Dilip V. Jeste to Speak at Prestigious TEDMED Conference

BY MAJA GAWRONSKA, MA

We are thrilled to share some exciting news with you: Dilip V. Jeste, MD, senior associate dean for healthy aging and senior care, Distinguished Professor of psychiatry and neuroscience, and director of the UC San Diego Center for Healthy Aging and Stein Institute for Research on Aging will give a talk at TEDMED 2015.

As the health and medicine edition of the world-famous TED conference, TEDMED convenes and curates extraordinary people and ideas from all disciplines in pursuit of unexpected connections that accelerate innovation in health and medicine.

TED—a nonprofit organization known for spreading ideas through short, powerful talks of eighteen minutes or less—began in 1984 as an event where technology, entertainment, and design converged. Today, TED talks cover almost all topics and have been viewed online more than two billion times, in more than one hundred languages. Past speakers include Bill Clinton, Al Gore, Richard Dawkins, Bill Gates, Bono, Google founders Larry Page and Sergey Brin, Jane Goodall, and many Nobel Prize laureates.

This year’s TEDMED event is November 18–20 in Palm Springs, California. The talks will focus on Breaking Through: breaking through the silos that prevent different disciplines from sharing problems and insights; breaking through glass ceilings and closed doors that hold back some women and minorities from entering medical research; and breaking through old assumptions to explore new science and new visions of what’s possible—in ourselves, in our work, and in the world at large.

According to TEDMED organizers, “we all have breakthrough potential and the least likely way to unlock that potential is to toil away in social or intellectual solitude. Instead, we break through in new combinations and we collect the building blocks of our future breakthroughs every day, in every new interaction, in every new insight, one improvement at a time.”

In his talk, Dr. Jeste will focus on the neurobiology of wisdom and discuss how our brains compensate for physical aging and an unexpected evolutionary advantage to growing old. His talk will be part of the Mind Matters session.

Other speakers in this session are Jennifer Stellar, a “positive psychology researcher” who will discuss how awe-inspiring experiences play a role in physical and mental health; Judson Brewer, an addiction expert and psychiatrist who will share new research on mindfulness techniques to combat cravings; Karen Stobbe and Mondy Carter, improv artists who will show how improvisation can lead to breakthroughs for people with dementia; Melissa Walker, an arts therapist who will describe her work to help soldiers recover from traumatic brain injury and mental illness; and Roland Griffiths, a psychopharmacologist who will talk about ways psychedelic drugs are used to create life-changing experiences for patients, especially the terminally ill.

Four hundred fifty attendees are expected to listen to presentations covering new approaches to medicine and health. The talks will be also available to watch online at http://www.ted.com.
AUGUST

Healthy, (Nutrient) Wealthy, and Wise: Diet for Healthy Aging

Katherine Richman, MD
Medical Director
Thornton Radiology
Clinical Professor
UC San Diego Health System

August 19, 2015, 5:30 p.m.
Garren Auditorium
Biomedical Sciences Building (BSB)
UC San Diego

Registration is required to attend this lecture. Please register at http://aging.ucsd.edu.

AUGUST’S LECTURE

The Dietary Guidelines for Americans emphasize eating more foods from plants, such as vegetables and beans, whole grains, and nuts. Learn more about the health benefits of choosing a diet heavy in fruits and vegetables from Katherine Richman, MD, medical director of Thornton Radiology, and clinical professor of radiology at the UC San Diego School of Medicine.

This lecture has been made possible through the generosity of GreatCall, the leading provider of easy-to-use technology for active aging.

LETTERS ON TV

Caring for the Caregiver

August 13, 8:00 p.m.
August 14, 10:00 p.m.

Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. Join Brent Mausbach, PhD, associate professor of psychiatry at UC San Diego and a national expert on caregiving, as he discusses the impact of caring for a loved one and the caregiver’s physical and mental health.

Please tune in to UCSD-TV to watch the Stein Institute’s monthly lecture series. Lectures air on
• Cox (digital) Ch. 135
• Time Warner San Diego (digital) Ch. 1231
• AT&T Ch. 99
• UHF (no cable) Ch. 35

BECOME A PUBLIC LECTURE SERIES SPONSOR!

The Stein Institute Public Lecture Series reaches millions of people every year in person and online, and the lectures have been incredibly popular locally and worldwide. Some of the videos have been viewed more than four million times.

Become a Public Lecture Series sponsor and help us continue broadcasting world-class lectures by renowned researchers on cutting-edge topics related to aging. Sponsorship opportunities are available for individual lectures or an entire series. Support a lecture on a specific topic that is important to you or to commemorate a loved one, sponsor all ten lectures during a calendar year, or establish an endowed lecture series.

If you are interested in learning more, please contact Danielle Glorioso, LCSW, at (858) 246-0767 or dglorioso@ucsd.edu.

SEPTEMBER

Topic to be announced.

Go to http://aging.ucsd.edu for more information.

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Directions to the Garren Auditorium from I-5 North or South

• Exit La Jolla Village Drive and drive west on La Jolla Village Drive.
• Turn right onto Villa La Jolla Drive.
• Go straight into Gilman Parking Structure.
• From Gilman Parking Structure, cross the street toward the Stein Clinical Research Building.
• Cross the lawn to the Medical Teaching Facility Building (MTF).
• Walk under the MTF bridge. Continue along the sidewalk to enter the Biomedical Sciences Building through the large sliding glass doors.
• Turn left at the first hallway. Garren Auditorium is in Room 1105.

Free Parking

In order to receive a free parking permit by mail, e-mail maja@ucsd.edu or call (858) 534-6299 NO LATER THAN THE LAST WEDNESDAY BEFORE THE LECTURE. Otherwise, you will need to purchase a permit from a Gilman Parking Structure kiosk or park in a metered space.

Note

If you park outside of Gilman Parking Structure or do not display your permit, you will receive a ticket. If you have a disabled person placard, you do not need a permit and are allowed to park in any handicap or metered space.
New Cross-Campus Initiative for Promoting Healthy Aging

The UC San Diego Center for Healthy Aging is launching the new cross-campus Initiative for Promoting Healthy Aging.

For the first time in the history of any major university in the United States, the Schools of Medicine, and Pharmacy and Pharmaceutical Sciences; Jacobs School of Engineering; Rady School of Management; the Divisions of Biological Sciences, Physical Sciences, Social Sciences, and Arts and Humanities; and major institutes for aging, engineering, technology, and neurosciences at UC San Diego have come together. This initiative will include innovative projects in cross-campus, multiprofessional, collaborative research; education; and partnerships with the community, industry, and state and county agencies.

Healthy aging requires more than medicine and health care; we need a broad-based approach that also considers diverse cultural and historical perspectives on aging. Our concept of health encompasses physical, cognitive, psychological, and social-cultural qualities of life and well-being. It demands breaking traditional professional silos and developing collaboration across disciplines to create new solutions to the challenge of adaptive human aging.

The initiative will be consistent with the mission of UC San Diego: research focused, education centered, and service oriented. Furthermore, it will be consonant with several of the research themes identified in UC San Diego’s Strategic Plan: enriching human life and society; exploring the basis of human knowledge, learning, and creativity; and understanding cultures and addressing disparities in society.

Our goal is to help transform aging into an exciting and thriving phase of life. We are proud that within a few short months, the entire UC San Diego campus has come together to support and actively participate in this Initiative for Promoting Healthy Aging.

New Healthy Aging Seed Grant Program

The Initiative for Promoting Healthy Aging is soliciting proposals for the support of innovative interdisciplinary research and education projects during the 2015–16 academic year. The purpose of this Seed Grant Program is to foster research focused on ideas that are related to study and promotion of healthy aging by stimulating the testing of hypotheses for which no standard funding stream is available. A further goal is to generate preliminary data that will enable researchers to receive larger funding from other sources. Preference will be given to proposals encompassing several disciplines or laboratories, and for projects that catalyze new collaborative research.

These grants are meant for junior faculty members at UC San Diego and are jointly sponsored by major areas of the UC San Diego campus, including various schools, divisions, and organized research units. They are administered by the UC San Diego Center for Healthy Aging.

The deadline for grant applications is August 14, 2015, 5:00 p.m. PDT. For more information, please see http://aging.ucsd.edu/research-education-grants.php.

UC San Diego Hosts National Think Tank on Aging

BY MAJA GAWRONSKA, MA

The UC San Diego Center for Healthy Aging hosted its second national Think Tank on aging issues in June. World-renowned experts from around the country discussed the demographics of aging, new geriatric health care models, housing for older adults, and seniorcentric technologies.

The goal of the Think Tank is to develop national policy recommendations to improve health care, housing, technology, and quality of life for the growing number of older adults.

This year’s topics included communities focused on communal spaces to promote interactions and engagement, senior-friendly accessible buildings, walkable neighborhoods, novel senior housing models, and age-friendly transportation.

In addition to Dilip Jeste, MD, senior associate dean of healthy aging and senior care at UC San Diego, the expert speakers were Len Fishman, a nationally recognized leader in the field of aging policy and director of the Gerontology Institute at UMass Boston’s John W. McCormack Graduate School of Policy and Global Studies; Dan Blazer II, MD, a professor of psychiatry and behavioral sciences at Duke University; Judith A. Salerno, MD, president and chief executive officer of Susan G. Komen; and William Vega, provost professor and executive director of the Roybal Institute on Aging at the University of Southern California.
Living with Alzheimer’s Disease in India

In July the Stein Institute hosted a free screening of Astu, an internationally acclaimed movie about Alzheimer’s disease from India. The screening was followed by a discussion with the film’s producer and lead actor, Mohan Agashe, MD. The event was cosponsored by the San Diego Psychiatric Society, the UC San Diego Department of Psychiatry, and Belmont Village Senior Living.

Astu, which is Sanskrit for “so be it,” was directed by Sumitra Bhave and has been screened at many international film festivals. The film (in Marathi, with English subtitles) is about Alzheimer’s disease and its devastating consequences for the individual’s intellect and the effects on every aspect of the life of family and care providers. The film focuses on the changing dynamics between a father who is gradually losing his memory, and his daughter, who becomes his caretaker.

Dr. Agashe has been called “a physician with a passion for theatre and an actor with a penchant for diagnosis.” He is a professor of psychiatry at B. J. Medical College in Pune, India, and a noted actor, director, and producer. His film credits include roles in Richard Attenborough’s Oscar-winning Gandhi, Mira Nair’s acclaimed Mississippi Masala (with Denzel Washington), and several award-winning Bollywood films.

“Many people connect with their own personal experiences while watching this movie. A change in attitude and a shift in thinking towards this section of society, which is increasingly living in isolation due to disintegration of families and migration for jobs is needed,” said Dr. Agashe, who hopes that his movie will bring forth awareness. “People need to realize that even though technology can do wonders today, human care and personal touch are still very important.”

If you would like to make a contribution to the Center for Healthy Aging and the Stein Institute, there are three ways to give:

**ONLINE**
Please visit http://aging.ucsd.edu and click on “Giving.”

**BY PHONE OR E-MAIL**
Please call Danielle Glorioso, LCSW, at (858) 246-0767 or e-mail dglorioso@ucsd.edu.

**BY MAIL**
Please make your check payable to UC San Diego Foundation; write Stein Institute or Center for Healthy Aging in the memo portion of the check and include a brief note specifying whether you would like your donation to go to the Stein Institute or the Center for Healthy Aging.

Mail your gift to the address below:

University of California, San Diego
Health Sciences Department
Sam and Rose Stein Institute for Research on Aging
200 W. Arbor Dr. # 8982
San Diego, CA 92103-8982