



# Positive Aging Matters



Become An Affiliate  
With The Center!

- *Housing Provider*
- *Care At Home*
- *Business Products & Services*
- *Congregation*

*OR if you are already an Affiliate with the Center, send us referrals!*

Benefits of Becoming  
an Affiliate Include:

- *Expanded Marketing To Consumers*
- *A Link to Your Organization's website on the Center's website*
- *Educational Opportunities*
- *Professional Press Releases*
- *Networking Opportunities*
- *And MORE!*

To receive more information about becoming an Affiliate, please visit our website at [www.centerforpositiveaging.org](http://www.centerforpositiveaging.org) or call us at (404)872-9191 . X12

*Connecting you to the resources you need*

## The Center Welcomes a New VISTA volunteer

The Center for Positive Aging would like to formally welcome our second AmeriCorps VISTA volunteer, Holly Beauchamp.

The Health Education and Community & Economic Development service position, which begins February 9th, involves a number of responsibilities and opportunities. However, Holly's main area of focus will be the Center's recently updated website. During her service period, Holly will develop a plan of action for implementation, periodic updates, coordinating, launching, promoting and maintaining the Center's website. An essential portion of her time will be spent in outreach to enroll new quality Housing, Care at Home, and Products & Services providers throughout the state of Georgia.

In addition, Holly will help develop and implement additional Positive Aging Lifestyles courses, such as *Modern Word 101*. This course, which was developed in partnership with the Georgia Institute on Aging VISTA members, will help grandparents currently raising grandchildren to become better acclimated to modern technology, terminology, and youth culture. Holly will help to develop, coordinate, and improve classes offered to participants through volunteer engagement, recruitment, and retention.

She will research potential grants for the Center, particularly those which will help to sustain the Center's online and telephonic information referral system.

We look forward to working with Holly over the next year, and are excited to see what she will accomplish with the Center. Join us in welcoming Holly Beauchamp!

## NEW Center Website Continues to Grow

The Center's website, [www.centerforpositiveaging.org](http://www.centerforpositiveaging.org) is designed for two primary purposes. First, it's for anyone trying to gain additional information about aging services in Georgia. We are trying to help define and describe the network of aging services and how it works in Georgia. Secondly, consumers need to find quality providers of housing, services, various products/services, as well as local congregations who want to serve and support older adults. We are continually adding quality providers and expanding the amount of information available. Our new staff person will be focusing on the development of the Website that is available for YOU 24.7!

Affiliates of the Center include providers of housing and care at home services for seniors, as well as business products/services and local congregations. The Center is providing affiliates with important information that can be found in the "FOR AFFILIATES" section accessed (***continued on page 2***)

***DONATE NOW!***

By making a donation to the Center for Positive Aging, you will help us to provide:

- Expertise on aging issues,
  - Access to an online Quality Provider database
  - Meal assistance to low income seniors
- AND MORE!**

Visit

[www.centerforpositiveaging.org](http://www.centerforpositiveaging.org)

to make a donation online!

**Donate** ▶

“For the first time in human history, most of the stories are told to children, not by their parents, their school, or their church, but by a group of distant corporations that have something to sell. This unprecedented condition has a profound effect on the way we are socialized into our roles, including age as a social role.”

—George Gerbner, writing about the power of the media



(continued from page 1) from the home page of the Website. We are adding information about being a Quality Provider, Social Accountability, and other important materials. Likewise, affiliates are invited to attend events via the Georgia Institute on Aging, found under current events at [www.georgiainstituteonaging.org](http://www.georgiainstituteonaging.org).

### ***Updated Statistics Describe Baby Boomers***

*For the first time in 13 years, the US Census Bureau has released a collection of statistics on the Baby Boomer generation, those people ages 42-60 years old in the year 2006. There were 77,980,296 Baby Boomers living in the US in 2006 (50.9% women). That number is projected to be 57,793,135 in the year 2030 (an estimated 54.9% will be women).*

- The states with the highest number of people ages 42-60 years were California, Texas, New York, Florida and Pennsylvania. The states with the highest percentage-of-population of Boomers were Vermont, Maine, New Hampshire, Montana and Connecticut.
- Among the Boomers, 89.7% were non-Hispanic and 10.3% were Hispanic.
- An educated group, 29.8% were high school graduates, 28.9% had some college and 28.8% had a bachelor's degree or higher. A much smaller number (12.5%) had less than a high school degree.
- Most Baby Boomers (74.1%) were employed; 22.4% were not in the labor force. The remainder were in military service or unemployed. In the prior 12 months, household income came from earnings (91.8%), retirement income (11.3%), Social Security (10.4%) and food stamps (6.9%).
- Two-thirds were homeowners living in their homes and 25% rented.

*Source: ICAA Research Review: December 2009, Volume 9, No. 43*

### ***Boomers and Technology: An Extended Conversation***

**Boomers and Technology: An Extended Conversation** is a unique, qualitative study of how the boomer generation thinks about technology, sponsored by AARP and Microsoft. The paper offers a fresh perspective on a generation often not considered when experts chart consumer appetites for technology, and it forecasts how boomers' use of technology will evolve in the years ahead.

The insights used to produce the paper were gathered during May 2009 in San Francisco, Phoenix, Chicago, and New York, when more than 60 boomers dined and then voiced their opinions in a directed discussion led by author and futurist Michael Rogers. Together, they shared their thoughts on, frustrations with, and enthusiasms as well as hopes for modern technology. The participants all had broadband Internet access at home and were clear and ready communicators. They represented what technology marketers call "influencers"—the vocal consumers whose opinions shape others behavior.

**(continued on page 3)**

**(continued from page 2)** Participants were encouraged to talk about the improvements they wanted to see in technology and to speculate about what they'd like to see next. As a result, the report includes both present attitudes and an extrapolation of the technologies boomers are likely to embrace in the future.

***Some key attitudes that emerged:***

- When boomers start using new technologies, such as texting or personal videoconferencing, they are enthusiastic, engaged, and quick to share with their peers. For boomers, technology is contagious. And they don't consider themselves technology dunces. Instead, they blame manufacturers for excessive complexity and poor instructions.
- Boomers are the fastest-growing age segment on such social-networking sites as Facebook, and many log on at least once a day. While not early adopters, they have been drawn in by younger family members and also by business connections. Social networks will be a big part of boomer life in the future.
- Coming of age in an era when human rights and individual freedoms were central concerns, boomers apply that perspective to technology. They fear that their children, perhaps unwittingly, allow technology to shape their lives. Boomers want technology to fit the lives they have made and the values they hold dear. If their children are the technology pioneers, the first to explore new territory, boomers are the settlers, arriving later to set up schools and libraries, to sink deep roots, and to build permanent structures.

## USFA Offers Home Heating Safety Tips

According to the U.S. Fire Administration, the high cost of home heating fuels and utilities have caused many Americans to search for alternative home heating sources such as wood burning stoves, space heaters, and fireplaces. Heating is one of the leading causes of residential fires. Over one-quarter of these fires result from improper maintenance of equipment, specifically the failure to clean the equipment.

Carbon monoxide (CO) poisoning is another danger when using heating equipment fueled by fossil fuel. It occurs most often when equipment is not vented properly. CO deaths have been on the rise since 1999. According to the Consumer Product Safety Commission, on average there were 181 unintentional non-fire deaths from CO poisoning associated with consumer products per year from 2004-2006 compared to 123 from 1999-2001. Carbon monoxide poisoning is most fatal to adults age 65 or older.

### Preventing Home Heating Fires

According to the National Fire Protection Association, in 2003-2006, the leading factor contributing to home heating fires (28 percent) and deaths (46 percent) was heating equipment too close to things that can burn, such as upholstered furniture, clothing, mattress, or bedding. Many heating fires can be prevented by following basic safety tips when dealing with any heating equipment, such as:

- Keep or maintain a 3 foot clearance between all heating equipment and anything that can burn.
- Inspect and maintain heating equipment regularly for safety.
- Space heaters should be turned off every time you leave the room and before going to bed.
- Keep space heaters at least 3 feet away from anything that can burn--including furniture, blankets, curtains, and paper products.
- Choose space heaters that turn off automatically if they tip over.
- Never use a space heater to dry clothing.
- Test smoke alarms monthly.
- Install and maintain carbon monoxide alarms to avoid risk of carbon monoxide poisoning.

For more tips on fire safety, including wood burning stoves and fireplaces, kerosene heaters, and electric heaters, [click HERE](#).

## Upcoming Events

**Wednesday, February 3, 2010**

### **PALS Train-the-Trainer Program**

Association Offices

Atlanta, GA

**Thursday, February 18th**

### **Elderly Housing Symposium**

Association Offices

Atlanta, GA

### **Monday - Wednesday, March 22-24 2010 Annual Conference on Aging for Professionals and Trade Exposition**

Dolce Atlanta-Peachtree

Peachtree City, Georgia

\*To register, please visit

[www.georgiainstituteonaging.org](http://www.georgiainstituteonaging.org)— "Upcoming Events"

## Center for Positive Aging

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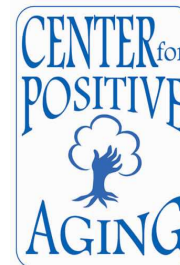
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## RESOURCES FOR AFFILIATES

As an added benefit for Affiliates, the Center for Positive Aging provides you with a list of valuable resources that can be found on our website. These resources, which include reference materials from trainings, events, and meetings, links to certain websites, as well as documents of interest. If you are currently a Center Affiliate, visit our website and click on "For Affiliates" to access these resources!

## **Disability Rates Among U.S. Seniors on the Rise**

MONDAY, Dec. 28 (HealthDay News) -- The disability rate among U.S. senior citizens is on the rise, a surprise considering the rate had been falling since the 1980s, new research has found.

"People are living longer, but many are also living sicker," study co-author Amani Nuru-Jeter, an assistant professor of community health and human development at the University of California Berkeley School of Public Health, said in a university news release. "This study is providing an early warning sign that the decline in disability rates we've been hearing about might be ending."

After analyzing the period from 2000-2005, the researchers found a 9 percent increase in the number of non-institutionalized people aged 65 and older who said they have difficulty handling day-to-day activities, including dressing and bathing, because of a problem lasting six months or more.

"The combination of increasing disability rates, plus a growing population of older adults emphasizes the importance of prevention of the many chronic conditions giving rise to disability in the first place," the study's lead author, Esme Fuller-Thomson, a professor of social work at the University of Toronto, explained in the release. "There is evidence, for example, that the doubling of obesity rates over the last three decades may be linked to rising disability in older people, yet the obesity problem is largely preventable."

The findings are published in the December issue of the *Journals of Gerontology*.

*More information: The U.S. Department of Health and Human Services has details on preventing disability in the elderly with chronic disease.*