

University of California, Berkeley

ELDER CARE NEWSLETTER

Summer 2009

Dear All,

I hope you are well. I know it has been a stressful time for some of you with elder care and work issues. I hope that you will all be able to take a breather now that the semester is over.

In this newsletter, we have several links to community caregiving events happening throughout the Bay Area this summer. Please take a moment to look at them. Perhaps you will find something of interest to you.

We are again offering the Summer Series for Caregivers. Please see the flyer on page three for content and registration information.

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.

Take care,
Maureen

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COMMUNITY CAREGIVING EVENTS

Family Caregiver Alliance: Spring and Summer 2009 Workshops, Classes and Conferences:

http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=518

Alzheimer's Association Education Programs Calendar:

http://www.alz.org/norcal/in_my_community_education_calendar.asp

Institute on Aging Calendar of Events:

<http://www.ioaging.org/about/events/>

Senior Center Without Walls

<http://www.seniorcenterwithoutwalls.org/>

ALTERNATIVE HOUSING OPTIONS

"Housing for the 55+ Market: Trends and Insights on Boomers and Beyond", April 2009. (Click on link below; click "MMI Pressroom" and then click on "Housing for the 55+ Market: Trends and Insights on Boomers and Beyond")

http://www.metlife.com/mmi/index.html?WT.ac=GN_mmi

Living Well Assisted Living: <http://www.livingwellalah.com/index.php>

ELDER CARE BOOK RECOMMENDATION

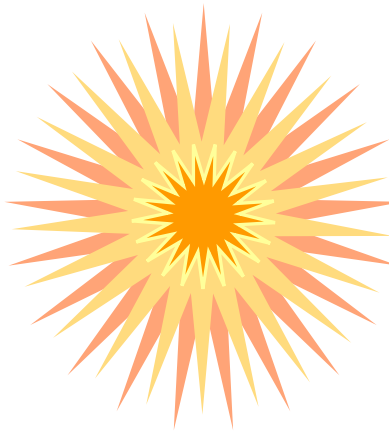
Still Alice by: Lisa Genova

Link to video of author's critique:

<http://www.amazon.com/gp/mpd/permalink/m1GP5RZ6AZVDDH>

NATIONAL CAREGIVERS LIBRARY

<http://www.caregiverslibrary.org/Default.aspx?tabid=1>



Summer Series for Caregivers 2009

Caregiving Challenges

Friday, June 19, 2009, 12-1:30pm

Caregiver Stress

Thursday, July 16, 2009, 12-1:30pm

Caregiver Grief

Thursday, August 6, 2009, 12-1:30pm

Maureen Kelly, Ed.D, LCSW, Elder Care Counselor for UCB and LBNL faculty and staff, offers a brown bag lunch series on issues related to caregiving at the Tang Center. The classes combine lecture and input from participants. You may come to one or all three of the classes. For workshop descriptions and to register, Log on to Blu portal (<http://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. If you need assistance, call 510-643-7754 or e-mail: careserv@uhs.berkeley.edu .

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

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