We are thrilled to announce that an abstract by Courtney Hsu, a trainee in our Medical Student Training in Aging Research program, has been selected for presentation as a poster at the 2016 Annual Scientific Meeting of the American Geriatrics Society in May 2016.

We are especially pleased that the abstract was selected for the Presidential Poster Session, which is reserved for projects receiving the highest scores in the peer review process.

Courtney Hsu presents her poster at the 2016 UC San Diego School of Medicine NIH Poster Session.

Hsu is a second-year medical student at the UC San Diego School of Medicine. Her interest in aging started as an undergrad at UC Berkeley.

"After taking a small group course in undergrad on aging, death, and dying, I became interested in the subject of aging and working with elders,” Hsu said.

"Between my sophomore and junior (years), I founded Bears for Elder Welfare (the bear being UC Berkeley’s mascot), a student-run organization dedicated to educating the campus and wider community on issues in aging and volunteering with the local elder community."

Entering medical school, she wanted to further pursue her interest in aging and applied to Medical Student Training in Aging Research program at UC San Diego.

The MSTAR program managed by the UC San Diego Stein Institute for Research on Aging provides medical students with an enriching experience in aging-related research and geriatrics, with the mentorship of top experts in the field. This program introduces students to research and academic experiences early in their training that they might not otherwise have during medical school.

Positive MSTAR experiences have led many physicians-in-training to pursue academic careers in aging, ranging from basic science to clinical research to health services research. Students participate in an eight- to twelve-week structured research, clinical, and didactic program in geriatrics, appropriate to their level of training and interests. Research projects are offered in basic, translational, clinical, or health services research relevant to older people.

Hsu took part in MSTAR last summer and worked on an innovative project titled “The Use of iPad Apps in Reducing Neuropsychiatric Symptoms in Dementia” under the mentorship of Ipsit Vahia, MD, geriatric psychiatrist and director of research for Senior Behavioral Health.

Inspired by her research and caring for older patients at Senior Behavioral Health, a voluntary in-patient psychiatry unit at University of California San Diego Medical Center–Hillcrest, Hsu authored an article about her experience in MSTAR. Her story has been published in the newsletter of the American Federation for Aging Research, a private foundation supporting the science of healthier aging.

Read more at http://www.afar.org/mstarblog
Preparing for the Elder Boom in San Diego

Ai-jen Poo
MacArthur Fellow; Author of *The Age of Dignity: Preparing for the Elder Boom in America*

**March 3, 5:30 p.m.**
Medical Education and Telemedicine Auditorium
UC San Diego

Please register at aging.ucsd.edu

The Science of Resilience and Chocolate

Lee Berk, MD and Ryan Berk
Professor of Psychoimmunology at Loma Linda University and his son, a renowned chef

**April 27, 5:30 p.m.**
MET Auditorium
UC San Diego

Please register at aging.ucsd.edu

Free Public Lectures

**MARCH**

In 2050, the United States will be home to more than 80 million adults over the age of sixty-five and San Diego County will see a 130 percent increase in this age group from 2000–2030. How will our region’s health-care and support services ensure the needs of the Elder Boom generation are not just met but exceeded?

Join us, in partnership with the The San Diego Foundation, and Ai-jen Poo, 2014 MacArthur fellow and author of *The Age of Dignity: Preparing for the Elder Boom in America*, to discuss caregiving opportunities to alleviate social isolation, increase community support, and improve health services toward a truly age-friendly San Diego.

Ms. Poo is director of the National Domestic Workers Alliance and codirector of the Caring Across Generations campaign. She is a 2013 World Economic Forum young global leader, and one of Fortune.com’s world’s 50 greatest leaders and Time 100’s world’s most influential people in 2012. She cofounded Domestic Workers United, the New York organization that spearheaded the successful passage of the state’s historic Domestic Workers Bill of Rights in 2010. After noticing an increase in the number of domestic workers caring for seniors, she co-led the launch of the Caring Across Generations campaign in 2011 to ensure access to affordable care for the nation’s aging population and access to quality jobs for the caregiving workforce. She serves on the Board of Directors of MomsRising, National Jobs with Justice, and Working America.

**To UC San Diego from Interstate 5 North or South**
- Exit La Jolla Village Drive and drive west on La Jolla Village Drive.
- Turn right onto Villa La Jolla Drive and drive to the top of the hill (second light).
- Drive straight into Gilman Parking Structure and park in a V (Visitor) spot; purchase parking at the kiosk.
- From Gilman Parking Structure, walk across the street toward the Stein Clinical Research Building and follow the small asphalt path to the right of the building.
- Cross the lawn or follow the sidewalk to the right, then left, to the Telemedicine Building to your south.

**Parking**

We are no longer able to provide free parking permits. Please purchase a permit from a kiosk or park in a metered space. If you have a disabled person placard, you do not need a permit and are allowed to park in any handicap or metered space.

**April**

Ms. Poo is director of the National Domestic Workers Alliance and codirector of the Caring Across Generations campaign. She is a 2013 World Economic Forum young global leader, and one of Fortune.com’s world’s 50 greatest leaders and Time 100’s world’s most influential people in 2012. She cofounded Domestic Workers United, the New York organization that spearheaded the successful passage of the state’s historic Domestic Workers Bill of Rights in 2010. After noticing an increase in the number of domestic workers caring for seniors, she co-led the launch of the Caring Across Generations campaign in 2011 to ensure access to affordable care for the nation’s aging population and access to quality jobs for the caregiving workforce. She serves on the Board of Directors of MomsRising, National Jobs with Justice, and Working America.

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**MARCH’S LECTURE**

**MARCH 11, 10 p.m.**
Program at Mesa College in San Diego.

Kimberley Bell, DPT, cochair of the San Diego Fall Prevention Task Force and 2011 “public health champion” of San Diego County Aging and Independence Services. Dr. Bell earned her Masters and Doctor of Physical Therapy degrees from the University of Maryland, Baltimore. A licensed physical therapist since 2002, Dr. Bell practices in San Diego and specializes in consultation and treatment of patients with dizziness, vertigo, imbalance, incontinence, and foot neuropathy, as well as unexplained repeated falls. She has previously held adjunct faculty positions in the DPT programs at both University of Maryland, Baltimore, and University of St. Augustine, San Diego. She is a regular guest lecturer at both San Diego State University’s new DPT program and the Physical Therapy Assistant Program at Mesa College in San Diego.

**MARCH 10, 8 p.m.**

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
Television commercials and certain actresses to the contrary, everybody gets old. Or at least, that’s the goal. The trick is to age well, which isn’t so much a mystery as a set of well-reasoned and reasonable rules and habits for living a healthy, long life.

Old age is a mix of caused effects, some good and some, well, not-so-good. The last one, though, should make you smile, if you aren’t already.

1. You sweat less
Well, to be precise, you sweat differently, particularly if you’re a woman. Part of the change is related to menopause, i.e. hot flashes, but researchers have found that sweat glands (especially under the arms) shrink and become less sensitive as we age, which translates into reduced perspiration production.

2. You’re less buff
Muscle mass in both men and women begins to decline as early as one’s thirties, replaced by—gasp!—flab. By age seventy-five, the average person’s fat content is twice that of their youth.

3. Your teeth are less sensitive
And it’s not just because you might have fewer of them. Over time, more dentin—the hard inner tissue—is built up between the outer enamel of a tooth and its central nerve. The added insulation diminishes sensitivity. The bad news, though, is that our gums recede over time, exposing roots a different way.

4. Your brain is smaller
As you get older, certain parts of the brain shrink, most notably the prefrontal cortex and hippocampus, both important to learning, memory, planning and other complex mental activities. It has been estimated that the brain begins losing neurons at a rate of 50,000 per day after age thirty—more if you listen to certain politicians. But not to fret. For one thing, the average human brain contains more than 100 billion neurons and research has shown that aging brains learn quite well how to adapt. That wizened brain of yours is also likely to be wise beyond its years.

5. You catch fewer colds
This is the payoff for all those years of sneezing, coughing and runny noses as a kid. By the time you reach middle age, you’ve been exposed to a diverse host of viruses and have built up a pretty expansive immune response. Been there, caught that.

6. You get fewer migraines (if you’re a woman)
If hot flashes are the “personal summer bummer” of menopause, the upside is fewer migraines. Research suggests that sixty-seven percent of female migraine sufferers get permanent relief after menopause because of changes in hormone levels.

7. You have less taste
Maybe not in things like clothes (though that might be a matter of debate), but where it literally counts. By age sixty, most people have lost half of their taste buds, which research has found is a big reason older people often compensate by eating more foods high in tasty sugar, salt and fat.

8. You don’t hear so well, either
Hearing loss can begin as early as one’s twenties, but it tends to be gradual and not really noticeable until the fifties. One in every three adults experiences hearing loss by age sixty-five. By age seventy-five, it’s one in two.

9. You get happier
It seems counterintuitive, but studies by the researcher at the UC San Diego Center for Healthy Aging show that older folks become more content with time. It’s a U-shaped curve. As kids, we generally feel quite good about life, but that sense of well-being diminishes with passing years. Middle age is the nadir, that proverbial time of crisis. But things look up after that.

Are you interested in learning more? Please attend our public lectures or visit aging.ucsd.edu and click on the video to watch the talks for free.
Visit Our Revamped Website

We are pleased to announce the launch of our newly revamped website at www.aging.ucsd.edu. In addition to redesigning our website, we have also updated the menu structure for a better user experience in accessing information relating to our programs. We value your feedback. If you have any suggestions to improve any areas of our website, please e-mail us at aging@ucsd.edu

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