By Kwi Bulow, MD

At the Stein Institute for Research on Aging, we have been busy expanding our community outreach and education missions in new directions.

In addition to the popular Wednesday evening Public Lecture Series, we now have a Community Education Series that is held on Saturday mornings every other month. Each event begins with a lecture from a health care expert who translates medical research into practical advice for diet, exercise, medications, activities, and emotional well-being. This is followed by an interactive session for the audience to gain additional information and advice in a more intimate settings. At our inaugural event in August, a lecture on exercise was followed by a tai chi demonstration. In October, two faculty members from the Skaggs School of Pharmacy and Pharmaceutical Sciences spoke about medication safety and Medicare Part D, followed by question and answer sessions with five pharmacy students.

The next event will be held on February 1, 2014, with a talk on bone health followed by bone density screenings and medication information booths provided by student members of the American Society of Consultant Pharmacists at the Skaggs School. We have also been reaching out to others at UC San Diego and in the greater San Diego community. Over the past few months, I have talked about exercise to members of the UC San Diego Retirement Association, local retirement facilities, and a large book club.

In addition to educating the public about recent advances in research on healthy, successful aging, we also work with students. Despite the growing need, attracting future doctors to study geriatrics is challenging. Some students feel it is depressing to interact with older patients when in fact those patients often have fascinating personal histories and wonderful personalities. To challenge stereotypes about aging and to help students learn more about older people, we sponsor and direct a variety of long successful research training programs as well as the Student-Senior Partners Program, an elective course that pairs students with seniors in the community to engage in interactive learning.

The Student-Senior Partners Program is a longitudinal course that requires a two-year commitment by both students and seniors. We are currently in the fourth quarter of the five-quarter course, and there are six medical and six pharmacy students.

The next event will be held on February 1, 2014, with a talk on bone health followed by bone density screenings and medication information booths provided by student members of the American Society of Consultant Pharmacists at the Skaggs School. We have also been reaching out to others at UC San Diego and in the greater San Diego community. Over the past few months, I have talked about exercise to members of the UC San Diego Retirement Association, local retirement facilities, and a large book club.

In addition to educating the public about recent advances in research on healthy, successful aging, we also work with students. Despite the growing need, attracting future doctors to study geriatrics is challenging. Some students feel it is depressing to interact with older patients when in fact those patients often have fascinating personal histories and wonderful personalities. To challenge stereotypes about aging and to help students learn more about older people, we sponsor and direct a variety of long successful research training programs as well as the Student-Senior Partners Program, an elective course that pairs students with seniors in the community to engage in interactive learning.

The Student-Senior Partners Program is a longitudinal course that requires a two-year commitment by both students and seniors. We are currently in the fourth quarter of the five-quarter course, and there are six medical and six pharmacy students.

The next event will be held on February 1, 2014, with a talk on bone health followed by bone density screenings and medication information booths provided by student members of the American Society of Consultant Pharmacists at the Skaggs School. We have also been reaching out to others at UC San Diego and in the greater San Diego community. Over the past few months, I have talked about exercise to members of the UC San Diego Retirement Association, local retirement facilities, and a large book club.

In addition to educating the public about recent advances in research on healthy, successful aging, we also work with students. Despite the growing need, attracting future doctors to study geriatrics is challenging. Some students feel it is depressing to interact with older patients when in fact those patients often have fascinating personal histories and wonderful personalities. To challenge stereotypes about aging and to help students learn more about older people, we sponsor and direct a variety of long successful research training programs as well as the Student-Senior Partners Program, an elective course that pairs students with seniors in the community to engage in interactive learning.

The Student-Senior Partners Program is a longitudinal course that requires a two-year commitment by both students and seniors. We are currently in the fourth quarter of the five-quarter course, and there are six medical and six pharmacy students.
**SPECIAL EVENT**

**Boost Your Bone Health**

Join us for our next educational event and learn more about bolstering your bones, from prevention to treatment. It is an excellent opportunity to consult a pharmacist, have your bone density tested, and talk with our renowned guest speaker Diane L. Schneider, MD, author of *The Complete Book of Bone Health*. Get the facts on bone health basics, risk factors for bone loss and fractures, bone density DXA scans, exercise and nutrition, vitamin D, prescription medicines, controversial hot topics, complementary and alternative approaches, and common health problems and medicines affecting your bones.

Dr. Schneider, a leading expert on osteoporosis, retired from UC San Diego where she was associate professor of clinical medicine. She has been part of key bone health research and care, and her findings have been published in the *Journal of the American Medical Association (JAMA)*, *Archives of Internal Medicine*, and prestigious medical journals. She continues collaboration as a consultant with her colleagues in the UC San Diego Osteoporosis Research Group and is active within the bone research community.

**Saturday, February 1, 2014**

Lower Auditorium, Medical Education and Telemedicine (MET) Building, UC San Diego

9:30–10:00 a.m. Registration and light refreshments

10:00–11:00 a.m. “Are You Sabotaging Your Bone Health?,” presented by Dr. Diane Schneider

11:00–11:30 a.m. Interactive Session, Bone Density Test, Ask a Pharmacist Booth

The event and parking are free (no parking permit is needed on Saturdays).

For registration and directions, please visit [http://steininstitutehealthybones.eventbrite.com](http://steininstitutehealthybones.eventbrite.com).

---

**Free Public Lecture**

*continued from page 1*

**Jose S. Loredo, MD, MS, MPH, FCCP**

medical director of the UC San Diego Sleep Medicine Center and VA Pulmonary Sleep Disorders Laboratory, who will discuss sleep disorders in older adults.

Dr. Loredo’s medical practice is divided into patient care, medical education, and clinical research. His clinical practice focuses primarily on the evaluation and treatment of patients with sleep disorders. As part of his teaching duties, Dr. Loredo attends the Medical Intensive Care Unit at the San Diego VA Hospital and UC San Diego Medical Center, and teaches sleep medicine during sleep clinic at the UC San Diego Sleep Medicine Center and at the San Diego VA Pulmonary Sleep Disorders clinic.

Dr. Loredo is active in clinical research. He has National Institutes of Health funding and has completed a large epidemiological study of the sleep health of Hispanics in San Diego County. He is coinvestigator in the largest NIH sponsored research project to study the health of Latinos: Hispanic Community Health Study–Study of Latinos (HCHSSOL) that seeks to follow longitudinally the health of 16,000 Hispanics in the United States.

**Free Parking**

In order to receive a free parking permit by mail, call (858) 822-7485 NO LATER THAN THE LAST FRIDAY BEFORE THE LECTURE. Note: If you have a disabled person placard, you do not need a permit and are allowed to park in any handicap or metered space.

**Directions 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 and park in an A or B spot.
- From Gilman Parking Structure, cross the street toward the Stein Clinical Research Building.
- Cross the lawn to the Medical Education and Telemedicine Building.
- Walk under the Medical Education and Telemedicine Building bridge and enter the Biomedical Sciences Building through large sliding glass doors.
- Turn left at the first hallway.
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 and Del Mar (digital) Ch. 135
- Time Warner Del Mar (analog) Ch. 19
- AT&T Ch. 99
- UHF (no cable) Ch. 35

Research Update on Successful Aging and Mental Health

What is successful aging and how is it measured? How can we increase our happiness and fulfillment in life, especially as we age? How do we age successfully? Join expert Colin A. Depp, PhD, clinical professor in the Department of Psychiatry at the UC San Diego School of Medicine and a researcher at the Stein Institute, as he sheds light on these topics that impact us all.

This lecture will air at the following dates and times (Pacific time):
- January 9  8:00 p.m.
- January 10 10:00 p.m

You may view our lectures at http://ucsd.tv/stein. For additional information on viewing past lectures online or any other questions, please visit our website at http://aging.ucsd.edu or call (858) 534-6299. To purchase a video copy of a specific lecture seen on UCSD-TV, please visit http://ucsd.tv/stein or call (800) 742-5117.

MEET THIS MONTH’S SUCCESSFUL AGER

Carolyn Shadle

By Maja Gawronska, MA

Some people look forward to retirement as an extended holiday where they can finally downshift. But as Carolyn Shadle, age seventy-three, goes over the things she has been able to do since she left her full-time job, the list is truly impressive.

She successfully relaunched her own communications company and created a website, writes blogs and newsletters, leads workshops, and travels to conferences. She is now busy promoting her most recent book, Communication Case Studies: Building Interpersonal Skills in the Veterinary Practice, which she coauthored with her husband, John Meyer.

This dynamic and energetic resident of La Jolla spent her childhood in Washington, DC. She studied at the University of Geneva, Switzerland, and received her bachelor’s degree in history from the College of Wooster, Ohio. She then earned a master’s degree in religious education from Union Theological Seminary in New York City. After graduation, she moved to Buffalo and worked in a large downtown urban church developing educational programs for children who were without afterschool supervision, directing a summer camp, and starting a nursery school (before Head Start).

Nearly fifty years ago, after Carolyn married and had two daughters, she became very interested in parent-child communication. “I took several courses that cemented my keen interest in communication, and I started to pass my knowledge to others,” she said. What began with helping parents to communicate more effectively with their offspring led her to running workshops for corporations, writing articles, and interviewing guests on a weekly TV show.

As her daughters grew older, Carolyn held administrative positions in continuing and professional education and let her communication business fall to second place. While working, she earned her doctorate in organizational and interpersonal communication from the State University of New York at Buffalo.

When Carolyn retired to the White Sands senior community in La Jolla in 2008, her company, Interpersonal Communication Services Inc., relaunched when her former colleague became the managing editor at the American Animal Hospital Association. and asked her to write a series of cases and articles dealing with communication skills for veterinarians. The case studies, which she coauthored with her husband, became so popular that the association asked them to turn them into a book.

Between helping people improve business relationships through effective communication and maintaining her websites and social media sites, Carolyn and her husband also find time for traveling, visiting family members, and being active in the community. She leads an international affairs discussion group, volunteers for the World Resource Simulation Center in San Diego, and edits the newsletter for White Sands senior living community and the newsletter for the La Jolla Democratic Club.

When asked about her recipe for successful aging, Carolyn lists swimming and walking every day; going to the gym; taking Pilates classes; and following a healthy, vegetable-based diet. “I have lost track of my age because I seem always to have something to look forward to, something I want to learn, and something I want to accomplish,” she said. “That’s what gets me up in the morning.”

Carolyn Shadle
Deputy Director
continued from page 2

We also work hard to respond positively to students who reach out to us individually. Premedical students are eager for direct patient experiences, and I make it a point to accommodate UC San Diego undergraduate students from the American Medical Students Association and premed fraternities who want to “shadow” me in my geriatric practice at the Medicine for Seniors Clinic at the La Jolla Health System campus.

I would like to thank the generous donors to the Ruth Covell, MD, Fund for Geriatric Education and Innovation who make activities like the Student-Senior Partners Program and the AGS chapter activities possible. If you would like to learn more about the Covell Fund or our educational activities, please contact me at kbulow@ucsd.edu.