palm Springs Extravaganza

Diane Patterson, MSG and former CCGG Board Member, is the host of an upcoming conference that will highlight Patterson's passion for aging gracefully and successfully, and feature a number of celebrities who themselves have aged well.

The Season of Life™ Conference will be held in Palm Desert, California, on March 20th, 2010, at the Indian Wells Theater on the California State University San Bernardino, Palm Desert campus. The conference will feature celebrity keynote speakers, singer/songwriter Pat Boone, actress Jane Russell (*Gentlemen Prefer Blondes*) and actor Peter Graves (*Mission: Impossible, Airplane*), as well as expert panelists discussing the latest advances in health and wellness, and debunking aging myths.

Free to the public will be a Health Fair, Book Fair and Exhibitors Fair. The conference will also feature the release of Patterson's book, *AGEWISE: Season Your Life: Di Patterson's Top Ten Tips for Success in Aging*, and an exclusive book signing available to all registered attendees of the Conference.

Continuing Education credits for Gerontologists are available for attendance at the conference through NAPG. For more information and online registration, go to <http://seasonoflife.net/2010>