

# AGING

## RESEARCH UTILIZATION REPORT

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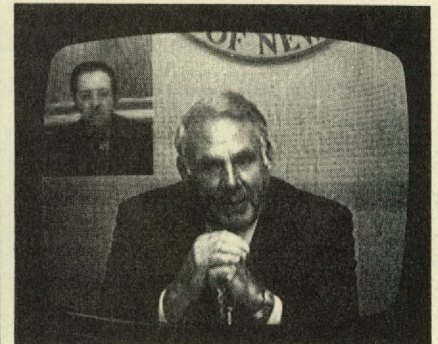
Vol. 3 No. 2

TEXAS GOVERNOR'S COMMITTEE ON AGING

Spring/Summer 1976

### Telecomputer Grid

## NEW TECHNOLOGY FOR INFORMATION EXCHANGE



An innovative two-way television conference system, that makes it possible for participants in neighboring cities to hold meetings and exchange ideas, was introduced at the Governor's Committee on Aging-Research Utilization Project's workshop, March 11th, at Skyline Center, Dallas, Texas.

The program entitled "Developments in Aging: Communications and the Elderly" was one of a series being presented by the Research Utilization Program for the purpose of making the most recent research information on aging available to administrators, researchers and the public.

The program was co-sponsored by the:  
*Governor's Committee on Aging-Research Utilization Project*

*National Retired Teachers Association - American Association of Retired Persons, Dallas Regional Office*

*Texas Education Agency*

*A. Webb Roberts Center for Continuing Education in the Health Sciences*

*Skyline Center, Dallas Independent School District*

The Telegrid program focused on crimes affecting older Americans and included specialists in Dallas and Austin who participated in the panel discussion. In Dallas, George Sunderland, coordinator of NRTA-AARP's Crime Prevention Program, presented a report on the "Elderly as

Victims of Crime" (See page 4) and Sgt. Don Blankenship of Maricopa County (Arizona) Sheriff's Department reported on delivering police services to the elderly with elderly law enforcement officers.

In Austin, Dr. Carl Hall, University of Texas at Austin, and Dave Kendall, First Assistant to John Hill, Texas Attorney General, joined the crime discussion from the Austin studio.

The Telegrid System is seen as filling an important need in communications, whether for emergency situations involving police or fire departments, or for regularly-scheduled meetings.

The microwave capabilities of the network presently connects San Antonio, Austin, Killeen, Gatesville, Waco, Hillsboro, Cleburne, Cedar Hill, Dallas and Fort Worth.

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## INSIDE

### Special Features

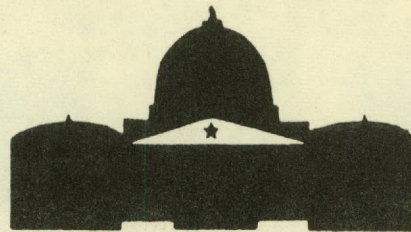
International Trends In Aging/**The Elderly as Victims of Crime**/New Developments in Community Services for the Elderly Blind/**It Must Have Been Something I Ate**

### Regulars

Open Session/**Older Texans in the News**/Significant Dates



OPEN



SESSION

MARK YOUR CALENDAR NOW —

## Significant Dates

# 1976

**The Governor's Committee on Aging — Research Utilization Program** announces workshops for 1976. All workshops are open to the public and have no registration fees. For additional information, please write the editor.

April 23, 1976 — *"Developments in Aging: Health in the Later Years,"* St. Dominic's Diocesan Center, 2401 Holcombe Boulevard, Houston, Texas. Research to be presented includes mental health, rheumatology, long-term care, drug-food interactions in the elderly, and use of volunteers.

May 10, 1976 — *"New Options for Older Texans — A Day of Reporting,"* Joe C. Thompson Conference Center, Austin, Texas. This is the third annual statewide workshop. The theme of the workshop will be alternate care for the elderly. Research reports will include alternate care for veterans, NASA food project for the elderly, housing for the elderly, and federal perspectives and alternate care.

The Governor's Committee on Aging, Center for Studies in Aging, and the Texas Department of Community Affairs will jointly sponsor "Aging and Aging Service Fair." These training meetings are for directors of public housing, city officials, and service providers.

May 12-13 — Houston, Beaumont (Location to be decided)

June 9-10 — Dallas (To be decided)

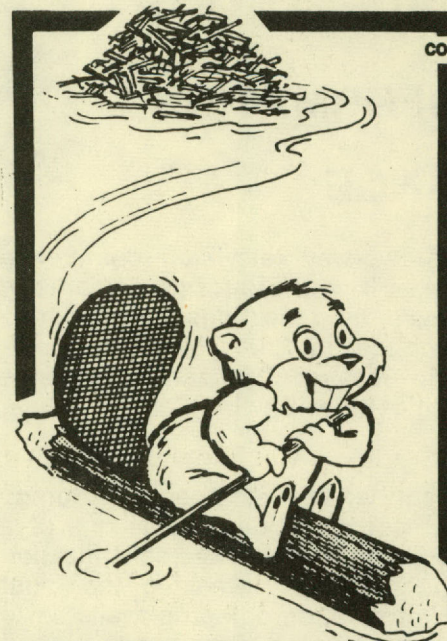
July 18 — San Antonio (To be decided)

A training series co-sponsored by the **Texas Association of Homes for the Aging** for administrators and staff of long term care facilities, "Financial Aspects of Quality Long Term Care."

May 5-6 — McAllen

June 16-17 — Fort Worth

For additional information, contact: Center for Studies in Aging, P.O. Box 13438, North Texas State University, Denton, Texas 76203.



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## RELOCATING?

Send us your new address and the RUR will meet you there. Write us!

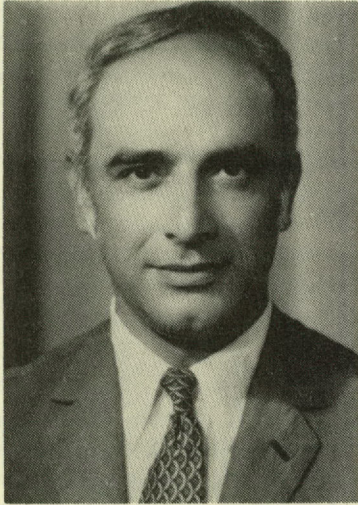
### RESEARCH UTILIZATION REPORT FOR THE AGING

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Research Utilization Program  
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## INTERNATIONAL TRENDS ON AGING



Tarek Shuman, Ed.D.

In 1948 the General Assembly (GA) of the United Nations (UN) adopted a resolution to conduct a study on the aged.

This, in all probability, was the first attempt at an international level to gather information on aging from various countries.

In 1969, the GA decided to give priority consideration to the question of the elderly.

The Secretary General prepared a report stressing that the approach to the aging in terms of policies and programmes should be part of the overall economic and social planning of a country and should not be treated in isolation.

In November 1973, the UN General Assembly considered an item on the aging and discussed the Secretary General's report with regard to older people in various countries of the world.

In May 1974, the United Nations convened an Expert Group Meeting on Aging to examine the guidelines for national policies. The SG reported that the world's older population in 1970 numbered nearly 291 million persons, representing an increase of over 100 million persons 60 years of age and over since 1950. By 1985, the total number may reach 406 million and by the year 2000 it is expected to reach nearly 585 million — an increase of almost 100 percent in 30 years.

There has been a drastic increase in the proportion of older adults to younger adults.

Such a dramatic change in age structure will result in an aging of the total population, and consequently have a profound effect on the work force and economic policies; on the goals and organization of social policies, such as health, education, social services; and on the structure and function of the family.

There will be fewer children and other relatives to give the aging social and psychological support and help with gifts of cash, clothing, rent-free housing, etc.

More and more of the world will witness the necessary acceleration of trends of the government in providing goods and services, including income maintenance for the older sector of the population.

Public expenditures for benefits to the aged have risen not only as a result of the rising proportion of the aged persons in the population, but also because of rising per capita costs.

While the family may be an efficient social institution for the care of dependent children, it cannot under modern conditions provide adequate security for older persons.

With the increase in life expectancy, governments must recognize that the type, kind, and length of illness for an increasingly large segment of their population is changing.

The introduction of modern health technology contributes to the aging of a population's work force.

As the lives of workers are prolonged, death no longer creates openings in the labour force as rapidly as it once did.

The pressure toward retirement forces people out of the valued and highly rewarded roles, deprives them of utility, curtails their income and lowers their status in society.

\*Excerpts from a keynote address given at the Governor's Committee on Aging-Research Utilization Project Workshop *Developments in Aging: Urban and Rural*, Trinity University, San Antonio, Texas, February 20, 1976.

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# The Researcher Speaks

## THE ELDERLY AS VICTIMS OF CRIME



George Sunderland

The NRTA-AARP, Crime Prevention Program was developed following a major poll of Association members.

Second only to the problems of food and shelter, crime ranked as their greatest concern.

Initial staff research led to a program on Crime Prevention. The first phase of the Program was initiated in mid-1972 to bring to members of individual chapters practical, realistic ways to avoid victimization, to reduce criminal opportunities, and to alert them to real dangers, at the same time dispelling imagined fears.

The need for additional methods of programming soon emerged and the Metro-Area Program was introduced.

It involves multi-chapter/unit participation, and in others, entire communities, including elected officials, prominent local community leaders, law

enforcement agencies, service organizations, and others reaching far beyond the membership of the Association.

Widespread use of radio, TV, newspaper and other communications media was also used to convey information.

As the Associations' visibility and expertise in the area of crime and the older person gained wider attention, appreciable increases in inquiries for factual information and experience were noted, from universities, colleges, other educational institutions; from film producers; from law enforcement chiefs and agencies; and from Federal, State and local government representatives — all seeking information with respect to the crime-related problems of the older person.



The lack of hard data on some aspect of victimization of the aging was also becoming evident. We are engaged in the development and analysis of as much data as can be gathered.

Continuing to bear in mind the objective of meeting the needs and alleviating the concerns of the older person, in 1973 we noted in the training of law enforcement officers a gross lack of course material which would help them deal more effectively with older people. We began hosting a series of workshops/seminars for the exploration of course content for such training.

Since the Fall of 1974, the Associations have sponsored and conducted more than 60 of these seminars in various configurations in many areas of the nation, with a high degree of success and receptivity.

With the experience and insight gained, we are now developing formally organized training materials, instructor's guides, workbooks, and case studies.

The structured course will ultimately be made available to police training academies, other law enforcement agencies and institutions of higher learning, for inclusion in their training curricula.

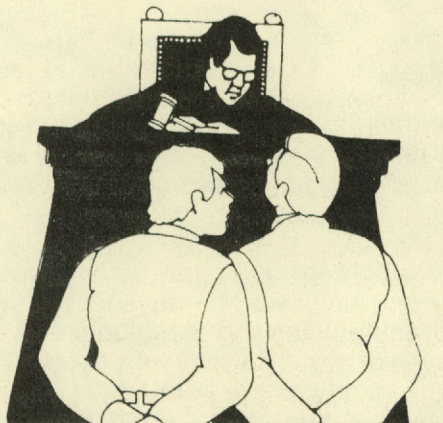


Our seminars for Law Enforcement Officers have brought to light a number of successful community crime prevention programs, which are offered to other seminar participants for replication in their communities.

Moreover, in addition to gaining insight into ways in which he can deal more effectively with older persons, the law enforcement officer learns of the vast human resources available through the use of motivated and experienced older Americans to augment law enforcement agencies.

Through these efforts, a number of volunteer augmentation programs have been started and are operating successfully.

Special requirements emerge which appear desirable of achievement as time and staff limitations allow, to become parts of the total Crime Prevention Program.



These include information to assist the uninitiated in testifying as victims or witnesses in the courts; the adaptation of the program for presentation to the deaf, blind, and other handicapped persons; the development of the discussion guides for volunteer leaders use on local radio programs; programs to teach crime prevention and other precautionary activities to grade school children and others. All segments of the Program are, of course, contributory to each of the others.

They are separate, but inter-related. Refinement of each of the elements is continuing and new needs are being addressed as they become identified.

For additional information, write:  
**George Sunderland, Coordinator  
Crime Prevention Program  
National Retired Teachers Assn.  
American Assn. of Retired Persons.  
1909 K Street, N.W.  
Washington, D.C. 20049**

## NEW DEVELOPMENTS IN COMMUNITY SERVICES FOR ELDERLY BLIND



Edward R. Murray

The number of legally blind individuals residing in the United States is approximately 482,000 persons — half of this number being 65 years of age, or older.

Only about 10% of this number, however, are totally blind.

It has been estimated that there are 1,300,000 individuals who cannot read the newspaper even with the help of spectacles.

Nearly 7,000,000 residents have such severe vision problems that strong spectacles are necessary for them to carry out daily activities.

The State of Texas, with a population of approximately 12,050,000 persons, is estimated to have 26,700 legally blind individuals.

The rate of 2.21 per thousand blind individuals for Texas compares quite closely with a 2.24 rate for the total United States.

It is further estimated that approximately 2,550 new cases of legally blind persons can be anticipated each year. Considering that 1,120,000 of the Texas population are 65 years of age or over, and considering the steady increase of legally

\*A person is said to be "legally blind" if his central vision acuity does not exceed 20/200 in the better eye with correcting lenses or his visual field is less than an angle of 20 degrees.

\*\*Speech excerpts, March 11, 1976, Research Utilization Workshop, *Developments in Aging: Communications and the Elderly*, Skyline Center, Dallas, Texas.



## ELDERLY BLIND continued

blind persons in the older population, we can estimate that at least 50,000 older persons in Texas are candidates for service from agencies serving the blind and agencies serving the older population in general.

Services to the blind and visually impaired individual, consisting of educational counseling and rehabilitation, are provided by each of our 50 states, assisted by Federal funds and by voluntary organizations.

Because of a number of reasons, quality of service does vary considerably from state to state.

For example, in one state the elderly individual may receive considerable help in the realm of techniques of daily living, such as grooming, cooking, household management, etc., whereas in another state, services of this nature are practically non-existent.



A number of organizations are attempting in every possible way to improve the quality of service throughout the entire United States, and perhaps just as important, the availability of service.

The American Foundation for the Blind, Inc. was established in 1921 to carry on research, to collect and disseminate information, and to advise and give counsel on matters that improve and strengthen services to blind persons.

As a private, non-profit organization, we do have considerable leeway in carrying out and encouraging programs for the visually impaired individual. For over 50 years, the Foundation has engaged in many activities ranging from limited direct service to consumers to a variety of services available to agencies serving the blind and visually impaired population, as well as to many ancillary organizations.

The Community Services Division maintains a direct liaison with public and private institutions serving blind and visually impaired individuals in the United States by means of six regional offices located throughout the country.

Routine agency visits are made, in addition to those visits made in response to requests regarding specific problems. Consultation is provided on all aspects of administration, staff development programs, or in upgrading the total agency program.



By maintaining frequent contact with agencies and with blind consumers, we can act as a two-way agent of information and communication.

In addition to consultation activities, we plan and carry out many workshops and seminars and take part regularly in various regional and national conferences of organizations interested in serving the blind individual. We routinely provide other departments within the Foundation with information from the field that can be of help in analyzing the effectiveness of our total services.

As interest mounted in the field of electronics and as more and more research personnel devoted time and attention to devices that might aid the blind individual, the American Foundation for the Blind allocated additional resources to this area.

In particular, the repeated problem of getting promising aids and devices from the laboratory to the consumer was examined closely.

In 1971 the Sensory Aids Department was established and only recently, this department was combined with the Research Department.

The newly created Research and Technological Development Department will continue to encourage research and will be of even more help in overcoming problems of marketing.



## Services of the Foundation

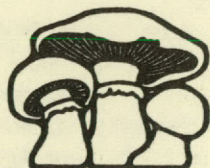
For your information and later use, the range of services available from the Foundation are listed:

1. Publication of books, magazines, monographs, and leaflets in inkprint, large type, recorded, and limited braille forms.
2. Manufacture and sale of special aids and appliances for use by blind people.
3. Recording and manufacturing of talking books.
4. Technological and psycho-social research on blindness.
5. Field consultation to local agencies giving direct service to blind persons.
6. Legislative consultation and action on matters of national import, including Washington office at 1660 L Street, N.W., Washington, D.C. 20036.
7. Public education via radio, television, exhibits, and the press.
8. A special library on the subject of blindness.
9. Fostering of improved education and rehabilitation programs.
10. Processing and distribution of identification cards for one-fare travel concession for blind persons.
11. Service information and referral.
12. Production on films on blindness.

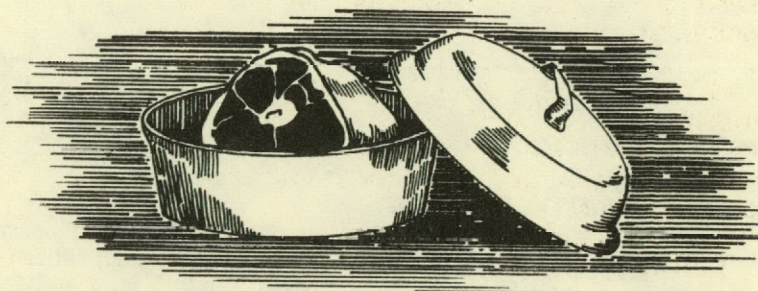
There is considerable variation relating to services for the visually impaired population, as mentioned previously.

Considerable progress has been made in expanding these programs so that they will be available to even more individuals, particularly the elderly.

For additional information contact:  
**Edward R. Murray**  
**Regional Consultant**  
**American Foundation for the Blind, Inc.**  
**1860 Lincoln Street**  
**Denver, Colorado 80203**



## IT MUST HAVE BEEN SOMETHING I ATE



Probably one of the leading complaints of senior citizens — and some citizens not so senior — is stress associated with 29 feet of digestive and intestinal tract.

Tagging along with the 40 tons of foods and liquids eaten during the proverbial “three score years and ten” are — the microbiological horde.

Their attack is a continuous bombardment of molds, fungi, viruses, bacteria and all their metabolic by-products both non-toxic and toxic that people must somehow disarm and digest or recognize and avoid.

Many facts are known concerning the eating habits of Americans, their likes, dislikes, pleasurable sights, sounds, and smells and their reactions to commercial TV messages about foods.

Seldom mentioned is the conservative estimate of 10 million or more people in the U.S. who become ill each year from eating foods or the 659 recorded outbreaks of botulism (a potent food borne toxicity) in the U.S. (1899-1969). Even in 1974, the 30 cases of botulism with 5 deaths only slipped quietly into the news.

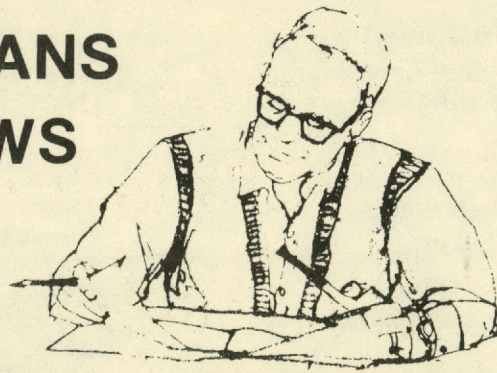
Digestive and intestinal imbalances due to foods with high bacterial loads do precipitate other diseases that are being marginally contained by a delicate physiological and immunological resistance.

This is especially true with increasing age.

The number of people in which these system breakdowns precipitously occur could easily add



# OLDER TEXANS IN THE NEWS



The Austin American-Statesman  
Sunday, March 28, 1976

## Educator urges elderly to keep their dignity

SAN ANTONIO (AP) — Society tends to put people of retirement age on a shelf, says Dr. James MacKay, 84, founder of the nation's oldest and largest college for senior citizens.

"For older persons to keep their dignity and individuality, the retiree must develop new interests. The most important thing to do is face reality," said the octogenarian.

Dr. MacKay was honored Friday as "Senior Citizen of the Month" in a national program cosponsored by the National Council on the Aging and Kentucky Fried Chicken restaurants.

Col. Harland Sanders, 85, presented the award. He founded the national chicken restaurant chain at age 66.

The psychologist founded San Antonio's Institute of Lifetime Learning. It was conceived, organized and run by the elderly.

Enrollment now tops 2,500. "The great part of life after 65 is that you finally have time to do what you've always wanted," said Dr. MacKay, who is pursuing an ambition of his own through the institute — painting.

Besides working at the institute, Dr. MacKay is chairman of the Texas Personnel and Guidance Commission on Middle-Aged and Older Persons.

Mirror  
Gilmer, Texas

## ETCOG Committee Approves County Minibus Grant Application

Upshur County's application for a \$15,000 state grant to set up a minibus service for one year for persons over 60 has cleared its first hurdle.

County Judge Everett Dean received a letter Tuesday saying that since in the executive committee of the East Texas Council of Governments had approved the application last week, it will become a part of the 1976 Area Agency on Aging plan which must be approved by

the Texas Governor's Committee on Aging in May.

All projects in the plan can be funded beginning June 1, said the letter from Claude I. Andrews, ETCOG coordinator of aging programs.

The minibus would run on a regular route to take any person over 60 to doctors' offices or to attend to business. The services have been operated with varying degrees of success in several Northeast Texas counties.

Star-Telegram  
Fort Worth, Texas



SCHOOL LUNCH — Fort Worth school Supt. Gerald Ward, right, and Asst. Supt. Clyde Bunnell leave the lunch line Monday at Paschal High School where they greeted representatives from the Governor's Committee on Aging who were here to learn more about the school

district's lunch program for the elderly. The committee Wednesday night will present the school board with a resolution commending the district for opening its lunch program and empty rooms to senior citizens throughout the city.

'Tragic part'

# Fearful of crime, elderly stay home

By DOUG DOMEIER

The most tragic part of crime against the elderly is when fear of crime keeps the elderly at home, George Sunderland, of Washington, D.C., told a workshop on aging here this week.

"After they've worked all their lives, they can't walk in the streets after dinner or sit in the park during 'evenings,'" he told more than 100 persons at the workshop at Skyline Center, 7777 Forney Road.

Sunderland is coordinator of the crime

prevention program operated by the National Retired Teachers Association and the American Association of Retired Persons.

But he said "perceived fears are often exaggerated" and the program tries wherever possible to reduce "irrational fears" of crime among the elderly.

Elderly are victimized "far out of proportion to their numbers," he said. An elderly person is vulnerable to muggers, purse snatchers, and vandalism because often they cannot fight or run.

Sunderland called for placing top crime-fighting priority on "stranger-to-stranger violence."

"I can go down New York Avenue in Washington for four miles during the evening and not see one single person," he said. "This is abnormal."

The 1-day conference was sponsored by the Research Utilization Program of the Governor's Committee on Aging.

"A tremendous force of (elderly) people is sitting at home who could be used" to fight crime, one participant said.

Examples of several crime-fighting programs of the elderly were given by Sunderland and another speaker, Sgt. Don Blankenship, supervisor of the crime resistance bureau of the Maricopa County sheriff's department, Phoenix, Ariz.

Project Lifeline, adopted in one city, asked elderly shut-ins, or other isolated old people, to call a volunteer operator once a day; if people failed to call, the volunteer had the person's home checked.

A court-monitoring project organizes informal groups of elderly citizens to watch trials and court proceedings (in Phoenix, the number of imprisonments increased after start of the program).

Texas AFL/CIO  
Labor News

## Senior Citizens Get Out in Front Again

As has been the case in recent years past, members of the Texas Senior Citizens Association apparently are already far out front of similar groups in getting people registered for 1976 elections.

Bob Gibbons, director of the retired union members program for the Texas AFL-CIO and labor's representative with the Senior Citizens Association, reports that virtually all chapters of the Association showed evidence of increased voter registration at a recent board meeting in Bryan.

"Not only are they registering the elderly, but all voters," said Gibbons. "They are setting up booths at supermarkets and registering anyone they can. In Beaumont alone, they have registered over 2,000."

Gibbons said one person responsible for much of the voter registration activity in Houston, Galveston and the Sabine Area is Ray Johnson, a retired international representative for IBEW who is working this particular area of Texas to register retired union members.

Gibbons, recently appointed to the Governor's Advisory Committee on Aging, said a recent meeting of that committee adopted a 10-step plan to cover virtually all concerns of the elderly in Texas.

The Senior Citizens Association has three members on the Advisory Committee. They are E. H. Henry of Eagle Lake, Fred Thornton of Port Arthur and Gibbons.

—Star-Telegram Photo



# INTERNATIONAL TRENDS ON AGING

continued

Increasing urbanization and industrialization are being accompanied by a mass migration of the younger and better educated segments of the rural population to larger cities.

For the aging who reside in the city, the implications of urbanization are also severe.

They are becoming increasingly vulnerable; their power and prestige are on the decline and their roles are undergoing a radical change in economic terms and in social life.

The United Nations is presently conducting research on the conditions and needs of the aging in urban areas, with particular reference to the aging in squatter settlements in the developing countries.

In conducting this research we have discovered some important trends and implications of aging and urbanism for the world.

In all regions of the world there is a shift towards a less masculine or a more feminine urban population past the age of 45, and passing from the

45-64 age group to ages 65 and over we find a considerable shift towards a feminine urban population.

Women seem everywhere to have a stronger preference for urbanization than do men.

In urban areas, in North America, the ratio is 76 older males per 100 older females.

The problems of housing are also increasing as urbanization is accelerating. The elderly in the city often have less income than any other age group.

The United Nations has developed a number of policy recommendations to assist governments in

designing services and programmes to meet the needs of their increasing number of older adults. In the area of housing the United Nations recommends that housing should support the potential for age-integrated activities rather than those that are age-segregated.

With reference to the issue of work, the United Nations recommends that national policies should consider the right to work and the right to retire, and that there is need for flexible rather than mandatory approaches to assuming such rights.

Chronological age is viewed as an inadequate criterion for retirement from gainful employment.

National policies should be addressed to vocational guidance retraining and new careers for those in the middle as well as later years of age.

The United Nations gives priority consideration to the development of long-term goals designed to prevent today's unacceptable conditions of the future generations of the aging.

The United Nations believes that information systems relating to the aging segment of the populations are needed in order to assist national policy development as well as programmes at national and local levels.

The United Nations has developed an International Information Exchange System on Aging.

The system has established contact with over 100 national and international centres on aging.

One of our resources is the *Aging Research Information System* of the Texas Governor's Committee on Aging. The future workplan of the United Nations was developed in response to identified international trends in the field of aging.

United Nations is planning to conduct research in 1978-79 on the conditions and needs of the aging in rural areas.



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# THE TEXAS TELECOMPUTER GRID

continued

Future plans call for extension east to Houston and south to Brownsville. 60% of the population of the State of Texas is located in these major metropolitan areas.

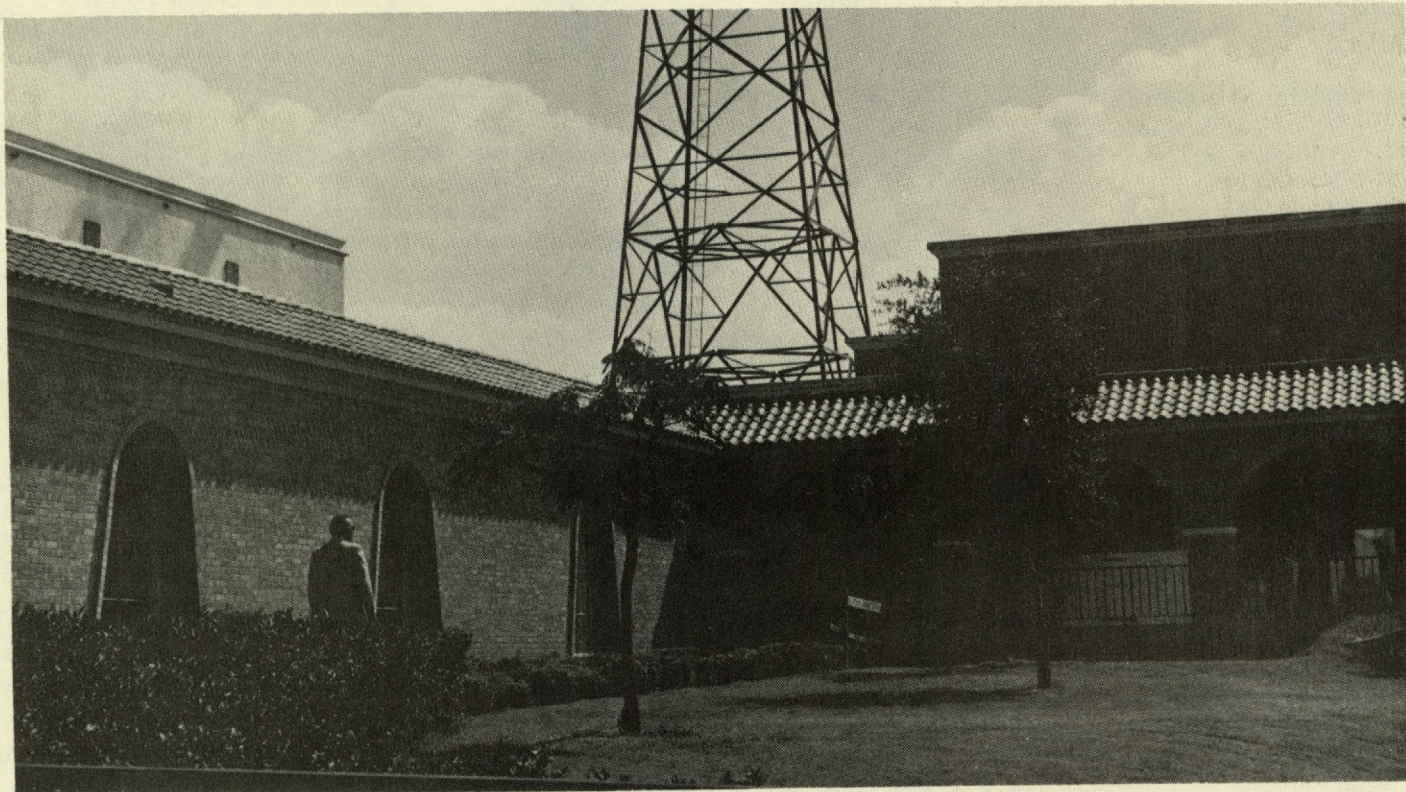
The goal is to connect metropolitan, suburban, and rural population centers with regional concentrations of computer and television resources.

The term "telecomputer grid" is derived from two main components of the system — telecommunications and computers.

It enables them to evaluate, as well as deliver, quality materials to students old and young alike.

Present technological development now provides a means for exchanging and disseminating great amounts of information.

A prototype duplex microwave educational television and data telecommunications system encompasses three predominant areas of today's technology — communications, computers, and television. The Texas Telecomputer Grid integrates available computer and telecommunications components into a comprehensive network.



The Central Texas College/American Technological University link of the Texas Telecomputer Grid is located in the Lady Bird Johnson Center for the Performing Arts.

Telecommunicators in this instance include audio communications, data communications and television.

Microwave communication links connect regional concentrations of computer and television resources which encompass metropolitan, suburban, and rural population centers.

With the cooperation of the U.S. Office of Education, the Texas Education Agency, and Central Texas College, a feasibility study was conducted in 1970 for the development of the duplex microwave system.

Through the use of technology the Texas Telecomputer Grid becomes a tool in the hands of educators.

A similar system in New York-New Jersey-Connecticut used by HUD since July 1973 has proved eminently successful for in-service training programs on subjects ranging from supervision and management to a speedwriting course for civil service employees.

Through the use of two-way video, instruction and interaction is accomplished.

From the teacher's standpoint, in-service training can be tremendously important.

The advantage of the system is not merely in cost savings or convenience but in the fact that more meetings and discussions can now be held which may result in a better understanding of issues and problems common to neighboring communities.

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# THE SOCIAL AND CULTURAL CONTEXTS OF AGING

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It has always been difficult for local officials and administrators to assemble.

The Andrus Gerontology Center, University of Southern California, is currently involved in a research project funded by the National Science Foundation entitled "The Social and Cultural Contexts of Aging: Implications for Social Policy." This is a four part study designed to provide policy-relevant information about aging.

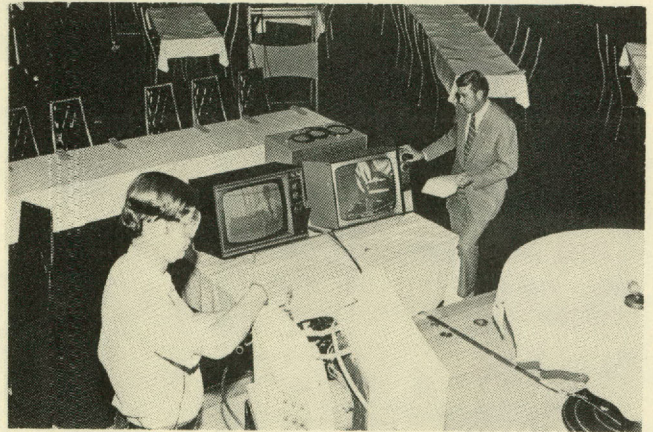
One component of the study is a survey of 1269 Black, Mexican-American and Anglo persons aged 45-74 who reside in Los Angeles County.

The survey investigates their life circumstances and problems such as health, income, housing, etc. Another component of the study is a survey of 316 decision-makers who develop and/or implement policies which affect these older people.

The decision-makers' attitudes, perceptions and knowledge about the older population's life circumstances and problems were examined and will be compared to the findings from their consumer group, the older persons themselves.

A third component of the study is a cross-cultural, anthropological investigation of aging and its implications in Tanzania, Yugoslavia, Mexico, and among Mexican and Jewish immigrant groups in the Los Angeles area.

Finally, the fourth component of the project is the research dissemination and utilization unit which is responsible for working to facilitate the utilization of the findings in future policy formulations by taking the information beyond the university boundaries to the community at large.



Many feel two-way video is justified by the added contact and increased rapport it generates between participants, particularly among persons who represent different levels of government — municipal, county, regional, state, Federal or special authorities.

This project is another major step in the widespread cooperation so vital to the solution of major educational problems facing Texas and the nation.

For additional information write:

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Special Assistant to the Chancellor  
American Technological University  
P.O. Box 1416, U.S. Highway 190 West  
Killeen, Texas 76541

For additional information write:

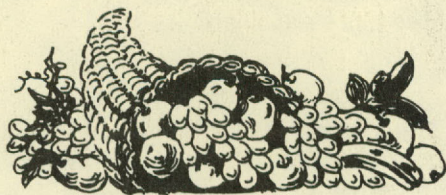
**Deborah Newquist**  
Assistant Director  
Research Dissemination and Utilization  
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University of Southern California  
University Park  
Los Angeles, California 90007

**We believe  
the only  
insurmountable  
handicap is  
ignorance .**



# IT MUST HAVE BEEN SOMETHING I ATE

millions more to the number of victims of food related illnesses.



Recognition of high microbiological numbers in foods is the first line of protection and defense for everyone who wants to stay in good health. SPOILAGE IN FOOD IS READILY SEEN OR SMELLED, BUT THE MANY BACTERIA THAT POSE SERIOUS PROBLEMS IN FOODS DO NOT NECESSARILY CHANGE THE APPEARANCE OR ODOR AT POTENTIALLY DANGEROUS LEVELS. Thus the importance of recognition of such conditions by all who depend on food to sustain life cannot be over emphasized.

The ability to detect bacteria on extra-terrestrial bodies was one of the goals of several space related projects.

Almost 15 years ago, an iron "Derby Hat" was invented during the drive for the exploration of the Moon. When dropped on the Moon, the hat was to collect Moon dust and provide a place where any viable bacteria could reproduce. Reproducing bacteria would be grown under conditions that would cause them to give off radioactive carbon dioxide gas. This could be detected by electronic and telemetric means.

The iron hat never got to the Moon, but the idea of using carbon dioxide to detect growing bacteria can now help everyone recognize when food could make them ill.

In another aerospace laboratory, experiments were being conducted in which animals were housed under water.

The walls of each house were made of semi-permeable materials that allowed only the passage of air from the water into the housing area.

In this way the animals could get the oxygen they needed for life yet would not be drowned by the water.

The practical knowledge that carbon dioxide can be an indicator to tell when bacteria are reproducing combined with the ability of semi-permeable films to differentially allow the passage of gas were two important contributions of aerospace research.

These were combined to perfect an item that can permit everyone to recognize when food is unsafe to eat, i.e., when food contains a microbiological population level at which there is a good probability that harmful bacteria are present and growing.

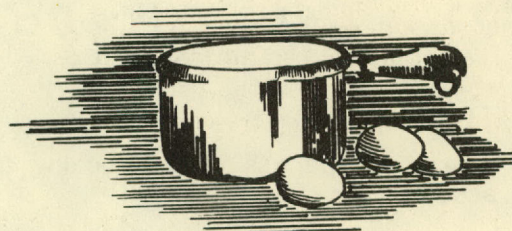
The simple item that will make such recognition possible is called a Food Chek.

Food Cheks are stamp-size clear plastic envelopes containing a colored substance and are simple to use.

They are placed in or on home canned foods during their preparation, wrapped with cold or frozen foods, or placed in covered dishes containing leftovers. If at any time during storage of the food, harmful bacteria grow to an amount that the food could make one ill, the Food Chek changes to a contrasting color.

In scientific terminology, the Food Chek monitors the growth of all bacteria. This includes the non-pathogenic as well as the pathogenic bacteria that are responsible for the indispositions, infections, illnesses, and even deaths from contaminated food.

When the amount of carbon dioxide from growing bacteria reaches a concentration in food that is sufficient to change the color of a Food Chek, there is a higher probability that the food is contaminated with harmful bacteria.



To use this fact and transpose it into practical performance required 3 years R&D and more than 6000 test matching color changes, foods, bacterial counts, temperatures, incubation intervals, and characteristics of plastics.

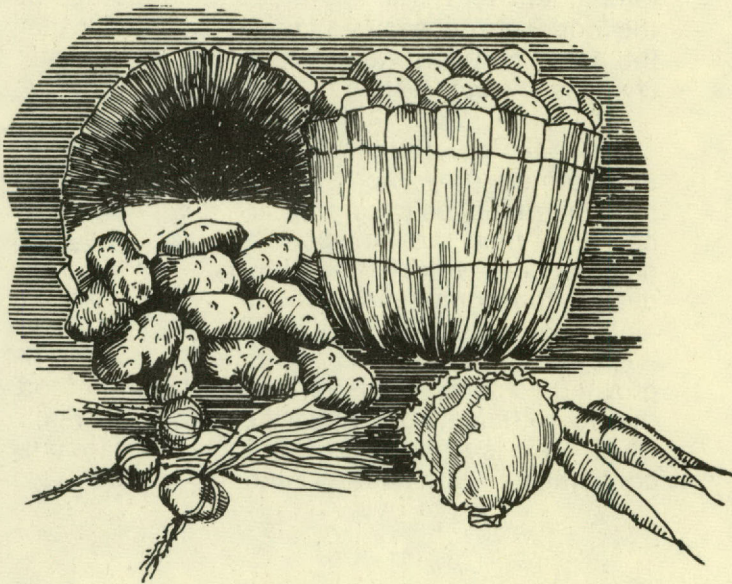
Food Cheks are reusable, autoclavable, withstand vacuum, resist acids and bases common to foods, and cumulatively monitor carbon dioxide in freeze-thaw cycles.



Their reliability and reproducibility are as good as the carbon dioxide-producing characteristics of the bacteria they monitor.

The compilations of data to test Food Cheks came from the combined specialized resources of 3 universities, two independent food research laboratories, and a biomedical R&D firm.

Food Checks were field-tested on the north-eastern coast of the U.S. in 1974. Within the first three months of limited introduction into the



consumer market in 1975, over 7000 Food Cheks were in use in homes in southwestern Texas.

Food Cheks provide a simple screening test that can accomplish much for many.

Thus this report has come full circle. Through the logical conversion of microbiological principles revived during aerospace research, the recognition of high bacterial populations that are hazards in foods is now economically and practically feasible for the homes of senior citizens as well as centralized kitchens.

For further information contact:

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## INTERNATIONAL TRENDS ON AGING

continued

In the United States, for example, only 30 percent of the nation's population lives in rural areas, yet nearly half of all poor families in the United States live in rural areas.

During the period 1980-81 the United Nations shall focus on the unique problems and needs of aging women in an attempt to assist governments in designing policies and programmes which will meet their most urgent needs as well as promote their more active participation in the development process. The United Nations is presently in the process of preparing for an Interregional Seminar on Aging, to be held in Kiev, Union of Soviet Socialist Republics, late in 1976, "The Aging of Populations: Social and Economic Consequences." It is hoped that this seminar will assist Governments in recognizing the inevitability of this phenomenon so that they can begin planning policies and programmes designed to meet the needs of their aging population.

It is our hope that through leadership at the international level and with appropriate national and local policies and programmes, current and emerging issues can be dealt with in an effective manner.

Probably the greatest policy issue is whether or not international organizations and national governments are committed to building, to the highest level possible, a quality of life for the entire population, including the aging.

For additional information, write:

**Tarek Shuman, Ed.D.**  
Senior Planning Director  
United Nations Fund for  
Population Activities  
New York, New York 10017





# Selected Abstracts

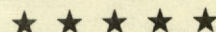
***Sensitizing People to the Processes of Aging: The In-Service Educator's Guide.*** This manual is written to assist educators and in-service trainers in locating materials which will make people aware of some of the special problems of the elderly. The discussion centers on such items as: vision, hearing, taste, touch, dexterity, mobility and balance. It identifies the changes, ways to recognize the change, how to sensitize staff to the changes and different ways to assist the elderly in adjusting to the change. Write: Attn: Margaret Kistler, Publications, University Center for Community Services, North Texas State University, Box 5344, NT Station, Denton, Texas 76203

***Program Planning: A Guide to Accountability, Credibility, Trust*** (NCOA #7507, 1975, 16 pp.) This pamphlet offers a planning model for Senior Center practitioners seeking management information on goals and objectives, costs and resources, program implementation and evaluation. Outlining a checklist of crucial steps, the pamphlet suggests techniques to analyze programs, breaking them down into components and activities. A program monitoring form is included, as well as information on resource assistance available from the National Institute of Senior Centers (NISC), a program of NCOA. Write: The National Council on the Aging, Inc., 1828 L Street, N.W., Washington, D.C. 20036

***The Older Population of Texas.*** This publication analyzes some of the significant demographic characteristics of the older population of Texas. It includes projections to 1980 and points out some of their implications. Write: J. E. Miller, Director, Publications, The Texas Agricultural Experiment Station, Texas A&M University, College Station, Texas 77843

***Senior Centers: Options and Actions*** (NCOA #7600, 1975, 134 pp.) — proceedings of the Ninth National Conference of Senior Centers during the 1974 NCOA annual conference. Sponsored by NISC, sessions focused on Senior Centers' expanding responsibilities, identifying how services can be extended to offer greater options to meet the multiple needs of older persons. Write: The National Council on the Aging, Inc., 1828 L Street, N.W., Washington, D.C. 20036.

***A Guide to Intergenerational Programming*** (NCOA #7601, 28 pp.) — guidelines and program suggestions using role playing for Senior Center directors or other skilled group workers to sensitize youth volunteers to the elderly's needs and concerns, sharing the latter's knowledge and skills as a growth experience in activities to bring the generations together. Film resources are listed as supplementary tools. Write: The National Council on the Aging, Inc., 1828 L Street, N.W., Washington, D.C. 20036.



## CRIMES AGAINST ELDERLY: STUDY COMPLETED

A research project, in which 466 older crime victims in Dallas were interviewed, has been completed. Major findings include:

- The most common crimes were theft, burglary, and property destruction.
- Crimes committed against non-reporters generally involved less money than did crimes against reporters.
- Non-reporters of crime were more likely to say that only important crimes against people should be reported.
- All of those interviewed felt that improved communications between the police and the community would increase the reporting of crimes.

A final report of the project is now in progress.

The project, conducted by the Center for Studies in Aging, North Texas State University and the Dallas Geriatric Research Institute, was sponsored by the Andrus Foundation, an affiliate of the National Retired Teachers Association.



Address Correction Requested

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## Significant Dates

May 9-13, 1976 — **National Biennial Convention of the National Retired Teachers Association**, Hyatt Regency, Houston, Texas.

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**National Graduate University** announces its courses on Improving the Quality of Long-Term Care for Aging and Handicapped Persons. For additional information, write: Long-Term Care Course, Division of Special Studies, National Graduate University, 3408 Wisconsin Avenue, N.W., Washington, D.C. 20016 Ph 202/966-5100

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May 18-21, 1976 — Sheraton-Chicago Hotel, 505 North Michigan Avenue, Chicago, Illinois

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May 10-14, 1976 — Vth European Symposium on Basic Research in Gerontology, **International Association of Gerontology**, Weimar, Germany.

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May 13-15, 1976 — **National Center on The Black Aged** will present the Fifth Annual Conference on Black Aged, "Major Issues Facing Black Aged: Advocacy and Action", Atlanta, Georgia. For additional information, write: National Center for Black Aged, 1730 M Street, N.W., Suite 811, Washington, D.C. 20036, Ph. (202) 785-8766.

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May 4-7, 1976 — **Preretirement Planning Center, Inc.**, Des Moines Iowa, will present

"Helping People Plan for the Rest of Their Lives." For additional information write: Preretirement Planning Center, Inc., 3009 Ingersoll Avenue, Des Moines, Iowa 50312.

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May 6-8, 1976 — **The American Geriatrics Society and the Medical College of Georgia** will sponsor "The Aged Patient: Neurological and Psychiatric Aspects." For additional information write: Division of Continuing Education, Medical College of Georgia, Augusta, Georgia 30902

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May 19-22, 1976 — **Center for the Study of Aging and Human Development, Duke University**, Durham, North Carolina, will present "Daycare for Older Adults: The New Modality." For additional information write: Dorothy Heyman, P.O. Box 3003, Duke University Medical Center, Durham, N.C. 27710.

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June 20-26, 1976 — **The Gerontological Society**, in conjunction with the **Association for Gerontology in Higher Education**, and in cooperation with the **University of Chicago**, announces the Annual Summer Institute on Research "Priorities in Aging: Behavioral and Social Sciences," Center for Continuing Education, University of Chicago Campus, Chicago, Illinois. For further information write to the 1976 Summer Institute, Gerontological Society, One Dupont Circle, Suite 520, Washington, D.C. 20036.

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October 13-17, 1976 — 33rd Annual Scientific Meeting of the **Gerontological Society**, New York Hilton, New York City, New York.