



Community Memory

A public access information and resource exchange

FOR IMMEDIATE RELEASE

For information contact: Evelyn Pine, or Tom Nemcik; 841-1114

SENIORS FIND RESOURCES AND TALK ON COMPUTERIZED BULLETIN BOARD

A directory of over 300 local services and sources of assistance for seniors is now available on Community Memory, a Berkeley-based computerized bulletin board located at ten public access sites.

The *Resources for Older Adults* directory, compiled by the North Berkeley Senior Center, is only one of Community Memory's features aimed at seniors. Poems by local writers are added regularly to a forum hosted by a member of Mature Poets, R.V. Cottam. Users can find out what's cooking for lunch at Berkeley's four Senior Centers by browsing through the Senior Cuisine forum.

Seniors will find a range of other relevant material on the system including job and volunteer listings, a directory of people offering a variety of home services, City Council agendas, and cable T.V. developments. Ongoing discussions cover a wide range of subjects including literature, ecology, religion, philosophy and music.

Community Memory is a new form of community-wide conversation, a living bulletin board that takes advantage of easy-to-use computer technology. When someone writes a message on one terminal, it instantly becomes available at nine other sites.

-more-

Community Memory's ten terminals are located throughout Berkeley including one at the North Berkeley Senior Center. Free training is available to individuals as well as groups. After one or two brief training sessions, novices are comfortable reading and writing messages. East Bay residents who have never touched a computer before are now using Community Memory.

To sign up for free training or for further information, call Community Memory Project at (415) 841-1114.

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10-12-89

Mtg Notes - Berkeley Sr Center Dir's
AH = Effie Burgess, Jeff Wyles,
Silver Ward, Pat Everett,
Tom, EP.

Index on people involved in Sr. Services
who is using public health services
sr. centers

ultimately want to connect w/ Alameda County.

- ✓ way to get services people
- ✓ way to get ^{city} people reimbursed.

Tom:

History

Objectives

Structure -

Possible uses -

Specific example of a forum

message

updating

responding

message as basic unit

forum - conference -

index words

Software = unix

MSDOS front-end

Intelligent Front ends - 1 floppy + 512k -

Future = modems + dial-in basis -

Locations = ^{criteria} sites

Funding =

Main Thrust - Access - remove barriers (educ. & economic)

Share resources -

issues of confidentiality:

Srs, Youth & Recreation Office - poss. location -

Report - need for better computer linkages -

Needs: Sr. support ?'s - rides -

issues

- mobility
- readability (p)

Intro to systems

- topics -
- forums = topical arrangements of messages -
by topic words -

leisure = books -

messages -

- "current message" -

double line

- "about message"

- response -

transportation

"refine" function

? messages
above &
below

training -
staff time -

"put cursor on what you want hit enter &
it comes up"

review of handout

- basic function -

Funding of grant -

✓ accessible -

✓ training -

concern -

Size of monitor -

feed in information -

Size of expository information -
activities at centers

politically active srs -

challenges - getting info & entering it.

Issues

data entry - → Sr. - Post card campaign on particular bill -
1st step = calendar of Sr. Center events -
"rental system" of facility -

(Silver) Proj: listing of local drs who take medical & medical
soc. security - benefits - shared housing -
legal services - low-cost housing

#1 need - * handymen - house-cleaning -
• who will update & maintain info -
• Volunteers to enter & update data -

- allows feedback on services

(freeform
message
fields,
quantifiers)

function - presents most current message first

ex = Space available - (from the Bin)

Printers ✓ Newsletter from Sr. Center = The Nussel -

todo: identify sys. receptive to computers -
✓ each center - does specific project.

rentals -

Simplicity for Srs to Access -

This form of communication enhances
communication that already exists.

taxes
free services -

first proj
on-going
easy to up-date -

visible location
framing -
"fun factor"

* Contra Costa County - putting medical symptoms
A.M. news - on computers -
→ model standards for medical info
to access baseline morbidity &
improve outcome -

No. Berkeley Center -

sites

web spirit of grant -

diversity

usage likelihood -

Centers

→ W & S → for low income -

Alameda County -

I & R → for info & referral - BAIRS

long term plan for public
interface -

Issue:
need to
educate

Sms vs Computer & bulletin board -

} replaces phone
calls -

Asian
Hispanic Silver = WBSC - 80-100⁰⁰
Pub = SBSC - 140⁰⁰ inch

private mail - is next capability -

* Ralph Elder = Personnel 684-6923 } re purchasing ✓
Dept - computers via
the city -

- * Sign-ups for Seniors
 - reservations
 - Christmas cards -
 - Christmas party -
 - mailing list

Independent Elders Project - Federal Grant -

Guidelines for W.P.

- ③ TRASH / RECYCLING - PATRICK KEILCH (ASST TO CITY MGR)
- DAVE WILL SEND A NOTE FOR PRESSURE
-

? EDUCATIONAL ADV. PANEL NAMES / IDEAS

- NEW HOMELESS COORD?
 - STEVE PASKOWITZ?
 - CARLA WOODWORTH - ASK HER FOR SUGGESTIONS
- RAN FOR COUNCIL / GRAY PANITZ'S COORD
- USE DAVE'S NAME
 - DAVID KAKESHIBA - RUNS BETER ASIAN YOUTH CENTER
 - ROBERT _____ @ BERK/OAK SUPPORT SERVICES
 ↑
 GOT HIS NAME FROM NATHAN LANDAU
-

Ecology

* NANCY SKINNER IS THE COUNCIL PERSON MOST INVOLVED w/ ECOLOGY ISSUES. ASK HER ABOUT COMMUNITY GARDENS.

* NATHAN LANDAU DID THE REPORT ON SANTA FE TRACKS LAND. CALL HIM FOR ANSWERS RE: THAT LOT - TRY TO GET A MAP OF VACANT CITY-owned LAND.

- formatting within window
- quick start tutorial — teachme
- in help F2 doesn't get you back to message before

Kenneth Nelson
DF

Si forum — forums ✓ structure recommended index.

index words —

Seniors

- senior centers
- city services
- Employment —
- Activist
- Politics —
- Social Security
- Legal Services
- Housing
- Self-employed —
- Taxes

Greg Keasley & Mary Furlong, Computers for Kids Over Sixty:
Opening New Windows on the World. La Jolla:
Park Row Press, 1988.

- big print
- Chap 1 - emphasizes what personal computing is & what it can do.
- Pgs - 40 - 41 = info on databases -
very concrete
- p. 44 computer Bulletin Boards
- Senior net site development - p. 107
- info on user info = 109
- includes glossary -

Meeting w/ Suzanne - No. Berkeley Sr. Center

- ① training - sign up sheet & sign
 - structure
 - her ideas?

② Groups to involve - Grey Panthers

AARP - how to track down

③ her ideas on most important issue to encourage use. (simple project, easy to maintain, help seniors, encourage use of system)

- Drs who accept Medicare assignment
- Dentists
- housing -

Allen Taylor
845-2387

AARP President

④ surface - volunteer intern

- w/kin w/ seniors
- w/kin w/ arranging info
- w/kin w/

*ask effie

⑤ vintage resource directory

- what's the status
- more detailed

- Eden I of R - \$70

Gail at Alta Bates - charges -

Berkeley Two Network

5000 copies

2500 → 50-60 agencies

2500 →

* → June Coleman 845-3932* IBM Clone -

UC Students in flyer - need data entry volunteers -

UC Interns

* Volunteer Opportunity

Affordable Home Care - new group -

Volunteers phone to supplement directory -

BIN - paid for info → Medicare Assignment Book

lunch announcement
12:15
back on the
12/6/89
Tidbits for
Seminar
lee

- * Louis Sabab - Alameda County Department of Ag
1234 E. 14th Street, Suite # 207
San Leandro 94577
667-3060
- * Effie Burgess -
- * Berendt -

Suzanne

→ u: training - sign up sheet of sign.
- structure ✓

* call George Larsen.

recruit regulars -

u: timing -

Bernd's meeting -

↑ session per week - Master Schedule -

Ruthie - keep her apprised -

→ Her idea on most important issue to encourage use.

- who -

- logistics -

single project
easy to maintain
help seniors
encourage use of
system.

* ✓ - Volunteer to gather info & update it -
word process message.

intern as a way of dealing w/
CM of other computer.

✓ Senior Directory ✓

when updated on CM -
will be accessible throughout
the city.

more detailed information.

• Call Library
Science
Department -
u: Interns

• Community
College - Visalia

• Adult School

• David Stock -
Community
Service Class -

- come for a
visit

• H.S.

Semin. Adv. Group.

- Tuesday
- Bill Wong - give a nod
 - Elsie Howard 845 - 2527
 - Betty Snowden 841 - 0701
 - Ruth
 - Berndt.

Susie
Muriel
Julie.

2500 copies

667-3060

LOUIS LABAT - PROGRAM SERVICES DIR.

5.2.89

BARBARA HELLMUTH, DIRECTOR

ALAMEDA COUNTY DEPARTMENT OF AGING

1234 E. 14TH ST. # 207

SAN LEANDRO, CA

CONTACT: OMBUDSMAN INC.

1212 BROADWAY # 606

OAKLAND

465 1065

< JANE ROBINSON, DIRECTOR >

OVER 60 HEALTH CLINIC

1860 ALCATRAZ

BERKELEY, 94703

644 6060

< MR. MARTY LINCH >

OAKLAND PUBLIC LIBRARY

3565 FRUITVALE AV.

OAKLAND 94602

530 0563

< JOHN HAWKINS >

THEY HAVE AN
EXCELLENT VISITING
PROGRAM FOR THE
ELDERLY

< CONTACT CLOREX CORPORATION >

- THEY GIVE AWAY LOTS OF \$
- THEY ARE IN OAKLAND

LEGAL ASST. FOR SENIORS

OAKLAND

832 3040

< ORAH YOUNG, DIRECTOR >

ST. MARY'S COMMUNITY CENTER

707 JEFFERSON

893 4723

< SISTER CAROL COOK >

• ALL THESE AGENCIES SEARCH AND PROVIDE SERVICES FOR THE ELDERLY. < BUCKER SERVICES. >

MULTIPURPOSE SENIOR SERVICES PROJECT (CITY OF OAKLAND)

659 14TH ST. OAKLAND 94612

273 3762

< ELENOR W. HULL, DIRECTOR >

LINKAGES PROGRAM (CITY OF OAKLAND)

659 14TH ST. OAKLAND 94612

273 3931

< PHYLLIS W. FREEMAN, DIRECTOR >

SENIORNET SITES

September 1989

California

Fullerton - Coordinators: Harry Dolby and Bill Ferrand (714) 449-7007
Meets at Ruby Gerontology Center, California State University, Fullerton
Sponsor: Pacific Bell

Menlo Park - Coordinators: Matt Lehmann (415) 854-5430
and Grace Young (415) 593-4606
Meets at Peninsula Volunteers Little House
Sponsor: Dr. Robert Rubin

Newport Beach - Coordinator: Chet Platt (714) 960-7671
Meets at Coastline Community College
Sponsor: Pacific Bell

San Diego

For information call SeniorNet at (415) 666-6505
Sponsor: Dr. Robert Rosen

San Francisco - Coordinators: Sr. Helen Hammack and Louise Levinson (415) 666-6505
Located at the University of San Francisco
Sponsor: Markle Foundation

San Francisco - Coordinators: Woody Chan and Marie Lee (415) 982-9171
Meets at Self-Help for the Elderly in Chinatown
Sponsor: Pacific Bell

Canada

Calgary, Alberta - Coordinator: Monica Comm (403) 286-3022
Sponsor: Gimbel Eye Foundation

Florida

DeLand - Coordinator: Linda Cipoletta (904) 734-4431
Sponsor: Neumann Eye Institute

Hawaii

Honolulu - Coordinators: Glenn Petty and Virginia Young (808) 842-1318
Located at Honolulu Community College
Sponsor: Hawaiian Eye Foundation

Kahului - Coordinator: Sheila Fages (808) 242-1216
Located at Maui Community College
Sponsor: Hawaiian Eye Foundation

Massachusetts

Framingham - Coordinator: Robert Foley (617) 872-4150
Meets at Callahan Senior Center
Sponsor: Markle Foundation

(over)

Michigan

Flint - Coordinator: Bridget Charlesworth (313) 238-3603

Sponsor: East Michigan Eye Center

Southfield - Coordinator: Terry Bykowski (313) 352-2806

Sponsor: Michigan Eyecare Institute

Nebraska

Omaha - Coordinator: Judy McArdle

Meets at Senior Wellness Club, Clarkson Hospital (402) 559-2342

Sponsor: US West

North Dakota

Valley City - Coordinator: Cindy Schwehr (701) 845-1335

Located at Sheyenne Care Center

Sponsor: US West

New York

Garden City - Coordinator: Philip Villanueva (516) 832-8000

Sponsor: Stahl Eye Associates

Syracuse - Administered by Maureen Goodman of the Kellogg Project at Syracuse University
(315) 443-1095

Co-sponsor: Leslie D. Woodcock, M.D., P.C.

Syracuse - Coordinator: Dan de Lucia (315) 470-7414

Located at the offices of Dr. Woodcock

Sponsor: Leslie D. Woodcock, M.D., P.C.

Oklahoma

Oklahoma City - Coordinator: Cozy Armstrong (405) 752-3500

Sponsor: Mercy Senior Health

Texas

Nacogdoches - Coordinator: Pam Thorstenson (409) 564-2411

Sponsor: Lyle Thorstenson, M.D.

San Antonio - Coordinator: Nora Driver (512) 924-6966

Sponsor: San Antonio Eye Center

Washington

Seattle - Coordinator: E.B. "Jiggs" Clark (206) 622-6734

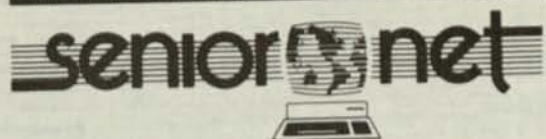
Sponsor: McIntyre Eye Clinic & Surgical Center

Vermont

Burlington - Coordinator: Becky Senesac (802) 864-0381

Sponsor: David S. Chase, M.D.

If you would like information about establishing a site in your area, please call or write Fran Middleton, Assistant Director, SeniorNet, University of San Francisco, San Francisco, CA 94117-1080; (415) 666-6505.



Dear Friend,

Thank you for your interest in SeniorNet. As a senior interested in computers, you are certainly qualified to join the SeniorNet community, which includes beginning to advanced computer users.

SeniorNet is an electronic community for seniors. We provide an arena for personal growth and lifelong learning. Our network serves as a medium to allow older adults to share their experience and knowledge with members around the country.

We are enclosing a brochure describing the benefits of SeniorNet membership. In addition to offering discounts on hardware and software and a subscription to our newsletter, members are entitled to use the national electronic network.

If you use the network, you will have a chance to meet SeniorNet members and discuss a variety of issues with them. Examples of people you will meet are:

Joan Elswit -- a retired graphic designer and printer who writes from Virginia and Florida on the transition from working to retirement.

Phil Bernheim -- an active user in South San Francisco who comments on political and social issues.

Selig Starr -- our "man in Washington" who shares news and information from the capital.

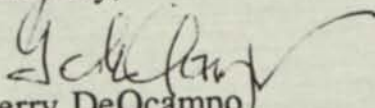
Matt Lehmann -- a computer buff in Menlo Park, Calif., and one of SeniorNet's first members.

We also offer Special Interest Groups (SIGs) on subjects such as "getting into computers," "writing," and "electronic citizenship." If you are interested in a topic that you think will be of interest to other members (such as music, genealogy, financial management programs), please let us know.

Any type of computer and modem can access SeniorNet, which is offered through the Delphi system. Network events will be announced on-line and in our quarterly newsletter. If you don't have a modem, we will send you information on modem discounts for members.

SeniorNet is a community in which we provide you with a place to ask questions and get feedback from your peers. Our community keeps growing every day. Please join us.

Sincerely,


Gerry DeOcampo
Membership Coordinator

BRINGING WISDOM TO THE INFORMATION AGE

WHO ARE SENIORNET MEMBERS?

SeniorNet members are 55 or older. Many own their own computers; others are considering buying a computer or are interested in finding out more about the "computer revolution." Members use computers for a variety of purposes: as a writing and publishing tool, for financial management, as a communication device, or as a hobby.

Members come from all parts of the U.S. and Canada. More than 3,000 individuals have participated in SeniorNet, and our community is growing daily.

MEMBERSHIP BENEFITS

SeniorNet members enjoy a number of benefits including special discounts on hardware, software and publications; access to our national on-line network; newsletters and books; and an annual conference.

Hardware, Software and Publication Discounts

SeniorNet members receive discounts on a growing list of hardware products and software packages. Included are programs that are specially selected to be of interest to senior computer users. Discounts are available on software packages that run on a variety of different types of computers. Members also receive discounts on a number of computer-related books and manuals.

SeniorNet Newsletter

All members receive a copy of SeniorNet's quarterly newsletter containing information of interest to computer-using seniors. It includes profiles of members, computer tips, a schedule of network events, software and book reviews, and articles about the project. Members are invited to submit material for publication in the newsletter.



On-line Network

SeniorNet members can communicate with other members through our national electronic network. Any member with a computer and modem can get a network account. The network (which is part of the Delphi system) offers forums on a variety of topics, reports on news from Washington, "live" conferences with other members and special invited guests, a directory of SeniorNet members, electronic mail, and databases of information of interest to seniors.

Members can use the network to meet other members with common interests, to discuss political and social issues, and to share computer tips.

Also available on the network are current news, financial and travel information, and a wide range of "freeware" and "shareware" software programs that can be "downloaded." Members may use the SeniorNet network at a discounted rate of \$6.90 per hour evenings and weekends (\$16.70 during weekdays) plus a one-time \$15 fee to set up a network account.

Members who sign up for the network receive a special manual that explains how to access and use the network.

MEMBERSHIP BENEFITS

Computers for Kids Over 60

All members receive a copy of this book co-authored by Greg Kearsley and SeniorNet founder Mary Furlong. The book provides a clear, simple introduction to how computers work, and offers suggestions for buying your own computer, selecting software and writing your own programs. Also included is a comparison of several popular computer systems and a glossary of computer terms (softbound and large print).

SeniorNet Sites

SeniorNet sites are located throughout the U.S. and Canada. We add new sites regularly, so if there isn't one near you now, there may be one added in the future.

Site locations include senior centers, schools and colleges, nursing homes, hospitals and eye clinics. Each site has several computers and offers classes in word processing and desktop publishing, financial management with spreadsheets, electronic citizenship, and telecommunications.

If you are interested in establishing a site in your area, please call the SeniorNet office at (415) 666-6505.

Annual Conference

Each spring, SeniorNet holds an international conference which includes presentations, workshops, exhibits and special events. It provides an opportunity for SeniorNet members to meet in person and to learn about new developments in computing. Conference activities are geared for new computer users as well as for advanced computer users. SeniorNet members receive a discount on the conference registration fee.



Membership Fees

The annual SeniorNet membership fee is \$25 per person. A limited number of scholarships are available. Please contact the SeniorNet office for information.

We also offer a Gold membership contribution for \$100 and Silver membership for \$50. The Gold and Silver membership contributions are tax deductible. Because SeniorNet is a non-profit organization dependent on the generosity of sponsors, the Gold and Silver memberships will help SeniorNet serve its members and will support scholarships for members who cannot afford the regular fee.

Please Join Us

We at SeniorNet would like to welcome you into our international community of computer-using seniors. To join, please complete the membership application in this brochure and mail it to us.

SeniorNet receives support from the John and Mary R. Markle Foundation, Apple Computer, Inc., the Pacific Telesis Foundation, Pacific Bell, the Bell Atlantic Foundation, American Express, U.S. West, and the Out-patient Ophthalmic Surgery Society.

SENIORNET MEMBERSHIP APPLICATION

I am 55 or over; please enroll me as a member of SeniorNet. *Please print.*

Name _____

Street/Apt Number _____

City/State/Zip Code _____

Phone (_____) _____

I enclose:

_____ \$25 for a one year membership

_____ \$50 Silver membership

_____ \$100 Gold membership

If you have access to a computer and modem and would like an on-line account, please provide your mother's maiden name for password protection. We will establish an account for you and send you all the information you will need to get on-line. You will be billed directly by Delphi for your one-time setup fee of \$15.00 and for connect-time charges.

_____ Yes, I would like an on-line account.

Mother's maiden name _____
(for password protection)

Please tell us the following:

Your age _____ Do you have a computer _____ Yes _____ No If YES:

What brand/model _____

Primary use for computer _____

Do you have a modem? _____ Yes _____ No

Where did you hear about SeniorNet? _____

Are you a part of a SeniorNet Site? If yes, which one? _____

Return this application with your check to the address below.

Please make checks payable to:

USF SeniorNet

SENIORNET

**University of San Francisco
San Francisco, CA 94117-1080**



JOIN
OUR
COMMUNITY



University of San Francisco
San Francisco, CA 94117-1080

WHAT IS SENIORNET?

SeniorNet is a non-profit organization whose goal is to create and support an international community of computer-using senior citizens, beginners and experts alike.

Founded in 1986 by Dr. Mary Furlong, SeniorNet is based at the University of San Francisco. SeniorNet's mission is to help bring wisdom to the information age by encouraging the use of computers by older adults.

You are invited to visit and use

THE VINTAGE HEALTH LIBRARY AND RESOURCE CENTER

A community resource sponsored by Alta Bates-Herrick Hospital,
for older adults, their families and friends

*The goal of the Resource Center is to promote healthy, positive aging,
and to encourage well-informed participation in decisions and solutions.*

We Offer...

- ◆ A lending library of books on health, exercise, nutrition, housing, leisure activities, legal concerns, retirement, and many other topics.
- ◆ 100 different free pamphlets.
- ◆ Videos about exercise, health, Medicare, plus more.
- ◆ Individualized assistance.
- ◆ Insurance counseling.
- ◆ Free blood pressure checks and hearing screenings.
- ◆ A spacious, comfortably furnished setting.
- ◆ Handy public parking, easy bus access, handicapped accessible.
- ◆ Low cost cholesterol screening.

Won't you stop by and...

- ◆ Check out some books?
- ◆ Look through our magazines and newsletters?
- ◆ Pick out some useful pamphlets?
- ◆ Watch a video?
- ◆ Talk with our staff?

WE ARE OPEN

10:00 a.m. to 7:00 p.m., Tuesdays
10:00 a.m. to 4:00 p.m., Wednesdays, Thursdays and Fridays
1:00 p.m. to 3:00 p.m., First Saturday of each month
1:00 p.m. to 3:00 p.m., First Sunday Social and Program

**2484 Shattuck Avenue
(between Dwight & Haste in the Barker Bldg.)
Berkeley, CA 94704
415/540-4475**

*Our sincere appreciation for the financial assistance provided by
The Alta Bates-Herrick Foundation; The Herrick Gift Shop Volunteers; and
The James Irvine, Koret, and Dextra Baldwin McGonagle Foundations.*



Free in October

Vintage Resource Center



Free Blood Pressure Screening

Every Wednesday: 1-3 p.m.

Free Hearing Screening by Licensed Audiologist

Thursday, October 19: 2:15 - 4 p.m.

Call for an appointment: 540-4475

Assistance with Medicare and Insurance Billing

Call for appointment: 540-4475

Free Review of Medications

Call for appointment: 540-4475

Special Sunday Program

October 1: 1-3 p.m. Refreshments served.

Living in an Aging Body

Jan Feldman, MS, RN, MA



Cholesterol Screening - \$4.00

Wednesdays, October 4 & 18: 10-11:45 a.m.

(First and third Wednesdays of each month.)

Adult Children of Aging Parents Support Group

\$5 per session. Call 540-4475 for information.

We're easy to find.

**Just come up the red brick steps at the
Herrick site of Alta Bates-Herrick Hospital
on Dwight Way**

(between Milvia and Shattuck.)

Vintage Health Library and Resource Center

2001 Dwight Way, Room 1366, Berkeley, CA 540-4475

A Newsletter from the Vintage Health Library and Resource Center

JUST FOR YOU

Sponsored by Alta Bates-Herrick Hospital

OCT/NOV/DEC. 1989
Volume II, Number 4

Questions and Answers About Aging.

All the following questions and answers have been taken directly from books and free pamphlets available at the Vintage Health Library and Resource Center. We invite you to come in and browse, to pick out some free pamphlets and to check out some books. We are located at 2001 Dwight Way, Room 1366, in Berkeley, phone: 540-4475.

According to the U.S. Senate Special Committee on Aging, what are some of the demographic social characteristics of older Americans?

In 1985, 75 percent of the households maintained by an older person were owner-occupied and about 83 percent of these were owned free and clear.

The elderly increasingly tend to rent rather than own as they grow older.



Editor:
Sandy Dennett, MA
Asst. Editor
Eleanor Wiley

The elderly are most likely to live in older homes. In 1983, 36 percent of elderly

owners lived in homes built before 1940, and 13 percent lived in structures built between 1940 and 1949.

Most elderly men are married and live in a family setting, while most older women are widows. In 1986, 67 percent of women age 75-plus were widowed while 68 percent of the men in this age group were married. In 1986, 51 percent of women age 75-plus lived alone, while only 19 percent of men in this age category lived alone.

Age groups 55 and older are the most likely age groups to vote. Data for the 1980, 1982, 1984, and 1986 elections demonstrate that about one-third of all voters are age 55 or older.

(From: Aging America, Trends and Projections, 1987-88 Edition.)

(Continued)

Accidents seldom "just happen," and many can be prevented. Accidental injuries become more frequent and serious in later life; so, attention to safety is especially important for older persons. What are some good safety habits?

Personal health practices are important in preventing falls. Because older persons tend to become faint or dizzy when standing too quickly, experts recommend arising slowly from sitting or lying positions. Both illness and the side effects of drugs increase the risk of falls.

Burns are especially disabling in the aged, who recover from such injuries more slowly.

Never smoke in bed or when drowsy.

When cooking, don't wear loosely fitting flammable clothing. Bathrobes, nightgowns, and pajamas catch fire.

Set water heater thermostats or faucets so that water does not scald the skin.

Plan which emergency exits to use in case of fire.

Many older people trap themselves behind multiple door locks which are hard to open during an emer-

gency. Install one good lock that can be opened from the inside quickly, rather than many inexpensive locks.

Motor vehicle accidents are the most common cause of accidental death among the 65-to-74 age group, and the second most common cause among older persons in general. Your ability to drive may be impaired by such age-related changes as increased sensitivity to glare, poorer adaptation to dark, diminished coordination, and slower reaction time. You can compensate for these changes by driving fewer miles; driving less often and more slowly; and driving less at night, during rush hours, and in the winter.

Falls are the most common cause of fatal injury in the aged. Proper lighting can help prevent them. Also:

Be sure both sides of stairways have sturdy handrails .

Tack down carpeting on stairs and use nonskid treads.

Remove throw rugs that tend to slide.

Arrange furniture and other objects so they are not obstacles.

Use grab bars on bathroom walls and nonskid mats or strips in the bathtub.

(Continued)

Keep outdoor steps and walkways in good repair.

(From: Accidents and the Elderly, Age Page, National Institute on Aging.)

Why are cancer rates different between Blacks and Whites?

The differences in cancer rates between Black and White people generally have been due to environmental and social factors rather than to any natural characteristics of the races. For example, more Blacks have been exposed to environmental pollutants that have been linked to cancer, especially in the years since World War II. Also, more Blacks are living in cities, and the rates of all forms of cancer in all races are higher in more crowded industrialized areas than in rural areas. The increased risk in cities also may be related to lifestyle: people who live in cities generally smoke and drink more, and the use of both tobacco and alcohol is related to certain forms of cancer.

But the most important factor is the use of good medical care. In general, Blacks have had less access to regular medical care, and have not taken full advantage of medical facilities that are available. Taking care of yourself while you are still healthy, rather than waiting to get sick and then worrying, is the best

way to avoid health problems, including cancer. This means eating the right foods, exercising and paying attention to your body. Too many people ignore the early warning signs of cancer. Seeing a doctor when you find a warning sign is very important. Early detection can mean the best treatment and the most likely chance of control or cure.

(From: What Black Americans Should Know About Cancer. U.S. Dept. of Health, Education and Welfare)

What does Helen Hayes advise about loneliness?

We all have things in common when it comes to feeling lonely and forlorn. We do not know how to talk about it. We are usually a little ashamed, even angry. Somehow, we get the notion that we are not supposed to feel lonely, that it is our own fault. We experience a sense of guilt.

Loneliness can become an illness if dwelled on unnaturally or compensated for with liquor or drugs or overeating. It is easier to cope with if recognized as a normal, common occurrence, which is usually temporary. Therapy can help if the feeling of despair is chronic and self-criticism is added to hopelessness. Being alone is not to be equated with loneliness. Nor is being with

(Continued)

people a guarantee against it; quite the contrary, especially at large gatherings. Recognize it for what it is -- inevitable! Do not let it get the better of you. Nothing is forever -- not marriage, not family, not friends. New companionship is more readily attainable if we don't try to think of it in terms of a lifetime.

Researchers are documenting that loneliness might hasten our demise. They are not sure why it affects mortality. But perhaps like other thought processes that are linked to our physiological well-being, loneliness is a state of mind. Although friendship definitely has a beneficial effect on health, we should become acquainted with solitude as a challenge. Yes, you can buy a new winter coat without your friend. It is marvelous to spend an afternoon alone on the beach. I assure you no one stares if you go to the movies by yourself. Are you willing to admit you have never taken a trip by air alone? Most men feel anxious in an empty house, and women get the jitters in a hotel lobby. But, if you listen carefully, you really are never alone; there is a continuous conversation going on inside your head. You can control this chatter by switching to a positive channel: tune out gloom and doom, which somehow got programmed into us.

(From: Loving Life, Promises and Problems, Pains and Joys by Helen Hayes & Marion Glasserow Gladney.)

VOLUNTEERS IN ACTION...

by Elaine Drukman

An 82 year-old woman, a homeless young woman and her 8 year-old daughter, and an 11 year-old homeless boy are growing vegetables together in Berkeley. The elderly woman and the homeless women and children who come to the center are now enjoying salads, greens, beans and squash fresh from the garden and all are eagerly awaiting the ripening corn and tomatoes.

The elderly woman loves working out-of-doors growing vegetables as she did in her youth. She is pleased that she is sleeping well, has lost ten pounds, and has nutritious, fresh vegetables to eat. The children are delighted to be learning how to grow things which they like to eat and to feel useful and important.

Volunteers have made all of this possible.

The center's house is donated by the Common Arts Commission which leases it from the City of Berkeley. This refuge is run by volunteers offering shelter and assistance.

Alta Bates-Herrick Hospital's Vintage Health Library and Resource Center sponsors a Volunteer in Service to America (VISTA - domestic Peace Corps) volunteer for the

(Continued)

purpose of improving the health and well-being of low-income seniors working with youth in community vegetable gardening.

Professional gardeners volunteered to cut the tall weeds and roto-till the soil, volunteers hauled in compost and mulch, and helped prepare the beds for planting, and cut back the blackberries. Seeds and seedlings have been donated or purchased by Project Joy.

A small tool shed, a hose reel and a new water faucet are needed. Hopefully, volunteers and contributors can be found to supply these things as well. Please call Elaine Drukman at 540-4475, for more information about this gardening project and others.

Generous, caring people can make a community a better place to be and bring joy into a few lives.



SPECIAL EVENT SCHEDULE AT THE VINTAGE RESOURCE CENTER



Sunday, October 1, 1:15 p.m.

Living in an Aging Body. Jan Feldman, MSRN, MA. Refreshments served.



Sunday, November 5, 1:15 p.m.

Wine, Sleep and Aging. Alan Hegeman, Retired Lawyer and current Vintage Resource Center VISTA. Refreshments served.



Sunday, December 3, 1:15 p.m.

Holiday Celebration! Refreshments served.

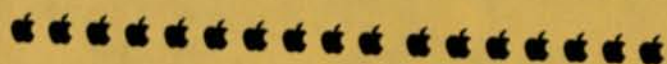
Our special thanks to volunteers Florence Blackburn and Beulah Belling who make these Sunday events possible.

(Continued)

Audio Cassettes available for individual checkout from the Vintage Resource Center include:

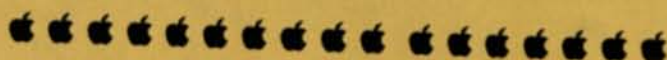
<u>Title/Author</u>	<u>Subject</u>
Anatomy of an Illness (Norman Cousins)	Autobiography/quality of life
Coping with Chronic Pain (David Bresler)	Pain control through mental imagery.
Dance & Sing-Along (Jacci Hall)	Songs from 1899 to 1919
Days of Healing, Days of Joy(Larsen/Hegarty)	Meditations for adult children of dysfunctional families
Eight-Week Cholesterol Cure(Robt. Kowalski)	Diet to lower cholesterol
Exercise Walking (Gary Yanker)	Walking as a powerful fitness program
Fighting the Cancer (Mary Richards)	Imagery for cancer patients
Food for Thought (Hazelden)	Meditations for over-eaters
HealthMark Program for Life (Robt. Gleser)	Nutrition & exercise
How to Live to Be 100 or More (Geo. Burns)	Advice with humor
Is It Worth Dying For? (Robt. Eliot, MD)	Stress management
It's Always Something (Gilda Radner)	Autobiography/cancer
Late Bloomer (Connie Goldman)	Keys to happy aging
Love, Medicine, Miracles (Bernie Siegel)	Inspirational stories of exceptional patients
Women Coming of Age (Jane Fonda)	A personal and honest look at middle age

Regular Programs at the



- **FREE BLOOD PRESSURE SCREENING** - Every Wednesday from 1 to 3 pm.
- **FREE HEARING SCREENING** by licensed audiologist - October 19, November 16, December 21. Please call for an appointment, 540-4475.
- **FREE REVIEW OF MEDICATIONS.** Please call for an appointment, 540-4475.
- **ADULT CHILDREN OF AGING PARENTS SUPPORT GROUP.** Group "A" meets the first and third Thursdays; Group "B" meets the second and fourth Thursdays, 6-7:30 p.m. \$5 per session. For more information, call 540-4475.

Vintage Resource Center:



- **FREE ASSISTANCE WITH MEDICARE** and other insurance billing. Please call for an appointment, 540-4475.
- **CHOLESTEROL SCREENING** (\$4.00 charge) - First and third Wednesdays of every month from 10 a.m. to 11:45 a.m.

Library hours are: Tuesday, 10 a.m. to 7 p.m.; Wednesday, Thursday and Friday, from 10 a.m. to 4 p.m.; and the first Sunday afternoon of every month, from 1 to 3 p.m.

Our new location is Room 1366 of the Herrick site of Alta Bates-Herrick Hospital. Just come up the red brick steps at 2001 Dwight Way (between Shattuck and Milvia) or through the entrance at the main driveway on Dwight Way. For more information, please call 540-4475.

Alta Bates-Herrick Hospital
Vintage Health Library and
Resource Center
2001 Dwight Way, Room 1366
Berkeley, CA 94704

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Serino -

The University of California at Berkeley
Academic Geriatric Resource Program
presents

IDS 114 A: Advances in Aging

NORMAL AND ABNORMAL AGING OF THE
NERVOUS SYSTEM: ALZHEIMER'S DISEASE

Fall 1989, Thursdays 7-9 pm 22 Warren Hall
University of California at Berkeley

Various topics related to Alzheimer's Disease and other dementias will be considered in depth from biomedical, health, socio-economic, legal and ethical aspects by invited experts. Lecturers include faculty from Berkeley and other distinguished academic institutions throughout the U.S. To make this series available to the largest possible audience, it is being presented in the evening. Non-students are welcome to attend any or all lectures, free of charge. For further information contact Dr. Diane Arnold-Driver at the Center on Aging, 643-6427.

- August 31 Introduction—Dr. William Satariano, Dr. Nancy John, UCB
- September 7 Alzheimer's Disease: What is It? What Can We do About It?—Dr. Carol Winograd, MD, VA Medical Center, Palo Alto, CA
- September 14 Normal Aging of the Brain—Dr. Essie Meisami, University of Illinois
- September 21 Brain Changes in Aging & Alzheimer's Disease: A Structural-Functional Overview—Dr. Arnold Scheibel, UCLA
- September 28 Pathology of Alzheimer's Disease—Dr. Robert Terry, UCSD
- October 5 Neuroimaging in Dementia: PET, SPECT, & MR—Dr. William Jagust, UC Davis
- October 12 Recent Biochemical & Molecular Studies of Alzheimer's Disease—Dr. Gregory Cole, UCSD

over ➡

- October 19 Genetic Studies of Alzheimer's Disease—Dr. Gerald Schellenberg, University of Washington
- October 26 Population Studies of Alzheimer's Disease—Dr. Robert I. Pfeffer, UCI
- November 2 The Clinical Course of Alzheimer's Disease—Dr. Bruce Reed, UC Davis and Northern California Alzheimer's Disease Center
- November 9 Alzheimer's Disease: Behavioral Problems and Caregiver Stress—Jean Coleman, and William G. Dorsey, Northern California Alzheimer's Disease Center
- November 16 Legal Issues in Alzheimer's Disease—Priscilla Camp, JD (Attorney), Oakland
- November 23 Thanksgiving Holiday
- November 30 Treatment of the Alzheimer's Patient & Caregiver—Dr. Gabe Maletta, Geriatric Research, Education & Clinical Center, Minneapolis, MN
- December 7 New Approaches to Alzheimer's Disease Treatment and Management—panel discussion featuring speakers from local Alzheimer's Disease centers and organizations with moderator Dr. David Lindeman, DSW, Northern California Alzheimer's Disease Center

Albany/Berkeley

INDEPENDENT ELDERS NETWORK



August 22, 1990

PUBLIC ANNOUNCEMENT

ABIEN (Albany/Berkeley Independent Elders Network) is holding its next Advisory Board meeting on Monday, Sept. 17, 1990, 1-3 p.m., at the West Berkeley Senior Center, 1900 - 6th St. The meeting is open to the public. We will discuss implementation projects to start in October .

8/14/90

SPERG W/ BARBARA K. - SHE IS SENDING info RE: 1st YR PROJECTS.

CompuMentor
385 8th Street, 2nd Floor
San Francisco, CA 94103
Daniel Ben-Horin
Director
(415) 255-6040

Since 1986, CompuMentor has fostered connections between technologically adept volunteers and Bay Area nonprofits whose ability to serve their clients could be significantly enhanced by improving their telecommunications capacity. Trust support will enable CompuMentor to enhance the telecommunications capacities of a group of Northern California nonprofits serving low income or minority clients, by offering group training, individualized technical assistance through volunteer "member", and by helping the groups secure low-cost or donated basic equipment.

Grant: \$48,000 for one year

TET GRANTEE:

→ Congress of CA Seniors Education and
Research Fund
~~200 Woodward Building, 477 15th Street~~ 30
Oakland, CA 94612 20002
Theodore T. Tarail
Executive Vice President
(415) 334-2281

The Congress of California Seniors Education and Research Fund is affiliated with nearly 40 membership and service organizations affecting seniors, as well as the 200,000 individual member of its 400 affiliate clubs. TET support will assist with the development of appropriate telecommunications consumer materials for seniors, and their distribution through the Congress' own network.

Grant: \$46,860 for one year

✓ Marnie Schriber - Project Die do.

12-6-89 E. Spoko w/ Theodore Tarail re: meeting ^{to} about compare notes on project, computers & seniors, etc. Marnie Schriber will call me to arrange something.

SENIOR

NEWS & VIEWS

S18

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- Smart home is a happy home/**22**
- Your boss when job-hunting/**24**

Vol. 4, No. 9

Sonoma County Edition

October 1990

'Age Wave' woes scaring politicians

By Patty Housen
Senior Spectrum

A dearth of services for growing numbers of seniors. An inter-generational war for scant resources. The ouster of unresponsive politicians by seniors, who have a reputation for turning out to vote.

That was — briefly summarized — the gloomy answer to the question "What's the crisis?" asked during a news conference sponsored by the Institute for the Study of California Politics at the state Capitol recently.

The conference focused on challenges posed by the ever-increasing number of people 65 and older, which has grown more than twice as fast as the rest of the population over the last two decades, and which will consist of 20 percent of the population by the year 2030.

"We never deal with a problem

nized for years, but most of society — lawmakers and the citizenry alike — tend to overlook the challenges of planning ahead, stalled by the nature of American politics, misinformation and disinterest, the panelists suggested.

"I'm proud of the things that California does for its seniors," said Hansen, R-Santa Rosa. She praised senior programs, calling them "some of the best programs we have going" in terms of efficiently and effectively using taxpayer dollars to get tangible results.

But, "I don't think we do them to the degree we need to. I don't think we have braced ourselves for the '90s in terms of the ever-increasing population," she said, going on to list affordable housing and preventive care among the areas where more planning is needed.

Hansen said she has enjoyed



Photos by Verna Mays

THE FRONT yard of Earl and Vera Nance's home in Santa Rosa is a fantasyland of Oriental ceramics and sculptured flowers.

PRACTICAL TRAVELER

For Seniors, Discounts on Plane and Train Fares

By BETSY WADE

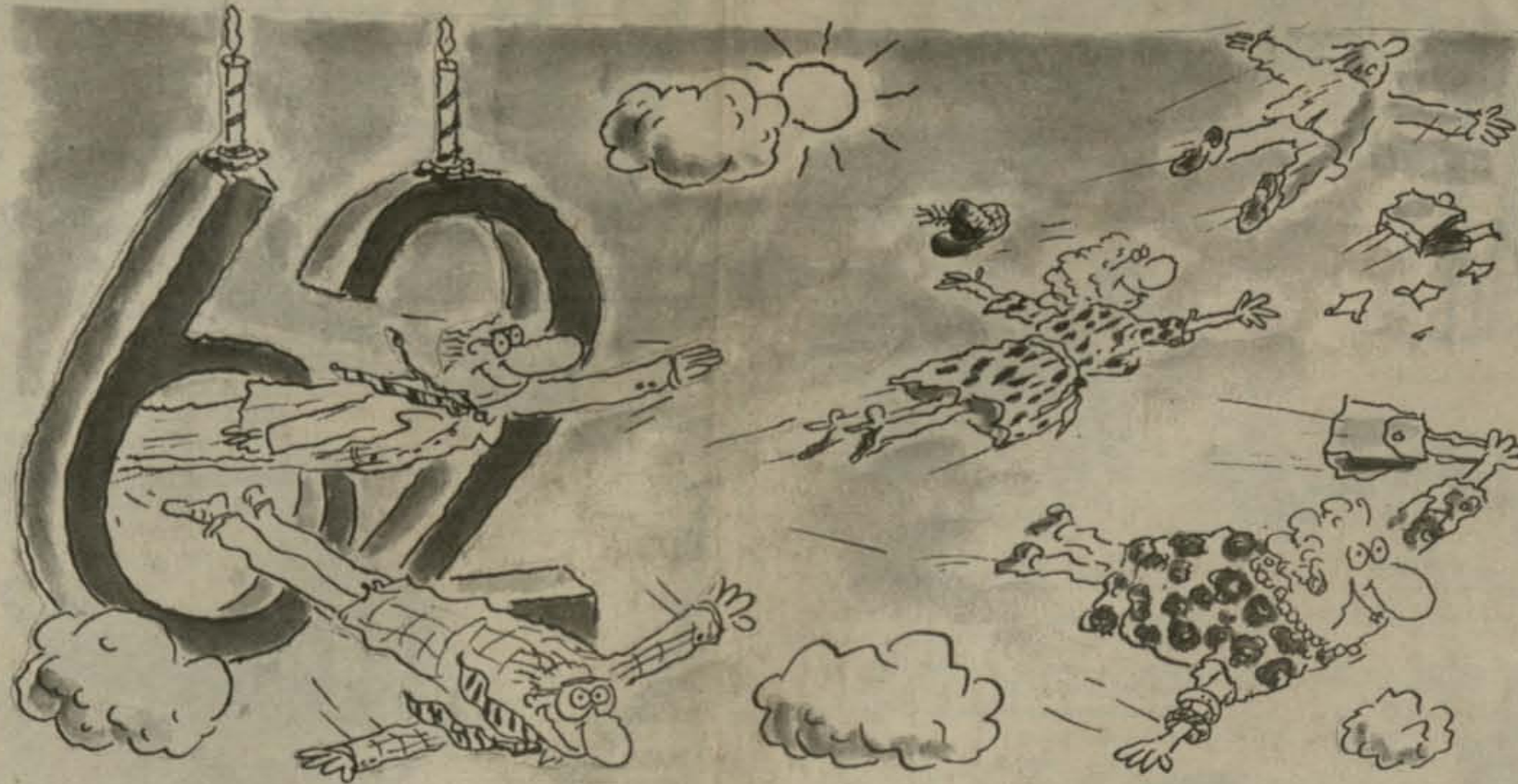
SLIPPING past the 50th birthday may be a trauma, but the sting should be eased somewhat by the travel discounts that start to become available then. One friend laughed about using her senior citizen card to discount a motel room for an assignation, but why not?

If you say you are a member of a senior citizen association when you register at a motel, you will usually get a discount, at least 10 percent. You may need to show a membership card, but if you are a member's spouse, that card will work just as well, and you can be any age. Frequently, desk clerks do not even ask. For almost all actual travel, the qualifying age is higher and the rules a little tougher.

Amtrak offers people at least 65 years old a 25 percent discount on a regular one-way fare and any accommodations charge. The ticket must be bought in advance, and while anyone may purchase it, the person who uses the ticket must be able to present an official document — Medicare card, driver's license, passport or the like — that proves his or her birth date. The discount is not available for the Florida Auto Train or the Metroliner in the Northeast Corridor. There are blackout dates, mostly around holidays.

The airlines provide varying programs, although they seem to be growing more alike. No matter what the wording for provisions for deep senior discounts, you basically will travel when the airline wants you to — that is, when the seat can not be sold at full fare. Some United States airlines include overseas destinations, and a number of foreign airlines have programs for travelers who pay a fee; it's worth asking before you plan an expensive overseas trip.

Delta gives a 10 percent discount off any published fare to anyone at least 62 years old, as well as to a traveling companion of any age. Delta also sells coupons to people at least 62 years old, in books of four or eight. A book of four coupons valid a year from purchase costs \$420; a book of eight, \$704. Each coupon may be used by a purchaser for a one-way trip in the 48 contiguous states or Puerto Rico. Two coupons are needed for



Deborah Solomon

Hawaii or Alaska.

In January, Delta raised the price of its coupons and changed the terms, which limited travel to Tuesday to Thursday while allowing reservations up to seven days ahead. The new coupons are valid all week, but reservations, or changes, must be made 14 days in advance. The number of seats available for couponholders is limited, Neil Monroe, a Delta spokesman, said, but there are no blackout days.

Lillian Schiff of Brooklyn, who buys Delta coupons for travel to a Florida home, says that the 14-day deadline is tough because she is not certain that she will feel like traveling in two weeks. If you want to change your reservation to a flight that leaves sooner than two weeks off, you can go to the airport as a standby and if they have space, they let you use the coupon on a flight. "But waiting six hours at the airport is no treat either," Mrs. Schiff said. Delta: 800-221-1212.

USAir, another early promoter of a senior fare, offers a program like Delta's: 10 percent off published fares for anyone at least 62 years old,

as well as for a companion. This discount applies to flights in the United States, to Canada, Bermuda, the Bahamas and Puerto Rico. The USAir one-year coupons for people 62 and over are also \$420 for four and \$704 for eight. These can be used on flights in the United States and Puerto Rico only. Reservations must be made 14 days ahead. There are blackout periods. USAir: 800-428-4322.

Northwest is also an old-timer in the old-timer business. It offers the 10 percent discount for travel by a 62-year-old and a companion. It also offers coupon books to 62-year-olds, at \$384 for four, \$640 for eight, for travel in the United States and Canada; trips to Alaska and Hawaii require two coupons each way. Travel days are Tuesday to Thursday and Saturday. Reservations may be made up until flight time, but changes must be made 14 days ahead. Northwest: 800-225-2525.

Continental offers 10 percent off published fares to a traveler over 62

and a companion. The airline does not have coupons but sells "freedom passports" at various levels. One for a year's domestic travel in coach costs \$1,599. A person at least 62 may buy one, and another for a companion, who need not be 62. The small type is copious, but it boils down to the ability to take a maximum of one flight a week, including connections but not stopovers. The passport may be used from noon Monday to noon Thursday and all day Saturday. Reservations are to be made no more than seven days ahead of an initial departure. There are blackout dates. You may travel to the same destination only three times in a year. Continental: 800-441-1135.

United offers 10 percent discounts to travelers 62 and over, as well as one-year coupons costing \$420 for four, \$704 for eight. Each is valid for one flight in the United States, including Hawaii and Alaska, providing the distance is 2,000 miles or less; longer flights take two coupons. Reservations must be made 14 days in advance. United: 800-633-6563.

Trans World Airlines offers a 10

percent discount on published fares to a traveler over 62 and a companion of any age. This applies to some international as well as domestic flights. Alone among airlines, it also provides a 10 percent discount to members of American Association of Retired Persons, which you can join at the age of 50, and their spouses. The discount applies if tickets are purchased 30 days in advance and goes to tickets in the contiguous 48 states, Hawaii, Mexico, Puerto Rico, the Virgin Islands and some other places in the Caribbean.

American's one-year coupons for 62-year-olds cost \$420 for four, \$704 for eight. They are good for the 48 contiguous states, Hawaii and Puerto Rico. Coupon travel is possible seven days a week, except to Puerto Rico, which is limited to Tuesday to Thursday. Trips over 2,000 miles require two coupons. American: 800-433-7300, ask for promotion desk.

Trans World Airlines offers 10 percent discounts to a traveler of 62 and a companion of any age. Its coupons cost \$379 for four and are good for the 48 contiguous states and the

Caribbean. Hawaii requires two coupons as do trips of more than 2,000 miles from May 15 to Sept. 15. Trips to Hawaii are not available from June 1 to Aug. 15. Travel days are Tuesday to Thursday and Saturday; for Hawaii and the Caribbean, the days are Tuesday to Thursday. Reservations must be made 14 days in advance. With the four coupons comes a certificate to obtain a round-trip ticket to Europe for \$449 or \$649 depending on the season. T.W.A.: 800-221-2000.

Pan American provides 10 percent discounts for 62-year-olds and their companions on domestic flights. It also has a program for people 65 and over on the New York-Washington, New York-Boston shuttles at off-peak hours. From 10:30 A.M. to 2:30 P.M. Monday to Friday, all day Saturday, and Sunday until 2:30 P.M., a ticket is \$49; the regular fare is \$119 and the weekend fare \$79.

My vigorous aunt, well into her 80's, says that the most dismayed experience is to have clerks and salespeople offer the senior discount before she has a chance to ask. Usually you must ask and show a card. Overseas, when transit systems and big museums offer discounts to people over 60, a passport or international driver's license does the job.

Otherwise, membership in the **American Association of Retired Persons** (3200 East Carson Street, Lakewood, Calif. 90712) costs \$5 a year for an individual or couple, and two membership cards are provided. Membership for three years is \$12.50 and for 10 years, \$35. The minimum age for membership is 50, but there is no minimum age for a spouse; neither need be retired.

The **National Council of Senior Citizens** (925 15th Street N.W., Washington, D.C. 20005) charges \$12 a year for an individual or a couple. The minimum age for joining is 55 with no minimum age for the spouse.

The **Mature Traveler** monthly newsletter tracks changes in air-fare discounts, carrying a roundup annually, although the information is sometimes out of date by publication. A year's subscription costs \$23.50: Box 50820, Reno, Nev. 89513.

The **1990 Senior Citizen Travel Directory** is a photocopy of 58 pages researched and typewritten by Harry H. Henry. It lists 41 motel chains that give senior discounts. The price is \$4.70: Senior Directory, 663 Carlston Avenue, Oakland, Calif. 94610.

THE FRESH AIR FUND: 1877-1990

*...If you're over 49
or plan to be!*

Free

Senior

M A G A Z I N E

VOLUME 9 NUMBER 7

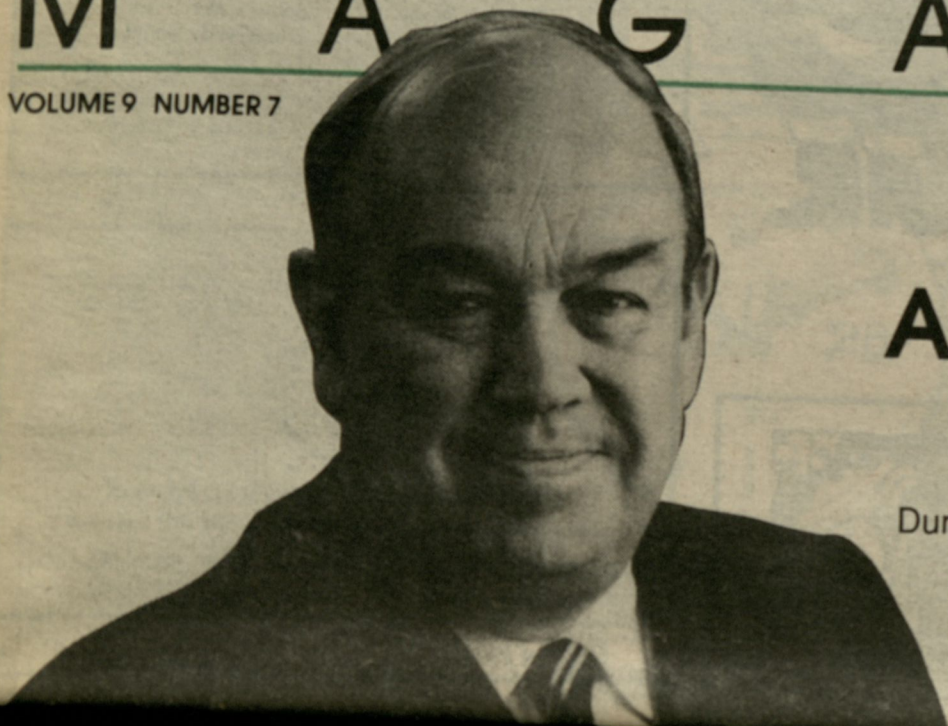
DECEMBER 1989

CHARLES KURALT

An exclusive interview

by Sharron Lovejoy

During the ten years I worked as a correspondent at CBS News, it was my privilege to work with some of the best broadcast journalists of our time. Walter Cronkite, Dan Rather, Mike Wallace, and Charles Kuralt. Each of these men has carved out a special place in American history. Cronkite became the "most trusted man in America"; Rather, his intense, aggressive replacement; Wallace, the fearsome interrogator.



SENIORITIES

Volunteers wanted

Red Cross needs volunteers with technical, nursing and other medical skills: 776-1500.
Meals on Wheels needs people to deliver food: 495-3333.

Hot lines

Senior Information and Referral: **626-1033**
 Legal Assistance for the Elderly: **861-4444**
 Family Survival Project: **1-800-445-8106**
 Adult day-care centers: **772-HELP**
 Nursing home reform advocates: **474-5171**

NANCY McINTYRE
59 & HOLDING

When what you see is what you get

OCCASIONALLY A fleet-footed widow catches a confirmed bachelor, breaking all records for endurance and speed. She may not make the cover of Sports Illustrated, but she's a world-class athlete.

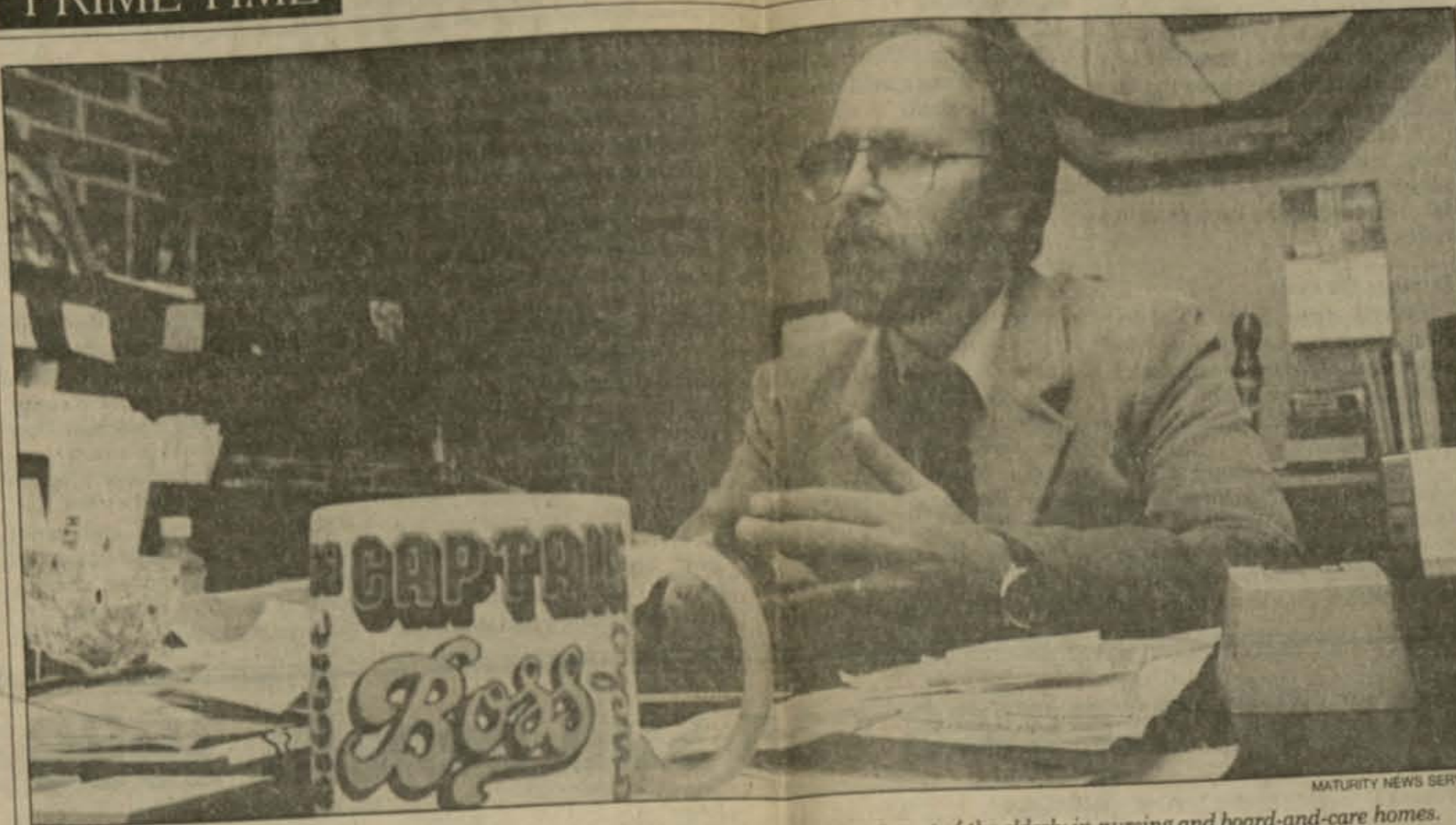
Love is a foot race. The first half of life men pursue women. The second half women chase men. By the golden years, most of us are winded. Every year 56,000 sprinters over 65 hang up their track shoes and get married. Ahead lie some formidable adjustments.

Young newlyweds are blessed with the comfortable illusion they can correct each other's faults as soon as the ink is dry on their prenuptial contracts. With late-life marriages, what you see is what you get. Habit patterns are carved in stone.

There's no way a conservative old gentleman who falls asleep in front of the tube every night is going to be redeemed into a dynamic lover. By the same token, the beautifully preserved *femme fatale* who never has a blue hair out of place, may be less a *fatale* in curlers and chin strap.

Still, who should be wiser about the pitfalls and joys of matrimony than a couple who, between them, have 70 or 80 years of on-the-job training? They bring a wealth of experience in tactical maneuvering and compromise.

PRIME TIME



Michael Coonan has a deep conviction that drives his investigations of abuse and mistreatment of the elderly in nursing and board-and-care homes.

He fights for elderly

Ex-Marine again on front line, this time as an ombudsman

By Mike Ebert
 MATURITY NEWS SERVICE

MICHAEL Coonan,

tals and government agencies that have been on the receiving end of his criticisms.

After Coonan recently criticized a police investigation of a board-and-care home, Sacramento Police Chief John P. Kearns shot back that the ombudsman's report was "written on an emotional basis and (was) not a report on the facts of

bodies of seven former tenants buried in Puente's yard.

Coonan, angered that Puente — a convicted felon — could operate a board-and-care facility, investigated the case and reported his findings to Congress.

What he found was a trail of missed opportunities that he says could have prevented the entire tragedy. Coonan's report blamed

aren't right."

But even Lighty admits: "What he's doing is absolutely essential, and it's very important. Our complaint is with the manner in which he is going about his work."

Coonan says his facts were correct.

"The response I sometimes get is, 'We like what you did; we don't like how you did it.' My response to that is, 'If I didn't do it that way, it

VERA GLASER

Q & A

A book to help cope with change

Q: After 30 years of marriage, my husband has left me for another woman. I'm a dumpee. I feel like a discarded rag. I need advice on how to put my life back together. — F.L., Wichita Falls, Texas

A: Working through this major transition is going to take time, whatever course you decide to pursue. Your friends may give you all kinds of advice — get a job, see a psychiatrist or find a boyfriend — and it is possible one or more of their suggestions could help.

I have a recommendation that goes deeper and may be of more use to you over the long haul. It can help you to rally your personal resources systematically and possibly enable you to grow stronger as you recover from this experience.

An increasing body of evidence indicates that reading a book can be as useful as consulting a psychiatrist. Obviously, it has to be the right book, and there are countless self-help books on the market.

"Overwhelmed — Coping with Life's Ups and Downs," by Nancy K. Schlossberg, is a useful guide for those who must deal with events that alter our lives, regardless of age.

Unlike Gail Sheehy's "Passages" and Judith Viorst's "Necessary Losses" — which base their counsel on one's chronological age — Schlossberg deals with transitions of all kinds. Often, as in your case, the transition contains an element of shock. Sometimes, the event is positive, like relocating to a new, more upscale residence, but it may

HELPING SENIORS HELP THEMSELVES

*Caring for an aging friend or relative can be difficult —
but there is help available, if you know where to look*

By Eileen Ecklund

MAYBE YOU know someone who's been in this situation, or you've been there yourself: Your elderly mother, an independent sort, has a stroke and can no longer take care of her house, do chores or even cook all her own meals. You can help some of the time, but you have a family and job of your own, and neither she nor you wants her to move in with you. What can you do to help your mother maintain her independence, while making sure she gets all the help she needs?

Maybe you worry about a parent or elderly relative living alone in another part of the country, with no one to keep an eye on them. Or maybe you're retired, but would like to have a part-time job to supplement your pension, and are having a hard time finding one. What do you do?

Many people are asking themselves similar questions these days. The number of elderly people in the United States is growing rapidly, housing and health-care expenses are rising astronomically and the pressures of modern life make it ever more difficult to take care of aging relatives and friends. Everyone knows that the traditional way of caring for the elderly — within

the family — is breaking down for many reasons, including geographical distances between family members and the fact that both spouses work in many families. And the many elderly who remain fit and healthy well into their later years can find themselves shut out of jobs and other rewarding pursuits.

The fact is that most of the elderly, and those who care for them, will need help at some point, even if they're financially stable — whether it's information on where to turn for a certain service, legal or financial advice or simple support. The elderly poor, of course, need a great deal more assistance, though many are too proud to ask for it.

The problems involved in providing proper care for all seniors are staggering and in many areas they're getting worse. But the picture isn't quite as grim as many people think, especially in the Bay Area. There is help out there for the elderly, provided by government agencies, nonprofit groups, hospitals and others — and while it's not as much (or as inexpensive) as it should be, it's more than most people are aware of.

Services for the elderly, in the Bay Area and elsewhere, are provided by a wide variety of groups, just as funding for the programs comes from a wide variety of sources, both public and

private. The sheer number of service-providers can lead to confusion about which group is the right one to turn to for a particular need. However, things aren't as confusing as they seem at first glance, because there's a great deal of cooperation among service-providers, particularly in the Bay Area. Each group has a lot of information concerning other groups and services available, and are able to refer clients among themselves.

BACK IN the 1960s, during the War on Poverty, the structure was put in place for planning and coordinating services for the elderly. In 1965, Congress passed the Older Americans Act, which required each state to create Area Agencies on Aging, referred to as AAAs (California has 33), as well as a state unit on aging to oversee them (in California it's called the Department on Aging). The Act allowed each area to develop its own agency and other mandated programs by using existing state and local government structures, instead of requiring a completely new bureaucratic structure. In San Francisco, the Commission on the Aging (a city agency established during George Moscone's term) is the AAA; in Alameda County it's the Department on Aging, and in Marin it's the Marin County Agency on Aging. The oper-

ating budgets for these agencies come from a combination of state and local funds; in San Francisco, the Off-Street Parking Tax Fund provides a sizeable chunk of the budget.

According to Joyce Ream, executive director of San Francisco's Commission on the Aging, one of the primary functions of the AAAs is to fund numerous programs for the elderly in their region. For instance, the Commission on the Aging provides some of the funding for 36 nonprofit agencies and various programs, including the central information and referral service, senior centers, a nutrition program (including ethnic meals), legal services (in eight languages), transportation and the ombudsman program, among others. The programs the Commission funds reflect the diversity of San Francisco's population — in addition to its multi-lingual, multi-ethnic programs, it funds some of the only services in the country directed entirely toward aging gays and lesbians. The Commission also functions as an advocacy and planning unit for seniors in San Francisco.

One of the most crucial services the AAAs help fund is the information and referral office in each area, which serves as a community clearinghouse for information regarding all the ser-

continued next page

*work out to
people about
what's there.*

— Marjorie Ginsburg,
Director of Aging Health
Services at Mt. Zion

*The elderly
are one
of the fastest
growing
segments
of the
population.
There can't
be too many
sources of
information
for seniors.*

— Roy Earnest,
Coordinator of Case
Management at Catholic
Charities

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Empty nest can be amusing/ page 14

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Senior Spectrum

Serving
North Alameda
County

Vol. 1, No. 1

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THE MONTHLY NEWSPAPER FOR ACTIVE SENIORS

November 1989



Quake leaves area residents without homes

By Michelle McGurk
and Donna Berkelhammer
Senior Spectrum

Seniors living in several Oakland residency hotels had to pack up their belongings in the aftermath of the Bay Area earthquake as city building inspectors declared their homes unsafe.

One 99-year-old man spent the night of the quake in a chair at a temporary Red Cross shelter. His 87-year-old diabetic wife slept in her wheelchair.

"He wanted me to go up and get some things for them. They've got no clothes except what was on their backs," said Connie McElwayny, manager of the Dalziel Apartments at 532 15th St. in downtown Oakland.

McElwayny and a group of tenants spent the night at 15th

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Serving Senior Citizens in the East Bay

**Alameda
County**

SENIOR CITIZENS' REVIEW

**Contra
Costa
County**

JULY 1990

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VOLUME 3, NUMBER 11

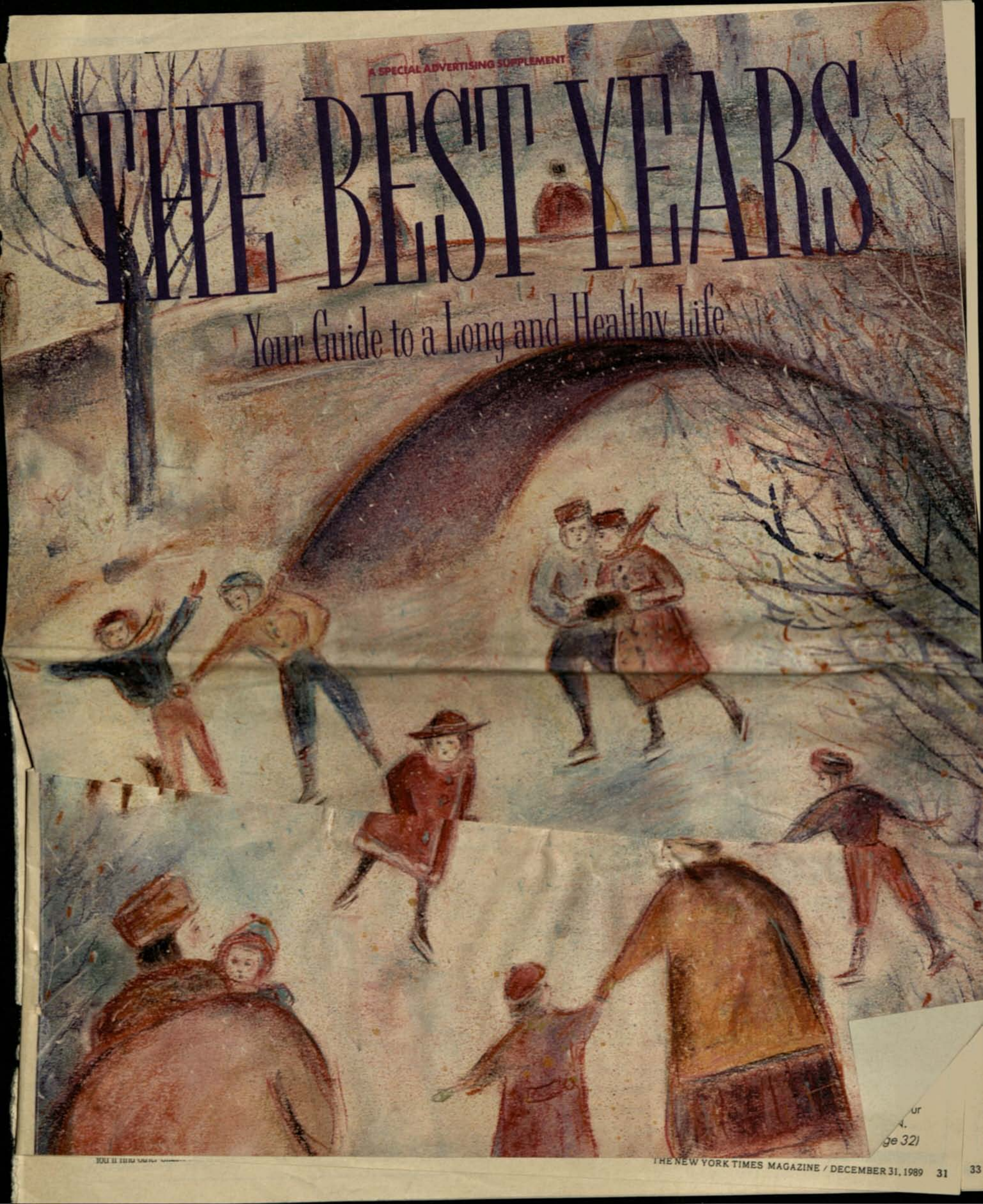
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A SPECIAL ADVERTISING SUPPLEMENT

THE BEST YEARS

Your Guide to a Long and Healthy Life



Higher Health Insurance Costs for Elderly

By Milt Freudenheim
New York Times

The cost of private health insurance for the elderly is rising sharply, straining the budgets of millions of people who live on Social Security checks and fueling demands in Congress and the states for tighter regulation of this insurance.

The monthly cost of many types of "medigap" insurance, which helps pay for the portion of hospital and doctor bills not covered by the federal Medicare program for the elderly and disabled, rose at least 20 percent this year.

Some medigap premiums increased more than 50 percent, according to industry surveys and the General Accounting Office.

Critics of the insurance industry in Congress and spokesmen for consumer advocacy groups say many of the increases in medigap rates were exorbitant. Private insurers say they had to raise the rates, in part to pay for catastrophic illnesses that would have been covered under the 1988 law that was repealed in December.

The increased costs are also a result of the continuing surge in spending on health care, and in some cases, the failure of insurers to raise rates enough in 1989 to cover higher medical costs, industry spokesmen say.

'It's Outrageous'

Many of the elderly, a majority of whom depend primarily on Social Security, say they are hard pressed to pay the extra costs.

"It's outrageous," said Mary Enos, a 79-year-old widow in New Bedford, Mass., who lives on "a little over \$500 a month."

Her Blue Cross premium increased 84 percent to \$71.30 a month, from \$38.83. The \$32.47 medigap increase buried the \$18 cost-of-living increase in her Social Security check.

Medigap insurance is purchased by about 22 million of the 29 million Americans aged 65 or older.

Among the costs that medigap covers and Medicare does not are the first day in a hospital and all or

tion drugs, added charges by doctors and the cost of a hospital stay that extends beyond the Medicare limit.

Of the 7 million elderly people who do not have medigap insurance, about 3.2 million with low incomes are eligible for state Medicaid benefits, but nearly 4 million rely on Medicare alone.

Coverage Repealed

Because the 1988 law covering catastrophic illnesses was repealed, at least 17 million elderly "will be doing worse," said Thomas Rice, a health economist at the University of North Carolina. They will have to pay higher premiums for medigap insurance, if they can afford it, or go without coverage for catastrophic illnesses and prescription drugs.

On the other hand, about 1.7 million elderly Americans with incomes of \$37,000 or more, who would have had to pay an extra \$800 each with their federal taxes under the catastrophic-care law, are faring better now that the law has been repealed.

Many of them are fully covered for such illnesses by former employers and do not need such coverage; others among them were reluctant to drop their own insurance when the law took effect and were essentially paying twice for the same benefits.

Even people with medigap policies must often pay part of their doctor, hospital and prescription-drug charges, which have been increasing faster than the overall inflation rate.

The Blue Cross and Blue Shield Association, a group of 70 mainly nonprofit plans with 8.5 million medigap policyholders, said pre-

miums were up 24 percent on average for 1990 after increasing 8 percent in 1989.

The Prudential Insurance Co. of America, which sells medigap insurance to 3 million members of the American Association of Retired Persons, raised its medigap rates 40 percent on average in 1989 and plans a 17 percent increase in July. Blue Cross-Blue Shield and Prudential are the largest medigap insurers.

GAO Estimates

The General Accounting Office, a research arm of Congress, said the average monthly cost of elderly policyholders is now \$69.96, or about \$840 a year, compared with \$58.52, or \$702, in 1989, an increase of 20 percent.

Advocates for the elderly and consumers and their supporters in Congress criticized the increases.

"In many instances the increases are far in excess of what can be justified," said Representative Ron Wyden, D-Ore.

Gail Shearer, manager of policy analysis for Consumers Union, a group that advocates more federal regulation, said: "Medigap prices seem to go up whether Medicare benefits expand or contract. Consumers are confused."

Most states are already revising laws and procedures regulating medigap insurance. Congress is expected to take up several bills this

session that would increase federal supervision of medigap insurance, a \$16 billion business.

Among the bills being prepared or already introduced in Congress are ones that would require public hearings and a review before states approve medigap increases. The bills also would raise the percentages of revenues that must be paid out in benefits and

standardize descriptions of competing medigap policies so purchasers can better compare them.

"Our feeling is that Congress is going to do something this year," said Alan Richards, a Washington lawyer with the Health Insurance Association of America, an insurer group, which wants the states to remain in control of insurance regulation.

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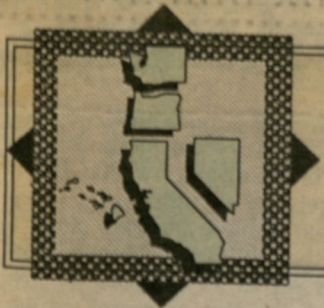
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SERVING ACTIVE SENIORS IN NORTHERN AND CENTRAL CALIFORNIA

March 1990

Congress warned not to tinker with Soc. Security tax

By Joan McQueeney Mitric
Maturity News Service

The Washington brouhaha over whether to cut Social Security payroll taxes has rekindled confusion and skepticism about the retirement fund among some of the people who would be affected.

At the same time, private economists are warning Congress not to jump rashly on the tax-cut bandwagon. They say that cutting Social Security levies without raising other taxes would play havoc with the federal deficit and the economy in general.

Ron Pollack, executive director of the Washington-based advocacy group Families USA, had

Moynihan's plan scatters lawmakers

By Mike Ebert
Maturity News Service

WASHINGTON — Congress has responded to Sen. Daniel Patrick Moynihan's Social Security tax-cut plan with hesitation, debate and counter legislation aimed at changing how the retirement system is run.

Captivating scene

