

THE CALIFORNIA MASTER PLAN FOR AGING:

Adult Education in a Supporting Role!

LET'S MOVE!

THE CALIFORNIA MASTER PLAN FOR AGING – WHAT IS IT?

- Created in June of 2019 by executive order of Governor Gavin Newsom
- Purpose is to prepare the state for demographic shift and promote healthy aging
- > 5 Bold Goals
- ≥23 Strategies
- >A California for All Ages by 2030
- https://mpa.aging.ca.gov/

An aging population will introduce new opportunities for economic and community growth, but also drive increased health and long-term care costs. We need a plan that brings everyone to the table – local communities, labor, private sector and philanthropy – to help us understand what's coming and guide us toward taking better care of older Californians. -- Master Plan for Aging website

ELDER ED – WHAT IS IT?

We're piloting this phrase

"Older Adults" is traditional name for adult education for people 55 and older

Sometimes confuses policy makers because it sounds a lot like "adult education"

So, let's try "Elder Ed"

Has "Education" in the name

Inspired by book, "Elderhood" by Louise Aronson, and by ElderTech Academy

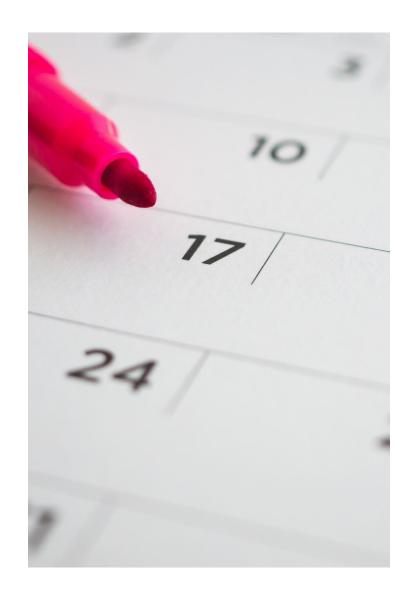
Elderhood as a phase of life, like childhood and adulthood

QUESTION:

When do you plan to stop learning?

How about June 30, 2022?

Some of the elders you will learn about today will lose their opportunities to learn at the end of June this year.



ELDERS HAVE BEEN LOSING EDUCATIONAL OPPORTUNITIES SINCE 2008

The California Masterplan for Aging website has a timeline of progress for elders from 1900 to the present.

https://mpa.aging.ca.gov/KnowingOurHistory/

It tells an encouraging story of ever-increasing protections for older Americans, including:

1935 Social Security Act

1965 Medicare

2010 The Affordable Care Act

2020 The Master Plan on Aging

However, the timeline leaves out elder education, which was a significant step forward when it began.

Since the timeline doesn't mention elder ed at all, it also fails to tell the story of its neglect and decline in the early decades of the 21st Century.

TIMELINE OF LOST LEARNING OPPORTUNITIES FOR ELDERS IN CALIFORNIA

Year	Event
1951	Older Adults classes started in California's adult schools after a conference on aging that year. Courses included health education, foods, financial management, psychology of aging, crafts, and other creative activities. – Meeting the Challenge: A History of Adult Education in California, California Department of Education, 2005
2008	Economic crash precipitates a crisis in education. Laws governing adult schools suspended. Categorical flexibility: school districts allowed to take adult school money to bolster K-12 programs. Some adult schools close altogether. Some close their Older Adults programs to save other programs.
2013	AB 86: State no longer funds adult school Older Adults programs, and many of the remaining Older Adults programs close.

SOME NOTES ABOUT AB 86

Legislators responded to outcry about the loss of education programs for elders by saying programs for seniors "don't belong in education", but that they would find other funding for the programs, perhaps in the health department.

Sadly, this was never done.

The idea that everything pertaining to elders is about health (read "disease") is classic ageist thinking and harmful. It reduces people to their ailments.

AB 86 did not affect funding for elder ed through the community colleges, but community colleges in many areas have not picked it up.

San Francisco City College did have a robust program of classes for seniors, but these programs were drastically cut when the school ran into financial difficulties.

This pattern of treating education programs for elders as expendable is counterproductive.

ELDER EDUCATION IS NECESSARY TO REACH THE GOALS OF THE MASTER PLAN FOR AGING

Just as implementation of the Master Plan is beginning, Elder Ed programs that could support its success will be lost unless the state restores their funding.

Many of the remaining adult school elder ed programs have had to start charging fees to survive.

Classes for elders need to be free of charge because about 29% of California seniors live below the poverty line. (figures from U.C. Berkeley Labor Center).

In order to truly build a California for All Ages, adult school classes for seniors must be state-funded and free of charge to students, as they were before 2008.

How does elder education support the goals of the Master Plan for Aging?

MPA GOAL # 1 HOUSING FOR ALL AGES AND STAGES

"We will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready." – MPA Website



MPA GOAL #2: HEALTH RE-IMAGINED

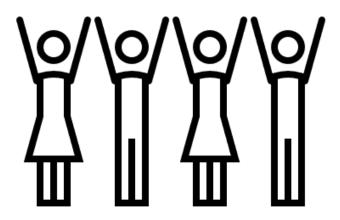
"We will have access to the services we need to live at home in our communities and to optimize our health and quality of life." – MPA Website



MPA GOAL #3: INCLUSION AND EQUITY, NOT ISOLATION

"We will have lifelong opportunities for work, volunteering, engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation."

- MPA Website



INCLUSION AND EQUITY, CONTINUED

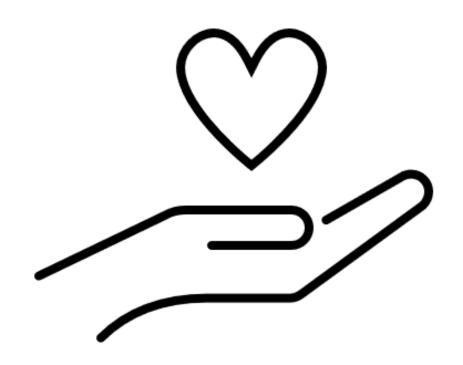


Digital technologies are fostering new opportunities for connection and inclusion for work, play, community, culture, and commerce. However, over two million Californians do not have access to high-speed internet and approximately 34 percent of adults over 60 do not use the Internal (sic) at all. The COVID-19 pandemic has brought these issues into greater focus and heightened the need for improved access to broadband, digital devices, and technology support for older adults. – MPA Website

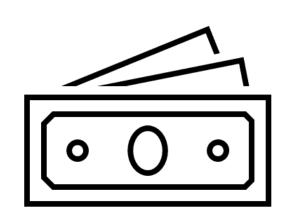
MPA GOAL #4: CAREGIVING THAT WORKS

"We will be prepared for and supported through the rewards and challenges of caring for aging loved ones."

-- MPA website



MPA GOAL # 5: AFFORDING AGING



"We will have economic security for as long as we live." – MPA Website

QUESTION:

Where is education?



How many ways do you see these elder education programs supporting the MPA goals?



WEST CONTRA COSTA ADULT EDUCATION SENIOR CENTER AT CHRIST LUTHERAN CHURCH, EL CERRITO, CA MARCH SCHEDULE

9:00	German	March 07	Disaster Preparedness
9:00	Spanish	March 14	Recycling New Rules Talk
10:30	Basic Folk Dance	March 21	Talk by Congressman
10:30	Discussion	Garamendi	
11:30	Special program	March 28	Fall prevention talk
12:30	Lunch		
1:00	Writing Class		
1:15	Seated Exercise		
1:45	Ukulele		

WEST CONTRA COSTA ADULT EDUCATION SENIOR CENTER AT ST. JOHN'S, EL CERRITO, CA



Schedule:

9 - 10 coffee, tea, snacks, cards and social time

10 - 12 Watercolor class

12-1 Lunch

1 -2 Ukulele instruction

2 -3 Ukulele Sing-Along

COVID Vaccination Clinic April 19

WEST CONTRA COSTA ADULT EDUCATION SAKURA KAI SENIOR CENTER, RICHMOND, CA

At West Contra Costa Adult School, our Life Planning class is also known as Sakura Kai. It was started in 1973 as a partnership with West Contra Costa Adult Education and the City of El Cerrito senior center. Our students who had returned from internment camps where they were sent during World War II had difficulty obtaining services they needed due to the language barrier. As years have gone by the center has tripled in enrollment, and the curriculum enlarged and adapted to another generation of seniors but our mission has remained the same.

-- Marjorie Fujioka, Director, Sakura Kai



The mission of Sakura Kai is to provide its seniors, including Japanese-speaking seniors, with lifelong learning opportunities and to sustain and share with the public Japanese-American culture and traditions for the present and future generations. We strive to enhance personal health and nutrition, consumer awareness, intellectual growth, technology skills, personal development, and provide opportunities to socialize in a secure environment.

As a central group we can motivate and mobilize seniors to volunteer.

We had an annual Health Fair through 2017 with some 80 professional volunteer medical people to check the seniors with a health overview and recommended referrals when found necessary.

A volunteer helped seniors who wanted to tutor youth at WCCUSD schools and some taught Taiko at a four-month summer youth program.

We had talent shows of our performing classes and rented an elementary school auditorium with our cultural education program open to the community.



We started programs like computer instruction ahead of the other centers and purchased our own laptops to introduce our seniors to technology.

A grant from CCAE in 2007 enabled us to purchase Japanese computer textbooks.

Many of our seniors learned how to video tape or take photos so we had a photography class and we started a men's discussion group—they even produced a skit for our talent show.

During the year 2005 to 2009 oral history videos were produced with the help of a grant to help with the costs. These oral histories are archived at SF Japanese American Historical Society, CalBerkeley Bancroft Library, Richmond Historical Museum, and just recently donated to the Japanese archives at Sacramento State College Library.



THE PAIN AWAY PLAN

PROFILE

Amy Aldrich has been on the teaching staff of West Contra Costa Adult Education for 20+ years. First she taught ballroom dance. Later, older adult fitness classes were added and successfully carry on to this day. She is trained in both The Egoscue Method and the MELT Method, both of which minimize pain. She teaches people to use these methods to live a life free of pain.



THE PAIN AWAY PLAN

Tuesdays

11:00 am

Strong Bodies Stay Young 1 hour class

Thursdays

11:00 am

Strong Bodies Stay Young 1 hour class

Wednesdays

11:00 am

What is the MELT method 1 hour class



Technology Training for Older Adults

An Intergenerational Program Tailored Specifically to the Needs of Older Adults

ElderTech Academy recognizes the unique educational needs of older adults distinct from students in traditional adult education programs.

Connectedness - Independence - Aging In Place
Enrichment - Lifelong Learning
Digital Literacy

http://www.eldertechacademy.com

OTHER PROGRAM
S:
BERKELEY
ADULT
SCHOOL
LIFELONG
LEARNING
PROGRAM

Separate from Community Interest

Classes focus on the needs of learners 55 and older, but all welcome

All classes \$35 each.

https://bas.berkeleyschools.net/

SAMPLE CLASSES FROM BERKELEY ADULT SCHOOL SPRING CATALOG American Environment: Great Naturalists of the 20th Century

Art and Civilization: Paris 1920

Contemporary Film

Critical Viewing (Re film, TV, ads, etc.)

Current Events

Spanish Conversation

Memory Meet-Up

Yoga

26 classes altogether

OTHER PROGRAMS: SAN MATEO ADULT AND CAREER EDUCATION

Programs for Active Adults

Choice of online or in person

Classes in the areas of:

Applied Art (3 classes)

Health and Fitness (11 classes; includes Yoga, Tai Chi, Chair Exercise, Fall Prevention)

Current Events (2 sections), Memoirs and Stories (1 section)

Genealogy (3 sections)

All classes supported entirely by fees. Fees vary.

https://sanmateoadulted.org/programs/active-adults/



Like millions of Californians, I am a member of the sandwich generation. I'm single mom to an amazing daughter and single daughter to an amazing mother whose challenges now include hearing impairment, memory changes, tremor, and loss of balance. My stepfather - who passed just before the start of the pandemic - had vascular dementia, vision loss due to macular degeneration, and hearing impairment.

I know what it to struggle to find ways to support the health and well-being of my elder family, keeping them out of the hospital and thriving as active contributors to the community - and much needed help to me as a single mom.

What made all the difference - especially during the pandemic!! - were the Older Adults classes my parents took first in Southern California and then the Bay Area. These classes provided them with ways to maintain physical, mental, and social-emotional health.

If you have not been a caregiver to a senior while also working a job and raising a family, perhaps you do not or cannot understand the vulnerability those of us in this situation experience. Believe me when I tell you these classes have been a LIFESAVER - not just for my parents but for me as a working professional who is also raising a family.

--Cynthia Eagleton



ELDER EDUCATION IS A GOOD INVESTMENT

Adult school programs for Older Adults promote healthy aging and save the state money.

They combat isolation, which is one of the most serious challenges facing older Americans, and provide opportunities for socialization and mental stimulation that contribute to healthy aging.

- Physically, mentally and socially stimulating programs, such as Older Adult classes provide, reduce the likelihood of participants contracting dementia by 18 %. (American Journal of Epidemiology, vol. 155, No.12, June 15, 2002)
- A British study estimated that improving healthy life expectancy by just one
 year each decade could save the state 14% on health care between 2007
 and 2025. (British Department of Work and Pensions 2009 study, "Building
 a Society for All Ages, page. 15)



Older Adult programs provide the support needed for seniors to add significant value to their communities through volunteer work.

An informal study of participants in two West Contra Costa Older Adults programs found that students in the programs provided about 6,463 hours of service during one school year, at a value of about \$76,780 per year for West Contra Costa Unified. For comparison, the entire Older Adults program costs about \$30,000 per year.

Adult school Older Adult programs provide unique opportunities for inter-generational learning.

Because adult school Older Adult programs are part of their school districts, they can easily become a rich resource for intergenerational learning. Possibilities include living history projects where children learn about history from those who lived it, intergenerational art projects, and opportunities for high school students to work with seniors and learn about the growing field of elder care.

ADULT SCHOOLS ARE A GOOD MODEL FOR DELIVERING ELDER ED

Elder Ed needs to be local. Not everyone lives near a community college or can get to the community college campus if they do. But everyone lives in a school district.

Adult schools have a history of delivering Elder Ed programs and have the necessary expertise.

Elder Ed and K-12 schools are natural partners. Opportunities for intergenerational learning, living history projects, volunteer work by elders in the schools and more are facilitated by this connection.



STUDENT VOICES

My children need to hear my stories.



STUDENT VOICES

I am about to turn 81. The exercise classes taught by Amy Aldrich at WCC Adult Education have been a big part of keeping me moving, healthy and happy.

Especially during, but not limited to, these past few years when seniors have been so isolated and unable to engage in social routines!

Each week, I look forward to joining others as we encourage each other to keep engaged, limber and strong. The value of older adult education, for physical, mental and social health is very, very important, it should be prioritized not undermined! Shame on those who have withdrawn funds and treated elders as invisible and unworthy of society's support! I urge the powers that be to find permanent funding to continue these essential programs.

Marilyn Haller Richmond CA



I'm Martin Zeitman, 67 years old, unemployed since the first Covid lockdown, over 2 years ago.

I have a chronic neurological condition that compromises my balance and flexibility, I've been participating in Amy's class and have noticed a distinct improvement in both of those areas. Amy's class has helped me to notice and control things about how to use my body and adjust my posture.

Living alone, I also find the class to be a valuable social outlet.

Martin Zeitman



Quote from Kaz Iwahashi ... "Blood pressure screenings are an important service to offer to seniors who are at a higher risk for high blood pressure. It's very convenient to offer these screenings when people are already coming to Sakura Kai for activities."



My name is Cary Fong. I am 73 years old and I live in a Senior retirement community in Walnut Creek, Ca.

For many years, I have attended exercise classes at the Emeryville Senior Center. For the past 2 years because of Covid, I have been attending the classes on Zoom.

The Baby Boom Generation is having 10,000 people a day reaching the age of 65. Instead of cutbacks, we need to expand programs and classes for our seniors.

California with the 4th largest GDP in the World can surely afford the modest cost of fully funding Senior programs throughout the state.

SAVE Our Senior Program Funding !!!

Cary Fong



Ruth Ichinaga: We have an amazing group of seniors who have been attending our taiko classes. They enjoy having the stimulation of learning a song and keeping their muscles active as they continue to show up regularly and enthusiastically. Taiko is about playing the drums together, being aware of our fellow players, timing, rhythm, expression of the music and using the whole body. It's an activity that keeps people connected, keeps the mind and body active and stimulated and fills us with joy.

Carolyn Hayashida: Taiko drumming, whether in person with the group or on Zoom, puts me in the present moment. The focus is playing taiko with a community of cool seniors. It is definitely good for the brain and brings happiness to the soul!

Gerry Furuzawa: I am so grateful that our taiko group is able to meet through Zoom. Being able to connect remotely has been good for my physical and mental well-being

Mary Ann Furuichi: Taiko has been a form of healthy exercise using the entire body and mind by increasing and improving the memory, gaining self-confidence and overall strength



Dear Amy,

I am writing in support of your efforts to promote Continuing Education Programs for Seniors and for the instructors of these classes to be paid.

Fifteen years ago I had a terrible fall and was encouraged by a friend to attend your Pain Away classes at the Richmond CA Senior Center.

Your classes and the community of participants have enabled me to regain strength, stability, mobility, and courage. Often, I am without pain and at times when it finds me, I have the tools to manage it.

Thank for your knowledge and skill as a teacher.

I am hoping to continue coming to the classes for many years.

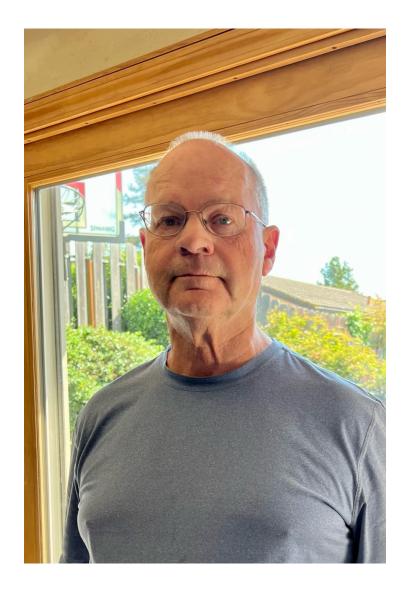
Connie Lompa

Quote from Kazue Nakahara ...

We participate in activities such as the strategyrich game of Mexican Train Dominoes. It's a mind stimulating game since you have to think several moves ahead, so it keeps our minds sharp!



Dan Thomas, resident of Crockett. I have lived in this county for 20 years. I am a retired engineer. I turn 71 in May. I have the usual aches and pains like most people my age. I have various exercises that I need to do for those, some every day, some three times a week, and so on. I really appreciated the class that I attended by zoom. I now do those exercises every day.





As a member and volunteer of Sakura Kai, I see that this senior center provides a welcoming place for older adults, like me, to get together and socialize which is so important for we seniors to stay connected with others and feel a part of the community. Playing mah jong is a fun way to relax and enjoy the company of others, as well as keep our minds active!

Miyo Uratsu, member and volunteer of Sakura Kai Senior Center

Amy

,I am writing this in support of the efforts to secure continued funding for the Older Adult Education Program.

I am a retired postal service employee who has participated in many older adult education programs over the past 15 years or so.

I'm reminded of a 2007 knee replacement surgery and my work with a physical therapist. As I worked to get back on my feet my therapist commented that I seemed to be making especially good progress and asked if I had been a regular exerciser before surgery. I replied that I had been attending a twice a week exercise class offered through the older adults program for a few years and that I walked about three times a week. He commented that probably the reason I was doing so well was because I had been exercising regularly prior to my surgery. And that was thanks to the exercise class.

Fast forward to 5 years ago when I underwent breast cancer surgery. Before completion of my radiation therapy I was back to exercising with my friends through the older adult program.

Kokoye Sande















THE CALIFORNIA MASTER PLAN FOR AGING – ADULT EDUCATION IN A STARRING ROLE!

Elder Ed could really shine, but we need to raise awareness and restore funding.

OLDER ADULT EDUCATION FOREVER!

OAEF! Objectives:

- Align OAEF! with the goals of the California Master Plan for Aging (MPA)
- Build relationships with MPA stakeholders and other organizations with a stake in the well-being of seniors in California
- Get state funding for adult school Older Adults programs restored
- Create an advocacy organization for Older Adults programs similar to the PTA for kids
- Improve communication and outreach to older adult students and potential students

Join us!

OAEF! IS A YOUNG ORGANIZATION – WHAT HAVE WE DONE SO FAR?

Since our first meeting in July, 2021 we have done a lot!

We found each other!

ElderTech Academy

Richmond Commission on Aging

Area Agency on Aging

California Federation of Teachers (CFT)

California Alliance for Retired Americans (CARA)

The list keeps growing!

We reached out to CCAE, and Director Adriana Sanchez-Aldana graciously invited us to this conference!

We may have found some local funding to keep the West Contra Costa programs open without having to charge fees!

WE WOULD LOVE TO WORK WITH YOU!

www.ElderEdCA.org

Kristen@ElderEdCA.org

Amy@ElderEdCA.org