

# AN AGING AMERICA: *Challenges and Opportunities*

## Conference Schedule

8:00 Registration, Exhibit Hall, Breakfast (Ballroom)

9:00 Formal Program (Ballroom)

**Introductions**

**Keynote - Cracking the Code: Creating Good Jobs in America in a Global Economy Governor Jennifer Granholm**

10:30 Concurrent Workshops #1

**Care Partners (Forge Room)**

**Living Arrangements (Tartan Room)**

**Technology and Aging (Windsor Room)**

Noon Exhibit Hall, Lunch (Ballroom)

1:15 Concurrent Workshops #2

**Sexuality, Intimacy & Aging (Forge Room)**

**Aging and Alzheimer's (Tartan Room)**

**Writing One's Story (Windsor Room)**

2:15 Afternoon Coffee Break (Ballroom)

2:30 Concurrent Workshops #3

**Care Partners, repeated (Forge Room)**

**Aging and Alzheimer's, repeated (Tartan Room)**

**Creative & Dramatic Options (Windsor Room)**

4:15 Wrap up, Door Prizes (Ballroom)

*See pages 4-6 for workshop descriptions*

Transforming  
Retirement

[retirement.berkeley.edu](http://retirement.berkeley.edu)

## Conference Sponsor

This special event would not have been possible without the support of our sponsor, **Belmont Village Senior Living**. Belmont Village has been selected by UC Berkeley to develop campus-affiliated older adult housing in Albany, California. We at the UC Berkeley Retirement Center look forward to working with Belmont Village now and in the future!



## Exhibiting Organizations

A big **thank you** to the organizations that are exhibiting at this conference. Make sure you stop by each exhibit table and have your **Exhibitor Passport** signed! Conference attendees who visit all 15 exhibiting organizations will be eligible to enter and win a fabulous prize -- see below for details.

Ashby Village  
Belmont Village  
Blue Shield  
Chaparral House  
Coming of Age: Bay Area  
Eldercare Services  
Elders Together Housing  
& Care Finders  
Elders Village (Alameda)

Fidelity Investments  
Health Net  
Osher Lifelong Learning Institute  
Senior Helpers  
Stagebridge  
UC Living Well/OPTUM  
UCB Retirement Center

## Door Prizes and Passport Raffle

There's more than one way to win! Door prizes will be awarded during the closing session in the Ballroom at approximately 4:30pm. **All attendees will be entered to win one of our fantastic door prizes upon check-in at the registration desk.** Prizes include \$50 for lunch for two at the Faculty Club, brunch for two at Hs. Lordships, a \$50 Target gift card, and a Survival Kit from Blue Shield. ***You must be present to win a door prize.***

But wait, there's more! Attendees who visit all 15 exhibitors and have their Exhibitor Passport signed off by each will be eligible to win a second \$50 Target gift card. To enter the Passport Raffle, turn in your completed Passport at the UCB Retirement Center exhibit table in the Ballroom. Be sure to provide your contact information on the Passport so we can contact you if you win. ***You do not need to be present to win the Passport Raffle.***

# AN AGING AMERICA: *Challenges and Opportunities*

Presented by the UC Berkeley Retirement Center  
*Transforming Retirement*

## Introduction and Welcoming Remarks

**Angelica Stacy**, Associate Vice Provost for the Faculty

**Richard Sextro**, Chair, UCB Retirement Center Policy Board

**Patrick C. Cullinane**, Director, UCB Retirement Center

Post full-time employment now reflects a life stage with time, opportunity and resources to redirect talents, experience and interests to maintaining and promoting engagement and meaning. A challenge for this new age is to live well as we live long. We hope this conference helps nurture and develop your interests for personal and community benefit.

Thank you for joining us at this special event!

## Keynote Address

### *Cracking the Code: Creating Good Jobs in America in a Global Economy*

Jennifer Granholm, UC Berkeley Distinguished Practitioner of Law and Public Policy and Michigan's 47th governor, will present the challenging and inspiring keynote address.

Are we in a 'new normal' of widening income gaps and higher unemployment? Can we do something about it? What is the role of government in solving the crisis? As governor of the state with the toughest economy in the nation, Granholm grappled with these problems and brings a unique perspective to possible solutions. How do retirees respond to this new normal? How do we age well while continuing to make an aging America a better place for our children and grandchildren?



# Detailed Conference Schedule

BALLROOM	FORGE ROOM	TARTAN ROOM	WINDSOR ROOM
<b>8:00 AM</b> REGISTRATION BREAKFAST EXHIBITORS			
<b>9:00 AM</b> KEYNOTE			
<b>10:30 AM</b> EXHIBITORS	<b>10:30 AM</b> CARE PARTNERS	<b>10:30 AM</b> LIVING ARRANGEMENTS	<b>10:30 AM</b> TECHNOLOGY AND AGING
<b>12:00 NOON</b> LUNCH EXHIBITORS			
EXHIBITORS ALL AFTERNOON	<b>1:15 PM</b> SEXUALITY AND INTIMACY	<b>1:15 PM</b> AGING AND ALZHEIMER'S	<b>1:15 PM</b> WRITING ONE'S STORY
<b>2:15 PM</b> COFFEE & REFRESHMENTS SERVED	<b>2:30 PM</b> CARE PARTNERS (REPEAT)	<b>2:30 PM</b> AGING AND ALZHEIMER'S (REPEAT)	<b>2:30 PM</b> CREATIVE AND DRAMATIC OPTIONS
<b>4:15 PM</b> CONFERENCE WRAP-UP			

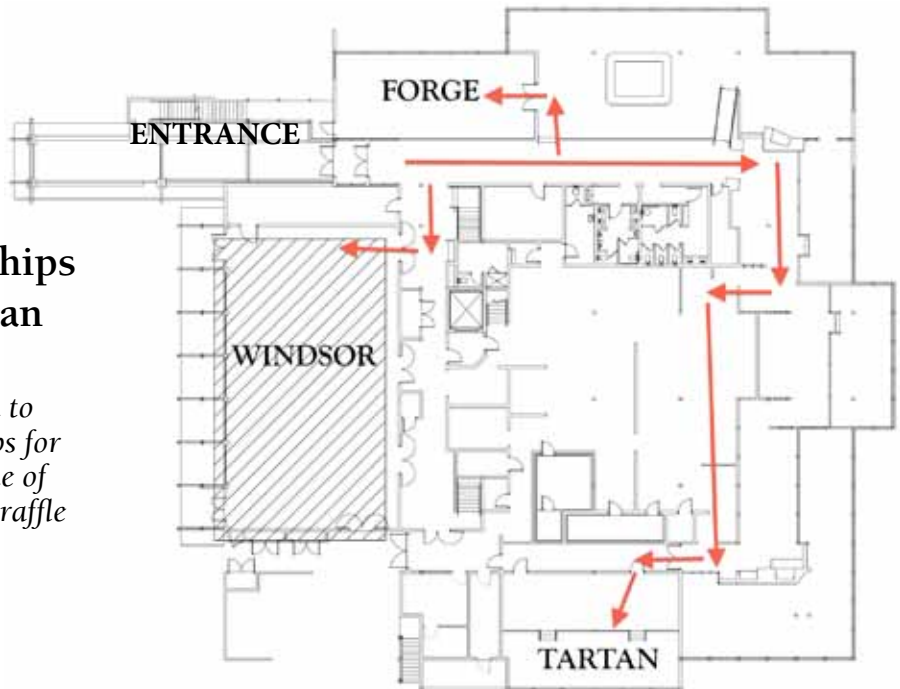
## Where do I go?

The Georgian Ballroom is located on the upper floor of Hs. Lordships and is the home of the conference keynote, exhibitors, breakfast, lunch, and afternoon break.

Three workshop spaces are located downstairs. **Windsor** is on the right as you enter the building. **Forge** is on the left, just slightly down the hall. **Tartan** is on the far side of the restaurant; go right at the end of the entrance hall, and make several additional turns to go around to the back. See arrows, below.

## Hs. Lordships Floor Plan

*Thank you to  
Hs. Lordships for  
donating one of  
our fantastic raffle  
prizes!*



# WORKSHOP DESCRIPTIONS

## Care Partners: The Journey of Caregiving and Carereceiving

### 10:30am and repeated 2:30pm, Forge Room

This workshop will provide information on the spectrum of care, from conversations and planning for care, to ways to minimize stress and maintain quality of life while receiving or providing care. Resources for the journey will be provided.

Maureen Kelly, Ed.D., LCSW, Elder Care Counselor, CARE Services for Faculty and Staff, University of California, Berkeley

Linda Fodrini Johnson, MA, MFT, CMC, Executive Director, Eldercare Services, 2010 Past President of the National Association of Professional Geriatric Care Managers

## Living Arrangements & Aging in Place: Options, Costs, Resources

### 10:30am, Tartan Room

Older adults prefer to live where they lived most of their life. When aging in place, how do we ensure our home is a safe place and we continue to have quality of life? If we want to move to another living arrangement, then what are the options and the costs? How do we evaluate options and make the best decision for our self and our loved ones? An expert panel will address these questions and a retired UC Berkeley academic will respond to their presentations.

Joanne Handy, President and CEO, LeadingAge California, Sacramento, CA

Andy Gaines, Executive Director, Ashby Village, Berkeley, CA

Jean Tokarek, MPA, CMC, Certified Professional Care Manager, Eldercare Services, Walnut Creek, CA

Marian Gade, UC Berkeley Retiree, Former Deputy Director of UCB Center for Studies in Higher Education

## Technology and Aging: Tablets and Twitter and Google, Oh My!

### 10:30am, Windsor Room

Technology changes the world we live in. Email, Facebook, Twitter, Instagram, Skype, smart phones, tablets, Google - what does it all mean? How do you decide what is relevant and useful? Come hear a tech expert who has worked closely with older adults about these questions, and learn how you can navigate our ever-changing technological world.

Crystal Schimpf, MLIS, Director of Training & Programs, Community Technology Network, San Francisco, CA

## Sexuality, Intimacy and Aging

### 1:15pm, Forge Room

There are changes in the physical and physiological aspects of sex as we age. Such changes, however, do not generally cause sexual problems unless disease, disability, or medication side effects interfere. Sexual intimacy is not only about a physical connection, it is a complex experience that includes the mind and emotions as well. Older adults have a continuing need for intimacy, which is a strong emotional connection to at least one other person. Changes regarding intimacy may occur if the spouse or partner becomes ill or dies. During this presentation, we will address the factors that affect sexual intimacy as well as non-sexual intimacy among older adults including ageist attitudes that continue to be an obstacle to healthy sexual expression as we age.

Patrick Arbore, Ed.D., Founder and Director Center for Elderly Suicide Prevention & Grief Related Services, Institute on Aging, San Francisco, CA

## The Future of Aging and Alzheimer's Disease

### 1:15pm and repeated 2:30pm, Tartan Room

As the population of older adults continues to grow, more and more individuals are living into later life. With this growth, older adults are also experiencing memory disorders. Concerns about memory and Alzheimer's disease are increasing. What does research tell us about aging and Alzheimer's disease? What do we know and what do we still need to learn? Is there anything we can do to promote brain health? If a loved one is diagnosed with dementia, what resources exist to help consumers best navigate a challenging diagnosis? Come hear two experts address these questions.

William Jagust, MD, Professor of Public Health and Neuroscience, University of California, Berkeley, Faculty Senior Scientist, Lawrence Berkeley National Laboratory

Elizabeth Edgerly, Ph.D., Chief Program Officer, Alzheimer's Association, Northern California and Northern Nevada



### Retiree ID Card

To take advantage of special offers and discounts arranged for you by the Retirement Center, you must use a Retiree ID card that identifies you as retired staff or faculty from UCB, LBNL or UCOP. To obtain your free card, come by the Center between 1pm and 4pm daily or call 510- 642-5461 to order by mail.

## Writing One's Story

### 1:15pm, Windsor Room

So you want to write a memoir. Where to begin? And how? This hour-long session will explore questions of scope, craft, and purpose. We'll discuss the challenges and opportunities of turning life journeys, family tales, and professional discoveries into compelling stories with deeper meaning. Whether you've started writing down your own history or have only a vague idea of doing so, you'll leave with some concrete advice and resources for moving forward. Bring a laptop if you wish; paper and pens will be provided.

Lindsey Crittenden, Honored Instructor, UC Berkeley Extension, and member of SF Writers' Grotto. Classes include Developing the Memoir, Craft of Writing, and writing workshops. Author, [The Water Will Hold You](#), [The View from Below](#).

## Creative & Dramatic Options

### 2:30pm, Windsor Room

Have you ever been inspired to write a play? Maybe you acted on stage, sang in a chorus or wrote stories and want to try it again? Learn how to unlock your creative potential with Stagebridge Senior Theatre!

Stagebridge offers more than 25 classes weekly in acting, playwriting, singing, improv, storytelling and more as well as outreach and performance opportunities. Stagebridge acting and playwriting students will share a sample of their work and show you how you can get into the act.

Marge Betley, Stagebridge Executive Director

Lorraine Midanik, Professor and Dean Emerita, UC Berkeley, and Stagebridge Playwriting student

Performers from Stagebridge's Acting Studio



### Your Bequest Shapes Our Future

To learn how your bequest can support the UC Berkeley Retirement Center while fulfilling your personal, financial and philanthropic goals, please call 1-800-200-0575 or visit [planyourlegacy.berkeley.edu](http://planyourlegacy.berkeley.edu).

Donations may also be made online at any time:  
<http://givetocal.berkeley.edu/browse/?u=12>



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