

# The ILC Update

FALL 2006

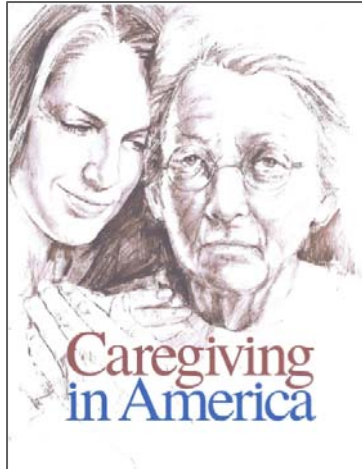
International Longevity Center- USA

## Caregiving Report Warns of Crisis; Expert Summit Planned for March

Demand for home-based services is likely to double by 2050 and the current United States caregiving system is not prepared according to *Caregiving In America*, a report issued by The Caregiving Project for Older Americans in September 2006.

The report, supported by the MetLife Foundation and Schmieding Foundation, discusses the "severe shortage of paid caregivers- especially of those in home-based settings" and factors influencing the shortage, including low median wages for direct-care workers. It also provides demographic information about care recipients and care providers and summarizes work done to narrow the care gap by academic, professional, and service organizations.

The report will be used as a background paper for a day-long Summit meeting of caregiving leaders at the ILC-USA offices in March.



"The summit will bring together caregiving experts from a variety of backgrounds to discuss priorities for solving the caregiving crisis in the United States," says Dr. Ken Knapp, Senior Research Analyst at the ILC-USA. "A cornerstone of the summit will be the integration of what is known about both the paid and the family caregiving worlds, which are often treated as two separate worlds by advocates, lobbyists, and policymakers."

Dr. Knapp notes that the principal focus of the summit will be the development of home caregiving curricula for both paid and family caregivers.

The Caregiving Project for Older Americans is a joint collaboration between the ILC-USA and the Schmieding Center for Senior Health and Education.

## ILC-USA Examines Sleep & Chronic Disease

Sleep and chronic disease in older people was the theme for a scientific consensus conference at ILC headquarters in December.

The conference convened behavioral and biomedical researchers and clinicians as well as sleep and geriatric experts to agree upon what is presently known about chronic disease and the

## The Netherlands Joins ILC Global Partnership



Convening in Pune, India for their annual meeting, the directors of the ILC sister centers of Argentina, Dominican Republic, France, India, Japan, South Africa, U.K. announced the addition of the International Longevity Center-Netherlands.

ILC- Netherlands was founded by four NGO's: the Jan Brouwer Fund, dedicated to ageing issues; the Royal Netherlands Society of Science and Humanities ; the Netherlands Platform Older People and Zorg voor Later, a platform for civil action and development in the field of anticipating population ageing.

ILC-Netherlands is directed by Jacques H. Schraven. Mr. Schraven was the President of the Confederation of Netherlands Industry and Employers (VNO-NCW) and vice chairman of UNICE, the European Industrial and Employers' Confederation until June 2005. Mr. Schraven is currently the chairman of the board of trustees of the Erasmus University Medical Centre in Rotterdam, the largest medical institution in The Netherlands.

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impediments to healthy sleep patterns and sleep behavior, Co-morbidities, multiple pharmacological treatments and sleep and treatment and interventions for improving sleep in older people.

The meeting was made possible by an unrestricted educational grant from Takeda Pharmaceuticals North America.

# ILC Gaining Attention from *The New York Times*, *USA Today*

Recent ILC-USA initiatives, publications and research have been featured in a variety of national media outlets over the past few months.

“A Conversation with Robert N. Butler” was included in the November 14 edition of *The New York Times*. The profile, written by Claudia Dreifus, was centered around the recent publication of *Ageism In America*.

*The New York Times* also referenced the ILC-USA in two front page stories during early October on the myth of frailty and the lack of geriatric education.

*USA Today* covered the release of *Caregiving In America* on September 27, dedicating a full article to the report and its findings. Reporter Kathleen Facklemann reported, “there’s already a shortage of caregivers in the USA, and that shortage is projected to get much worse.”

Additional media outlets featuring the ILC this fall included *Prevention Magazine*, *Chicago Sun-Times*, *Newsday*, *Los Angeles Times*, *Houston Chronicle* and *South Florida Sun-Sentinel*.



## Did you know?

In 2006, the ILC-USA has appeared in over 450 media outlets reaching an audience of 63 million people.

## Save the Date: 2007 Hatch Lecture

On **March 22, 2006** the 2007 Harold Hatch Lecture in Geriatrics & Gerontology will feature **Dr. Monica Ferreira**, President of the Albertina and Walter Sisulu Institute of Ageing in Africa, University of Cape Town. The event will be held at the Mount Sinai Medical Center, Hatch Auditorium, Guggenheim Pavilion.

## New Consensus Reports Discuss Sexuality & Intimacy and Stress

Two new publications have been released based on interdisciplinary workshops held at Canyon Reach Health Resort.

“Stress: Putting the Brain Back Into Medicine” discusses how stress plays a major role in health and disease throughout the life course. Sponsors of the meeting in addition to the ILC-USA were Canyon Ranch Health Resort, Institute for the Study of Aging and the Alliance for Health & the Future. The report was written by Dr. Bruce McEwen of Rockefeller University.

Sexuality and intimacy are poorly understood aspects of human life and health according to, “Intimacy and Sexuality: Toward a Lifespan Perspective.” The report looks at sexuality and intimacy as part of a healthy lifestyle throughout life, the impact of problems related to sexuality and intimacy and therapeutic interventions. Dr. Stacy Lindau from the University of Chicago served as rapporteur of the report.

Both reports are available to download on the ILC website at [www.ilcusa.org](http://www.ilcusa.org)

## Corporations and Foundations Continue to Support ILC Projects

The Caregiving Project for Older Americans received a \$250,000 grant from **Amgen Pharmaceuticals** toward the development and testing of national caregiving curricula; creation of a set of standards for caregivers and those supervising them, and; development of a sustainable career ladder.

In addition, the Caregiving Project received the generous support of **MetLife Foundation** with a \$50,000 grant to publish the *Caregiving In America* report.

The **New York Community Trust** provided the World Cities Project \$25,000 to complete a report that identifies the gaps between the num-

ber of isolated elders and available elder programs and work with the New York City Department of the Aging on a plan for services in communities with the greatest need.

As noted on the page 3, the **Open Society Institute** has sponsored phase 2 of the Ageism project committing \$150,000 for one year.

## Second Phase of Ageism Project Funded by OSI

The Open Society Institute (OSI) has awarded a \$150,000 to build upon the work previously completed by the Anti-Ageism Taskforce at the ILC-USA, including the 2006 publication of *Ageism In America*.

Phase II of the project will “further identify and analyze various forms ageism and stereotyping, push the issue into public discourse and encourage public and private institutions to remedy ageist attitudes, policies and practices.”

The project will continue to be supported by an expert advisory board including Carl Bernstein, Lawrence K. Grossman, Dr. Becca R. Levy, Laurie A. McCann, Sara Rix, William D. Zabel, and John F. Zweig.

## Upcoming Events

### Sleep & Chronic Disease Scientific Consensus Conference

ILC Headquarters, NYC

December 7-8

Experts gather to discuss role of chronic disease and sleep in older adults. For more information contact Joris de Vries at [jorisv@ilcusa.org](mailto:jorisv@ilcusa.org).

### Board of Directors Meeting

ILC Headquarters, NYC

March 12, 2006

5PM

For additional information contact Christine Kuehbeck at 212-517-1318 or [christinek@ilcusa.org](mailto:christinek@ilcusa.org)

## Julia Levy Named Director of Alliance

The Alliance for Health & the Future recently announced the appointment of Julia Levy as Executive Director. The position is based in London, England and reports to the three Alliance co-chairs.

Previously, Julia was with SmithKline Beechman Pharmaceuticals in strategy development and most recently with Amersham (now GE Healthcare).

In November, the ILC-USA welcomed Julia for a week-long visit where she met with several of ILC-USA senior staff members.

### 2007 Hatch Lecture

Mount Sinai Medical Center

Hatch Auditorium

Guggenheim Pavilion

March 22, 2006

See page 2 for details. For additional information contact Christine Kuehbeck at [christinek@ilcusa.org](mailto:christinek@ilcusa.org)

### The Caregiving Project for Older Americans Expert Summit

ILC Headquarters, NYC

March 29, 2006

See page 1 for details. For more information contact Vivienne Lorijn at [vivien-nel@ilcusa.org](mailto:vivien-nel@ilcusa.org).

## Academy Receives Rave Reviews

Ageism and caregiving were the themes of the 7th annual Age Boom Academy held at the ILC-USA in September. Sixteen journalists spent a week participating in the program.

“Being there is like getting a master’s degree in aging—in less than a week!”-

Kay Harvey

*St. Paul Pioneer Press*

“A rich opportunity to learn from leaders in the field, to question them (and yourself) and to meet and share ideas with peers.”

Jim Toedtman

*AARP Bulletin*

“A very worthwhile and enjoyable initiative.”

Joanna Lyall

*The Guardian*

“...an enriching, intellectually stimulating week that will deepen and broaden my coverage of aging issues.”

Marilyn Gardner

*Christian Science Monitor*

“The Age Boom Academy is a fabulous program, changing attitudes and informing the American people one journalist at a time.”

Jane Adler

*Chicago Tribune*

“...a highly useful, professionally run event for journalists with a strong interest in aging issues.”

Thomas Goldsmith

*The News & Observer*

“The Academy presents the best and most current thinking on issues of aging and offers journalists the opportunity to discuss these issues with leaders in the field...”

Martha Bauman

*Keene Sentinel*

## Recent Visitors to the ILC-USA

**Michael Adams**, Executive Director  
Services & Advocacy For GLBT Elders

**Rose Dobrof**, Founding Director  
Brookdale Center on Aging

**Stephanie Fallcreek**, Executive Director,  
Fairhill Center

**Helen Hamlin**, UN Representative  
International Federation on Ageing

**Julia Levy**, Executive Director  
Alliance for Health & the Future

**Tony Sarmiento**, Executive Director  
Senior Service America

**Peter Strauss**, Senior Counsel  
Epstein Becker & Green

**Yumiko Watanabe**, Director  
JETRO New York, Pension & Welfare

# Staff News

## Stoliarov Named Finance Assistant

**Mikhail Stoliarov** joined the ILC staff as Finance Assistant in October. He graduated cum laude from Adelphi University Honors College with a degree in Accounting. Prior to joining the ILC, Mikhail worked for Cerini and Associates, LLP and has fulfilled several internships with other accounting firms such as Slater, Kavitt & Schultz, LLP and Schwartz & Company, LLP.

## The Stork Arrives

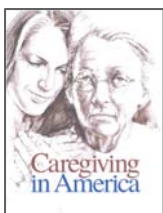
Congratulations to the Director of Corporate Relations, **Joris de Vries** and wife Sarah. Jonah de Vries was born on Friday, August 18<sup>th</sup> at 3:34 pm. He weighed 8 pounds, 6 ounces. Jonah is Joris and Sarah's first child!

**Dale Santos**, Director of Finance and Administration and his wife Cecilia welcomed Nicolas Alfonso Santos into the world on November 27. He weighed 7 pounds 3 ounces. The Santos family now has two boys. Dean, their oldest, is 3 years old.

## Research Assistant Joins WCP Staff

**Mame-Yaa Busumtwi**, joined the ILC this fall as a Research Assistant for the World Cities Project. Mame-Yaa is pursuing her MPH with a concentration in Health Policy at Columbia University's Mailman school of Public Health. With the World Cities Project, she will be working under Dr. Gusmano, Dr. Rodwin and Dr. Weiss to analyze health indicators and service delivery in New York, Paris, London and Tokyo.

# Recent ILC-USA Publications



## Caregiving in America September 2006

*Caregiving in America* examines the current state of the United States caregiving system and the

growing disparity between demand and supply of the caregiving services. The report was supported by the Schmieding Foundation and MetLife Foundation and was developed under the auspices of The Caregiving Project for Older Americans.



## Intimacy and Sexuality: Toward a Lifespan Perspective September 2006

*Intimacy and Sexuality* looks at sexuality and intimacy as part of a healthy

lifestyle throughout life, the impact of problems related to sexuality and intimacy and therapeutic interventions. Dr. Stacy Lindau from the University of Chicago served as rapporteur of the report. The report was sponsored by the Canyon Ranch Health Resort.



## The Role of Sleep in Healthy Aging November 2006

*The Role of Sleep In Healthy Aging* highlights the importance of sleep,

discusses the sleep-related problems that affect individuals, outlines the treatments that are available and recommends steps to be taken to better understand the relationship between sleep and healthy aging. The report was co-authored by Dr. Harrison Bloom (ILC Senior Associate) and James Nyberg, government relations consultant for the ILC. The report was supported through an unrestricted educational grant from Takeda Pharmaceuticals N.A.



## Stress: Putting the Brain Back Into Medicine August 2006

The report discusses how stress plays a major role in health and dis-

ease throughout the life course. Sponsors of the meeting in addition to the ILC-USA were Canyon Ranch Health Resort, Institute for the Study of Aging and the Alliance for Health & the Future. The report was written by Dr. Bruce McEwen of Rockefeller University.



## Redesigning Health Care for an Older America October 2006

*Redesigning Health Care for an Older America*, recommends a complete

overhaul and rethinking of the health care system to focus on health promotion, disease prevention, the treatment of chronic disease and increased investment in aging research. The report was based on a consensus conference held at the ILC in June 2006, supported by the Josiah Macy, Jr. Foundation.

**All ILC-USA publications are available to download from our website at [www.ilcusa.org](http://www.ilcusa.org).**

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