



N e w s l e t t e r



ASC Leadership in Action – Senior Nutrition

With severe budget cuts proposed by the City of San Jose last March, the Senior Nutrition program in San Jose was placed in jeopardy. Members of the ASC Executive Committee joined forces with other advocates and elected officials to convey the impact of these cuts and advocate for alternative solutions. They sponsored several activities including:

- **Senior Nutrition Briefing** for elected officials with 52 in attendance
- **Stand Up for Seniors Day of Action** – over 100 in attendance with 6 speakers
- **Media coverage** of the issue including an Op Ed in the Mercury News
- Formation of a **Senior Nutrition Task Force**



In addition to the core members of the ASC Executive Committee – Council on Aging, Health Trust, County Department of Aging & Adult Services and the City of San Jose, many others partnered on these efforts. We want to especially thank Pete Constant, City of San Jose Council Member, Liz Kniss, Board of Supervisors, Patricia Gardner, Silicon Valley Council on Nonprofits, City and County Senior Commissions and the many individuals who organized to participate in the Stand Up for Seniors Day of Action.



As many of you know, the City of San Jose passed their final budget in late June and we are thankful that the Mayor and Council gave the senior nutrition program a reprieve for at least one year. The current sites will remain open this year but their long term future is still in question.

To this end, thanks to Councilmember Pete Constant, a Senior Nutrition Task Force was launched with Pete co-chairing with Liz Kniss, County Supervisor. The task force will seek a long term solution to keep the senior nutrition program strong and solvent. If you'd like to get involved, please contact Stephanie Morrison at Councilmember Constant's office –

Stephanie.Morrison@SanJoseCA.gov or at 408 535-4914.

Stand Up For Seniors! Day of Action
Photos by Daniel Gutierrez

Mark Your Calendars – Upcoming ASC Meetings

All-ASC meetings are held six times per year and offer opportunities for networking and partnering among those working with and on behalf of older adults. A portion of the meeting is devoted to an in-depth presentation on one topic or best practice of interest to the membership. In addition, announcements and updates on resources, programs and policy work are shared.

The next All-ASC meeting occurs from 2 to 4pm on **September 8, 2010** at the Sobrato Center For Nonprofits in the Cupertino B Room. The Sobrato Center is located at 1400 Parkmoor Ave, San Jose, CA 95126. Additional ASC meetings have been scheduled for the following dates:

- November 11, 2010
- January 12, 2011
- March 9, 2011
- May 11, 2011
- July 13, 2011

ASC Team Updates

Monthly ASC Work Plan updates can be found online at <http://www.sccagingcollaborative.org/notes.htm>.

The Executive Committee

The Executive Committee is currently engaged in:

- Developing a communication and marketing plan for the ASC
- Defining the ASC's advocacy role and guidelines
- Leadership on the Senior Nutrition Task Force



May ASC Meeting



ASC Recognition Event

The Best Practices Team

The Best Practices Team is planning the Professional Development Presentations at the All-ASC meetings as well as a series of Brown Bag Presentations held throughout the year. Future topics will include Transportation, Successful Grant Acquisition, and End of Life Care.

Want to get involved? E-mail co-chairs Mary Anne Mendall at mendall@comcast.net or Nancy Hikoyeda at nhikoyeda@sbcglobal.net.

Monthly meetings are held the 3rd Monday of the month from 3:30 pm to 5:00 pm at The Health Trust (2105 S. Bascom Ave. #220, Campbell).

The Caregiver Support Team

The Caregiver Support Team is currently engaged in:

- Planning the **2nd Annual Caregivers Count Conference** to be held on Saturday, November 13, 2010. The conference will be offered in 4 languages (English, Spanish, Chinese, and Vietnamese) and available in real-time via webcast
- Developing a Caregiver Provider Survey to assess the programs and resources that are available to caregivers in Santa Clara County

Want to get involved? E-mail co-chair Christina Irving at cirving@caregiver.org or Amy Andonian at aandonian@catholiccharitiesscc.org.

Monthly meetings are held at the 4th Friday of the month from 9:00 am to 10:30 am at The Health Trust (2105 S. Bascom Ave. #220, Campbell).



Presentation at May ASC Meeting - Don Weden

The CONNECT Team

Communication, Outreach, Networking, Nurturing, Education, Collaboration Team

The CONNECT Team is currently engaged in:

- Planning for the **Spring 2011 AWE*some Film Festival** which will showcase films that embrace *Adults with Experience. The Team has previewed 6 positive aging films this month
- Collaborating on an ASC Communications Plan with the Executive Committee
- Creating a short but comprehensive list of Senior Resources that can be shared with key stakeholders for dissemination to older adults

Want to get involved? E-mail ASC staff support Amy Aken at amy@healthtrust.org.

Monthly meetings are held the 3rd Wednesday of the month from 9 am to 10:30 am at The Health Trust (2105 S. Bascom Ave. #220, Campbell)

All interested and committed individuals are encouraged and welcome to join the teams.

News & Upcoming Opportunities

7th Annual Avenidas Caregiver Conference

Avenidas and the City of Mountain View invite you to make the most of one of life's most challenging, yet rewarding, experiences on Saturday, August 21, 2010 from 8:30 am to 2:30 pm at the Avenidas Rose Kleiner Senior Center (270 Escuela Ave., Mountain View, CA). For more information visit avenidas.org.

Book Signing - The Best Friends Approach to Alzheimer's Care

Alzheimer's Activity Center and Atria Sunnyvale invite you to an informative discussion and book-signing of author David Troxel's book: A Dignified Life – The Best Friends Approach to Alzheimer's Care. The event occurs on **Wednesday, August 25, 2010 from 4:00 pm to 5:30 pm** at the Residential Care home, (next door to the Alzheimer's Activity Center at 2380 Enborg Lane, San Jose, CA).

David Troxel has become nationally and internationally known for his writing and teaching in the fields of Alzheimer's disease & long-term care. He has coauthored five influential books (most notably, The Best Friends Approach to Alzheimer's Care) on Alzheimer's care and numerous articles relating to dementia care and staff development & training. He is a past Executive Board member of the American Public Health Association and past member of the National Alzheimer's Association Ethics Advisory Board. David has also been a family caregiver, supporting his mother Dorothy who passed away with Alzheimer's Disease April, 2009.



May ASC Meeting

HEALTH TRUST HOSTS FORUM: The National Health Reform Law and its Implications for Silicon Valley

The Health Trust, The California Public Health Association-North (CPHA-N) and the EQUAL Health Network invite you to this special forum occurring on **Friday, September 10, 2010 from 9:00 to 11:00 am** at The Mayer Theater, Santa Clara University.

Doors open for registration and coffee at 8:30 am. Speakers will address topics including implications for our safety net, coverage, children's health, seniors, public health, and the health care workforce.

Participants will be able to identify elements of the Affordable Care Act, understand its implications for populations including children and seniors, and discuss prospects for improving public health. Continuing Education Units available!

Please confirm your attendance no later than Tuesday, September 7, 2010 with an RSVP to nicolek@healthtrust.org.

ASA/NCOA Conference is Coming to San Francisco!

Make plans now to attend the 2011 Aging in America Conference occurring **April 26-30, 2011**. This is the largest multidisciplinary conference for professionals in the field of aging! The conference will take place at the Hilton San Francisco, Union Square, 333 O'Farrell St., San Francisco, CA. For more information visit agingconference.org.

Website for Seniors - Resources to Find Healthy Activities

A charitable 501(c)3 organization, **Bay Area Older Adults** offers free, online information about the outdoors, fitness, social and cultural activities. Most of the activities are free or very low cost. Their vision is to promote an active and healthy lifestyle for older adults.

The website was designed specifically for older adults and is easy to use despite one's experience with computers and the internet. It offers one convenient location with all the details about healthy activities in the Bay Area making it fun and easy for seniors to explore new activities and to help them maintain their mental and physical health. For more information visit bayareaolderadults.org.

Release of the Health Profile of SCC

The Santa Clara County Public Health Department released the SCC health profile data on July 20th. To [view this important document, click this link](#).

CDSM Lay Leader Training – Volunteers Needed!

The Health Trust is looking for volunteers to co-teach/co-lead their **Chronic Disease Self-Management** workshops. Become a certified CDSM Lay Leader and help to empower people to improve their health!

For More Info: Contact Ruth Yanez at ruthy@healthtrust.org or 408-961-9858.

E-Learning Simple Platform Online Workshops

Able People Foundation is excited to announce the launch of its new E-Learning-Simple Platform. Cost-Effective Online Workshops are created, developed and delivered for you in an easy access online format. In response to the growing financial needs of non-profits and the community organizations they work closely with, Able People Foundation has created an easy access, cost-effective avenue that reaches the community that you serve. To view their information, [click here](#).

ASC Staff Support:

Lori Andersen

Director of Healthy Aging
The Health Trust

and

Amy Aken

Healthy Aging Program Coordinator
The Health Trust

For more information or to include something in the next newsletter e-mail Amy Aken at AmyA@healthtrust.org