Hundreds Attend Resilience Lecture at the UC San Diego Center for Healthy Aging

BY MAJA GAWRONSKA, MA, AND JOSEPHINE SHEU

In April the Center for Healthy Aging and the Stein Institute for Research on Aging welcomed Darlene Mininni, PhD, noted psychologist at UCLA and author of The Emotional Toolkit. Dr. Mininni gave the Frank Benedict Roehr Memorial Lecture titled “The Science of Resilience: How to Thrive in Life.”

The event immediately sold out. Dr. Mininni’s lecture attracted the attention of local and national media and has been featured in a variety of outlets, including the San Diego Union-Tribune and NPR.

During the lecture to an audience of four hundred people, Dr. Mininni discussed breakthrough science and offered some practical tips on how to cultivate resilience. We are human beings and we will all fall down,” said Dr. Mininni. “Resilience is about positive growth. It is about learning how to get up, and once you get up, how you learn from it.” This impacts everyone—whether you’re thirty or one hundred. “Stuff happens to everyone. No matter how hard you try, how good you are, or how much you’ve planned, life can sometimes throw you for a loop,” said Dr. Mininni. “But there’s good news. Revolutionary new research shows that you can bounce back from tough times and become even better than before.”

Here are some practical tips that can help you become more resilient.

**Cultivate optimism**
Notice your words and try not to use the words always and never. Look at things as they are, but not worse than what they are. Try to see difficulties as temporary.

**Shift your focus**
Look for the good in the world. Think of things you are grateful for.

**Process difficult feelings**
Write for fifteen minutes for three or four days, express your deepest feelings and thoughts, and explore your writing.

**Connect**
If you have one person to connect with, you are ten times less likely to be depressed. You can connect with pets as well as human beings.

Be present
Practice mindfulness meditation every day.

Dr. Mininni’s lecture has been recorded and is available online at http://aging.ucsd.edu.

The Frank Benedict Roehr Memorial Lecture Series was established by Mr. Roehr’s daughter, Suzanne Angelucci, and is designed to inform the public of the newest areas of scientific investigations on topics associated with the power of humor and positive thinking that affect health and longevity.
Free Public Lectures

JUNE

Caring for the Caregiver

Brent Mausbach, PhD
Associate Professor of Psychiatry,
UC San Diego School of Medicine

June 24, 2015, 5:30 p.m.
Garren Auditorium,
Biomedical Sciences Building,
UC San Diego

JUNE’S LECTURE

Caring for your loved ones can be challenging at times. Brent Mausbach, PhD, associate professor of psychiatry at UC San Diego School of Medicine helps caregivers live happier and healthier lives.

Dr. Mausbach is a licensed clinical psychologist specializing in behavioral treatments for caregiver stress and improving functioning in patients with schizophrenia. His research examines the links between stress and health outcomes, with an emphasis on positive psychological states, such as mastery and self-efficacy, and their association with health and well-being.

This research has led Dr. Mausbach to test psychosocial interventions designed to improve emotional and physical well-being in chronically stressed populations, such as Alzheimer’s disease caregivers.

LECTURES ON TV

The Science of Resilience: How to Thrive in Life

June 11, 8:00 p.m.
June 12, 10:00 p.m.

Darlene Mininni, PhD, noted expert, author of The Emotional Toolkit, and author of the UCLA well-being course Life Skills, will present a lecture on how resilience, emotional intelligence, and mindfulness can affect physical health and well-being.

Dr. Mininni’s work has been featured on outlets such as CNN, PBS, NPR, Prevention, and the Huffington Post. She also hosted the Emotional Toolkit series on XM radio and The Dr. Darlene Mininni Show for Clear Channel in Los Angeles, and was a contributor to Dr. Drew’s TV show Lifechangers.

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

LECTURES ONLINE

View our lectures at http://ucsd.tv/stein. To purchase a video, visit http://ucsd-cart.tv/cart or call (800) 742-5117. For more information, visit our website at http://aging.ucsd.edu or call (858) 534-6299.

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.

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Leveraging Technology to Improve Mental Health for Seniors

BY DILIP V. JESTE, MD, AND IPSIT V. VAHIA, MD

With the population of older adults expected to reach two billion worldwide by 2050, there will be a serious shortage of skilled care providers to manage the needs of this population. The sickest older patients (5 percent of the population) account for nearly 20 percent of health care expenses. The annual cost of dementia care ($106 billion) exceeds that of cancer and heart disease.

Thus, there is a greater than ever need to leverage technology to improve health, quality of life, and social connectivity for less impaired older adults and to assist in clinical care and monitoring of more impaired older adults. For this article, we will focus on the use of communication-based technologies and their impact on senior care.

Communication Infrastructure

Today’s hyperconnected society provides unprecedented infrastructure within which to develop new tools for care of older adults. The ubiquity of cellular phone networks, wireless Internet connectivity (Wi-Fi), and the development of smartphones with extraordinary computing capacity are redefining how people communicate. Emerging technologies are using this infrastructure to devise innovative applications with the potential to revolutionize health care.

Mobile Health and Big Data

The term mobile health (or mHealth) loosely refers to the use of mobile phone technology for health care. This approach facilitates collection of large volumes of clinical data in real time and rapid analysis of these data and can serve as a platform for administering interventions.

Intervention applications range from providing education to using texting cues for promoting adherence to medications. A recent study noted that by collecting high volumes of real-time data using cell phones of patients with bipolar disorder, researchers were able to predict the onset of suicidal ideation up to one week prior to in-person clinical visits.

Smart Homes and Personal Emergency Response Systems

Smart homes are living environments that are equipped with multiple sensors that can detect a person’s activity. For example, a heat sensor mounted on a stove can detect if the stove has accidentally been left on. Motion sensors can keep track of a person’s mobility in the house and may provide information on triggers of insomnia and other clinical issues like pacing.

Prototype smart homes, like the Awarehome at the Georgia Institute of Technology, serve as research environments. They guide the development of technologies that may aid improvements in senior-friendly living.

Personal Emergency Response Systems (PERS) are devices designed to facilitate emergency responses to older adults. Use of PERS may be especially useful in rapid detection and early response to falls. Use of this technology is a subject of great interest and study.

Sensors and Self-Monitoring Devices

With accelerometers readily available, monitoring of movement, behavior, and balance, as well as physiological variables such as heart rate and oxygen saturation, is becoming simpler. Researchers are developing cell phone attachments that can function as otoscopes by attaching simple lenses to cell phone cameras, and sensors that can perform blood tests by connecting to the computing chips in cellphones.

Qualcomm, a San Diego-based technology company, has initiated a competition encouraging developers to produce a tricorder, a noninvasive handheld diagnostic device that can monitor multiple physiological functions and perform diagnostics without availability of sophisticated labs.

Social Media

Older adults are the fastest growing segment of users of social media such as Facebook, and this population is increasingly relying on technology to remain connected with family and friends. Forty-five percent of adults over sixty-five use Facebook, and there is growing interest in creating Facebook interfaces that are simplified to facilitate use by older adults. Improving social connectedness among older adults can have a broad range of implications for enhancing well-being.

Interventions to Enhance Health

Commercial technology can also aid effective interventions. For example, in a twelve-week pilot study, our group assessed the feasibility, acceptability, and short-term efficacy and safety of the Nintendo Wii in nineteen community-dwelling older adults (aged sixty-three to ninety-four years) with subsyndromal depression. With three, thirty-five-minute sessions a week, there was a significant improvement in depressive symptoms, mental health–related quality of life, and cognitive performance. There were no major adverse events.

Similarly, mobile devices can be used to deliver psychosocial interventions. In several ongoing clinical trials employing mobile devices in patients with bipolar disorder or schizophrenia, we found minimal participant attrition and no broken devices. Adherence was similar to that reported in nonpsychiatric populations, with high participant satisfaction. Therefore, mobile devices seem feasible and acceptable in augmenting psychosocial interventions for severe mental illnesses. Future research is needed to establish efficacy, cost effectiveness, and ethical and safety protocols.

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Leveraging Technology
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Barriers to Use of Technology in Aging

Despite rapid growth and interest in technology and aging, significant issues persist. For technologies that involve gathering personal health data, there remains incomplete integration with electronic health records. As a result, physicians often view such data, such as accelerometer data and sleep data, as burdensome, as it involves the additional step of accessing, processing, and interpreting data.

Sensors and other health care devices remain both understudied and unregulated. Though the U. S. Food and Drug Administration is stepping up its efforts to monitor health sensor technology, significant work will be required to establish the safety, validity, and reliability of these devices before they find broadscale use.

There also remains the issue of poor technology literacy among older adults. However, as devices become easier to use, this issue may resolve as their use becomes intuitive, as iPad has demonstrated.

Technology is already changing how society communicates. The fields of psychiatry and geriatrics should seek to leverage this technology to improve care and well-being for older adults.

This article was first published on PsychiatryAdvisor.com, which offers psychiatric health care professionals a comprehensive knowledge base of practical information and resources to assist in making the right decisions for their patients.

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

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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:
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