

## **TEACHING GERONTOLOGY**

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### **HEALTH AND RETIREMENT STUDY**

Data hounds already know all about it, but for others, take a look at the University of Michigan's long-running "Health and Retirement Study," truly a "big enchilada" of data sets in the field of social gerontology. For those just getting their feet wet in this world, consider "Getting Started with the Health and Retirement Study." This package provides new users with an introduction to HRS data resources. It includes a tutorial on ways of using the RAND-HRS Data file, which is an easy-to-use version of cross-wave data from HRS.

For more details, see:

<http://72.14.205.104/search?q=cache:3wq37LIRzZMJ:hrsonline.isr.umich.edu/docs/dmgt/IntroUserGuide.pdf+Getting+Started+with+the+Health+and+Retirement+Study+Michigan&hl=en&gl=us&ct=clnk&cd=1>

### **SUCCESSFUL AGING IN IOWA**

University of Iowa experts in aging are part of a consortium to promote successful aging in Iowa. Elinor Ginzler, national director of AARP's Livable Communities Initiative, visited Iowa City on Sept. 19 to launch the Johnson County Consortium on Successful Aging with support from local government and leaders in education, health, housing, transportation and recreation. Bill Novelli, CEO of AARP, visited Iowa City last May and selected the Johnson County area as a model livable community for successful aging.

"Johnson County has continually been recognized as a place for successful aging based on availability of health care, education, transportation and entertainment opportunities, among other things, but we want to continue to improve on and add to all the services available to older adults," said Brian Kaskie, Associate Director of Public Policy for the UI Center on Aging. Kaskie also serves on the Johnson County Consortium on Successful Aging.

The UI Center on Aging and the consortium have worked to evaluate elements that contribute to a livable community for older adults and are now working to improve areas such as intergenerational daycare programs and volunteer ride programs; creating a geriatrics department and enhancing palliative care programs at local hospitals; and enhancing the housing market to include more affordable and accessible units for older adults.

"The Consortium has done a lot of planning and research, and now we will bring the recommendations to the people in the community with the authority to make the changes that will even further improve Johnson County as a place for successful aging," Prof. Kaskie said.

Representatives from the AARP will return in a year to check on the progress of the initiatives, Kaskie noted.

For more on this program, visit:

<http://www.centeronaging.uiowa.edu/WhatWeDo/Final%20successful%20aging%20rpt.pdf#search=%22Livable%20Communities%20AARP%20Iowa%22>

## **NEW RULES FOR RETIREMENT**

The number of defined benefit plans has fallen by half since 1980, while defined contribution plans have quadrupled, according to the Center for Retirement Research at Boston College. In 1980 65% of all workers covered by pensions were in defined benefit plans; by 2003, that proportion had dropped to 30%.

What about the biggest of the blue-chip companies? The same trends are evident. Just over a third of Fortune 100 companies are still offering traditional pensions to new employees.

Moral of the story: For today students, it's not your grandfather's retirement.

For more on pension trends, see: [http://www.bc.edu/centers/crr/ib\\_44.shtml](http://www.bc.edu/centers/crr/ib_44.shtml)

## **STATISTICS ON AGING**

One of the best sources of material for teaching gerontology is the Chart Book on "Older Americans Update 2006: Key Indicators of Well-Being," available in PDF format from the federal government at:  
<http://agingstats.gov/update2006/default.htm>

You can also get Excel worksheets for these statistics at:  
<http://agingstats.gov/update2006/spreadsheets.html>

## **COURSE OUTLINES AVAILABLE**

"Demography of Aging and the Life Course" available at:  
[http://64.233.161.104/search?q=cache:8vD\\_hyORMJcJ:health2.bsd.uchicago.edu/members/CagneyKat/HS352\\_Syllabus\\_FALL\\_Rev\\_2005.pdf+%22Course+Outline%22+gerontology&hl=en&gl=us&ct=clnk&cd=69](http://64.233.161.104/search?q=cache:8vD_hyORMJcJ:health2.bsd.uchicago.edu/members/CagneyKat/HS352_Syllabus_FALL_Rev_2005.pdf+%22Course+Outline%22+gerontology&hl=en&gl=us&ct=clnk&cd=69)

"Social Gerontology" available at:  
<http://64.233.161.104/search?q=cache:qGAJzfos3JUU:www.augustana.edu/academics/sociology/departments/syllabi/so305.pdf+%22Course+Outline%22+gerontology&hl=en&gl=us&ct=clnk&cd=73>

## **CULTURAL COMPETENCY**

The California Endowment has supported development of a wide range of curriculum materials for promoting cultural competence and understanding of ethnic diversity. To see these resources visit:  
[http://www.calendow.org/reference/publications/cultural\\_competence.stm](http://www.calendow.org/reference/publications/cultural_competence.stm)

In addition you can consult a self assessment tool for cultural competence developed by the Bureau of Health Professions and other federal agencies. The instrument is available online at:  
<http://erc.msh.org/mainpage.cfm?file=3.0.htm&module=provider&language=English>

(Thanks to the Stanford Univ. program on ethnogeriatrics for these resources! HRM)

## **WEB SITES TO SEE**

NURSING FACULTY: See "Caring for an Aging America: A Guide for Nursing Faculty" (American College of Nursing, 2006) available at:  
<http://www.aacn.nche.edu/Education/Hartford/pdf/monograph.pdf>

LIFESPAN DEVELOPMENT. For a "Fact Sheet on Lifespan Development," including multiple choice test-questions, visit:  
<http://www.getcollegecredit.com/pdfs/factsheets/Lifespan%20Developmental%20Psychology.pdf>

JOURNALS IN AGING. For a compendium of key periodicals visit:  
<http://crab.rutgers.edu/~deppen/journals.htm>

### **BIOETHICS AND AGING**

An e-newsletter, "The Soul of Bioethics," covers issues of ethics in an aging society. The newsletter is published by the International Longevity Center-USA. For a no-cost subscription or a sample copy, send a request to [soulofbioethics@yahoo.com](mailto:soulofbioethics@yahoo.com)

This electronic newsletter is edited by Harry (Rick) Moody at the AARP Office of Academic Affairs. TEACHING GERONTOLOGY contains items of interest to improve the teaching of aging in higher education. To submit items or request subscription changes, contact [hrmoody@aarp.org](mailto:hrmoody@aarp.org)

Back issues of the newsletter are available at:  
<http://www.hrmoody.com/newsletters.html>