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Caregiver Links:

Alzheimer's Association
<http://www.alz.org/norcal>

Family Caregiver Alliance
<http://caregiver.org/>

Senior Center Without Walls
<http://seniorcenterwithoutwalls.org>

UC BERKELEY ELDER CARE NEWSLETTER

Fall 2009

Dear All,

This has been a stressful time for many of you, both with caregiving responsibilities and work challenges. It is easy to neglect your health and well-being while focusing on the needs of others and dealing with uncertainty in the work environment.

CARE Services and Health Matters are offering a number of Stress Management classes this fall. If you have been relying on unhealthy coping strategies, please consider enrolling in one or more of these workshops. Please see page 3 of this newsletter for details.

The Elder Care Workshops being offered this fall include two new offerings: Financial Management of Elders, in September, and Fall Prevention in Older Adults in November. Both are intended to help you prepare for and prevent a crisis with your elder. Two other popular workshops, Older and Wiser: Basic Legal Knowledge for Living Well to the End, and Maintain Your Brain are being offered with you and your elder in mind. For more complete information, please see the flyer on page 4 of this newsletter.

If you would like to meet personally to discuss your elder care situation, or if you are interested in joining the Elder Care Support Group, please call CARE Services at 643-7754 to make a free, confidential appointment.

Please remember that it is essential that you take care of yourself while caring for others during these trying times.

Take care,
Maureen

Maureen Kelly, Ed.D., LCSW
Elder Care Counselor, UC Berkeley
CARE Services for Faculty & Staff
2222 Bancroft Way, Suite 3100
Berkeley, CA 94720-4300

Phone: 510-643-7754

Web: <http://www.uhs.berkeley.edu/facstaff/care/eldercare/index.shtml>

COMMUNITY CAREGIVING EVENTS

Tri-City Elder Coalition presents a **no-cost**
Elder Scam Prevention Workshop

Saturday, September 19th, 2009
10:00am to 12:00pm

Topics covered during the presentation:

- Lottery Scams
- Home Repair Scams
- Funeral and Cemetery Fraud
- Financial Advisors and Investment Scams
- Telemarketing Scams
- Identity Theft
- Check Washing

Location:

Fukaya Room at Fremont Main Library
2450 Stevenson Blvd
Fremont, CA 94538

Please RSVP to 510-739-1515
For more information please call 510-574-2063
or online at www.tceonline.org

ALZHEIMER'S ASSOCIATION

Alzheimer's Disease: Circle of Care
5th Annual Education Conference
for Families and Professionals

SATURDAY, OCTOBER 24th, 2009
9:00am – 4:00pm

Crowne Plaza Hotel
1221 Chess Drive, Foster City, CA

For more information or to register, please call the
Alzheimer's Association at 800-272-3900 or visit
www.alz.org/norcal

ALZHEIMER'S ASSOCIATION MEMORY WALK

To join a walk near you or start a team of your own,
please visit:

<http://www.alz.org/memorywalk/team.asp>

ASHBY VILLAGE

is a new non-profit membership organization that
provides the opportunity for seniors to live safely and
independently in our own homes as we age.

You are invited to attend a community meeting and
find out how you can be part of this grassroots
movement.

THURSDAY, SEPTEMBER 24th 7:00 to 8:30pm

Location:

WEST BERKELEY FAMILY PRACTICE
2031 SIXTH STREET, BERKELEY
Corner of Addison & Sixth Streets –
just south of University

www.ashbyvillage.org Phone: 510-204-2860

ELDER CARE BOOK RECOMMENDATIONS

**“Respecting Your Limits When Caring for
Aging Parents”**

By: Vivian E. Greenberg

<http://www.amazon.com/Respecting-Limits-Caring-Aging-Parents/dp/0787941786/r#>

**“Your Best Is Good Enough:
Aging Parents And Your Emotions”**

By: Vivian E. Greenberg

<http://www.amazon.com/Your-Best-Good-Enough-Emotions/dp/0669213322>

10 TIPS

FOR FAMILY CAREGIVERS

- 1 Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
- 2 **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
- 3 When people offer to help, **accept the offer** and suggest specific things that they can do.
- 4 **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
- 5 There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.
- 6 **Trust your instincts.** Most of the time they'll lead you in the right direction.
- 7 Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**
- 8 Grieve for your losses, and then allow yourself to **dream new dreams.**
- 9 **Seek support** from other caregivers. There is great strength in knowing you are not alone.
- 10 **Stand up for your rights** as a caregiver and a citizen.

To download and print out your own copy of "10 Tips for Family Caregivers" please visit:

<http://www.thefamilycaregiver.org/ed/tips.cfm>



Fall 2009 Stress Management Workshops

Restorative Yoga Introduction

Monday, Oct. 12 or Nov. 30, 12:10-1 pm, Tang Ed Center

In this introductory class, participants will learn how Restorative Yoga encourages a state of deep relaxation using simple poses that can be done anywhere. 643-4646.

Jason Emmanuel Britton, UCB Department of Physical Education

The Art of Happiness

Tuesday, Oct. 27, 12:10-1:30 pm, Tang Ed Center

What is happiness and how do we get there? This workshop will examine how we achieve happiness using some of the latest positive psychology research and strategies on life satisfaction, pleasure, challenge, meaning, character strengths, and gratitude. 643-7754.

Ethan Schwartz, Ph.D., Psychologist

Mind/Body Health Series: Yoga for Your Lifestyle

Thursday, Nov. 12, 12:10-1:30 pm, Tang Ed Center

Ever wondered what type of yoga is best for you? Learn how different styles of yoga affect various aspects of your life. Identify the best style for your personality, body type, health goals and lifestyle. Wear loose clothes and bring mat/large towel. 643-7754.

To register for these workshops, enroll online at the UCB Learning Center:

1. Log-in to blu: <https://blu.berkeley.edu>.
2. Click on UCB Learning Center at the bottom of the Self Service Section.
3. Type the class name into the search bar to register.

For questions, call the phone number in the class listing.

Fall 2009

Elder Care Workshops

CARE Services Elder Care Program is offering the following workshops. Registration is required through **UCB Learning Center**. Log on to Blu Portal (<https://blu.berkeley.edu>) and click on UCB Learning Center at the bottom of the "Self Service" column on the upper left hand side of the page. For workshop or registration questions, call (510) 643-7754.

Financial Management of Elders

Tuesday, Sep. 22, 12:10-1:30 pm, Tang Ed Center

This workshop will provide information about how you and your elder can plan for financial management of assets and property, both now and when they are no longer able to make decisions.

Karen Eng, LPL Financial

Older and Wiser: Basic Legal Knowledge for Living Well to the End

Thursday, Oct. 15, 12:10-1:30 pm, Tang Ed Center

This informative workshop will address legal needs of elders and boomers. Power of attorney, advance health care directive, the basics of wills, trusts, and probate avoidance, and ways to maintain control over finances and well-being will be addressed.

Sara R. Diamond Ph.D., Attorney at Law (accepts ARAG)

Fall Prevention in Older Adults

Wednesday, Nov. 18, 12:10-1:30 pm, Tang Ed Center

Lack of strength, medications, reduced vision, chronic health problems, unsafe environments, and habits learned over a lifetime all contribute to falls. Learn how you can assist in reducing the likelihood of a fall, and what to do if an elder does fall.

Coleen Campbell, Area Agency on Aging, Alameda County

Arthur Hoffman, Vital Link Emergency Response Systems

Maintain Your Brain

Thursday, Dec. 10, 12:10-1:30 pm, Tang Ed Center

Scientific research on brain health shows a connection with lifestyle choice. This interactive workshop, designed for caregivers concerned for themselves or an elder, will provide advice on nutrition and lifestyle, and strategies to keep memory sharp.

Alzheimer's Association of Northern California

CARE Services Elder Care Program
University Health Services
(510) 643-7754

<http://www.uhs.berkeley.edu/facstaff/care/eldercare/index.shtml>