Successful Aging

November 2014

A publication from the Stein Institute for Research on Aging, Center for Healthy Aging

Welcome to the November issue of Successful Aging!

With the launch of the UC San Diego Center for Healthy Aging, the Successful Aging newsletter has been given a makeover. Please join us in celebrating the opening of the new center on November 16 (for more information, please see “The Future of Aging,” page 3). We hope that you enjoy this month’s issue, and we thank you for your support!

Free Public Lectures—page 2

Training Programs

• We help prepare the next generation of leaders who will continue to make breakthroughs in the study of aging.

• In addition to educating many undergraduate and graduate students here in San Diego, we have trained more than three hundred medical students from across the country.

• We have provided internships and scholarships for more than eighty exceptional high school students from The Preuss School.

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How Your Donation Can Make a Difference

From funding new research on aging to supporting our best and brightest students, your gift can make a difference.

The numbers of Americans over age sixty-five will increase at a dramatic rate, from about 40 million today to 70 million by 2030. Yet, the current infrastructure to provide appropriate mental and physical health care and enhance the well-being of older adults is alarmingly deficient.

At the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging we are committed to fill the gaps. When you choose to support us, you’re making the decision to support the pursuit of a healthier, longer life for you, your loved ones, and your community.

Here are some of our most important projects that were made possible by your generous donations.

Research

• We are conducting a variety of research initiatives, including studies on physical activity in older adults, deciphering the neurology of aging, identification of genes with roles in longevity, and looking at older cancer survivors.

• One of our most promising projects funded by private donations is the UC San Diego Successful AGing Evaluation (SAGE) Study. This is the only large-scale study on successful aging that is looking at the impact of positive psychological traits such as resilience and wisdom, in addition to biological factors, giving us a much more complete picture of older adults.

• With the goal to develop new, age-friendly technologies for seniors, we have begun several collaborations to bring together community representatives and UC San Diego researchers from across the campus.

• Results of our studies have been published in prestigious scientific journals such as JAMA (the Journal of the American Medical Association) and quoted in national and international media, including the New York Times, the Wall Street Journal, and the Atlantic Monthly.

How Your Gift Can Help

$10,000 will provide a pilot grant for a young faculty member to study aging.

$1,870 will provide a monthly stipend for a medical student.

$467 will provide a weekly stipend for a medical student.

$100 will cover the cost of five DNA test kits for the SAGE Study.

$60 will pay for a one-day research opportunity for a high school student.

$25 will pay for audiovisual equipment for one public lecture.
Free Public Lectures

NOVEMBER

What Can We Learn about Cognitive and Emotional Aging from a Blood Sample?

Lisa Eyler, PhD
Associate Professor of Psychiatry, UC San Diego
Associate Director of the Neuroimaging Unit of the San Diego VA Mental Illness, Research and Education and Clinical Center

November 19, 2014, 5:30 p.m.
Garren Auditorium, Biomedical Sciences Building, UC San Diego

THIS MONTH’S LECTURE

Studies have helped to reveal a great deal about how cognition and emotions change with age. But additional insight about aging can come from looking at the role of biological factors, such as telomere length, gene expression, and compounds related to immunity, stress-responsiveness, and cardiovascular health. Join Lisa Eyler, PhD, as she tells the story of what we can learn about aging from a blood sample. She will also discuss individualized interventions to maintain mental wellness into old age.

Dr. Eyler is an associate professor in the UC San Diego Department of Psychiatry and the associate director of the neuroimaging unit of the San Diego VA Mental Illness, Research and Education and Clinical Center (MIRECC). Her research focuses on the biological basis of neurocognitive and emotional functioning in aging, development, and mental illness. As a faculty member of the Stein Institute, she leads projects examining brain response correlates of successful cognitive and emotional aging. She currently leads a study, funded by the National Institute of Mental Health, on brain aging among people with bipolar disorder that includes MRI-based measures of brain structure, function, and connectivity.

LECTURES ON TV

Living Without the One You Cannot Live Without

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

Learn more about the various stages of the grieving process and how men and women grieve and heal differently. Natasha Josefowitz, PhD, author and past professor of management will refer to her award-winning book Living Without the One You Cannot Live Without to illustrate the emotional aftermath of loss and the changes that must take place in order for people to heal.

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

LECTURES ONLINE

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.

DECEMBER

Due to the holidays, there is no lecture in December. Lectures will begin again in 2015.

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I became increasingly interested in health care and aging as a child, motivated by the idea that I could possibly improve my father’s quality of life as he gets older. While at The Preuss School UCSD, I pushed myself academically and became one of the top students. During my senior year, I was a member of the first class of the Stein Institute’s High School Student Training in Aging Research (HS STAR) Program. This training shaped my medical career goals by enhancing my understanding of age-related diseases and teaching me the process of scientific research.

HS STAR opened my eyes to a blossoming field of aging research and dispelled many preconceived notions that I had about old age. My first project focused on myocardial infarction. In my second year with HS STAR, I modeled the programmed death of cells in patients with Parkinson’s disease using cultured neurons. These experiences motivated me to give back: During my first summer of college, I was an HS STAR program assistant and conducted clinical observations alongside physicians from the UC San Diego Division of Geriatrics. I completed my undergraduate studies at UCLA as a Gates Millennium Scholar and spent a great deal of time doing research at the UCLA Department of Molecular, Cell, and Developmental Biology. Currently, I am a second-year medical student at Albany Medical College in Albany, New York. This summer, I returned to the Stein Institute to participate in the Medical Students’ Sustained Training and Research Experience in Aging and Mental Health (MSTREAM) Program. Under the guidance of Dr. Deborah Kado, associate professor of family and preventive medicine, and Dr. Dilip Jeste, associate dean for Healthy Aging and Senior Care, I looked at bone health and its impact on fear of falls, mental health, and well-being in older individuals.

I believe that specialized knowledge and skills are critical to meet the health-care needs of older patients. Thank you for your continued support!

HS STAR was launched in 2006 in partnership with The Preuss School UCSD, an intensive college preparatory school for low-income students who strive to be the first in their families to graduate from a four-year college or university.

Please join us for this mind-stretching session on aging in America. The speakers will discuss many possibilities of what the future holds, ranging from advances in medical research, to technology, to what an age-friendly community looks like.

This session will mark the official opening of the UC San Diego Center for Healthy Aging. The Center will serve as an umbrella organization for the various aging programs at UC San Diego and expand upon the work of the Stein Institute for Research on Aging. Its focus will go beyond medical research and will include questions about how society prepares itself for a rapidly expanding demographic of elderly people—in terms of technologies, finances, housing, transportation, and urban planning.

The Center has assembled the UC San Diego Think Tank on Healthy Aging. This diverse group of internationally recognized multi-professional experts will work with policy makers and address the urgent needs of an aging society. The first meeting of the minds will take place in La Jolla from November 14 to 16. Participants will include cutting-edge researchers, technology experts, and leaders in academia.

The session with Dr. Jeste and Dr. Blazer will share some of the insights from the first meeting of the Think Tank.

To register for this event, please visit http://aging.ucsd.edu.

Directions to the Medical Education and Telemedicine Building will be sent with the confirmation e-mail.

The event is free. Light refreshments will be served.
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School UCSD. Since the launch of the program in 2006, many of the alumni started their first year of medical or graduate school. Two former students have received a Gates Millenium Scholarship.

Community Outreach and Public Policy

- We have assembled a multidisciplinary think tank comprising internationally renowned experts in various areas, such as health care, technology, housing, lifestyle, and community engagement. The goal of this think tank will be to develop recommendations for policy makers or to improve seniors’ health care and well-being and make society more age friendly.

- We have hosted more than four hundred free monthly lectures by our renowned physicians and scientists. Lectures are open to the public on the UC San Diego School of Medicine campus and are broadcast on UCSD-TV and YouTube, where they have been viewed more than eighteen million times.

  • Our Successful Aging newsletter reaches more than three thousand readers in San Diego and worldwide.

  • We work in the community, speaking at senior centers and other facilities that help the aging public.

Please consider a gift to the UC San Diego Center for Healthy Aging and the Stein Institute to help us continue the critical research, training, and outreach necessary to successfully meet the health needs of our growing aging population.

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 UCSD 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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