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

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Teaching Students about Aging: HS STAR

BY MAJA GAWRONSKA
AND JULIE AVANZINO

See a magnetic resonance imaging (MRI) machine in action and learn about changes in the brain that occur with aging and dementia; observe surgeries at the UC San Diego Thornton Medical Center. Talk with doctoral students and faculty about careers in research and the possibilities in graduate school; network with geriatric fellows. Tour a local boarding house and serve ice cream to older patients and residents; and test-drive novel robotic surgery tools in a simulated operating room, intensive care unit, emergency room, and hospital room.

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 Gilmore, LCSW, at (858) 246-0767 or e-mail dgilmore@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

This is a snapshot of some of the many activities that participants of the UC San Diego Stein Institute for Research on Aging’s High School Student Training in Aging Research (HS STAR) program experience during their summer internships.

HS STAR students also work alongside a faculty member with whom they spend five weeks learning about various facets of research and aging. The range of projects is vast: analyzing MRI images (image processing of cells) to learn more about changes in the aging brain, researching the predictors of successful aging and cognitive and emotional changes, and studying the effect of HIV on aging.

In the ten years of the HS STAR program, more than one hundred students have completed training. This year six students were selected to participate. Most were from the Preuss School UCSD and have parents who did not attend college.

Eight of the HS STAR students have participated in the program for two years in a row before heading off to college. One student returned to conduct additional research for a third year while home from his studies at UCLA.

The program participants receive stipends, but the impact of HS STAR reaches far beyond their wallets. Many have used the experience to help with college applications. Several students were successful in obtaining college scholarships through guidance from their mentors, and two were Gates Millennium Scholars. Some went on to pursue graduate degrees, and one program alumna is currently completing her second year of medical school.

As a result of HS STAR, many of these young scholars are considering careers in research, medicine, geriatric psychiatry, neurosurgery, and other fields related to aging. Others are tailoring previous interests to focus on aging: engineering to develop orthopedic equipment, and law to helping ending ageism.

HS STAR is a stop toward addressing the need for more individuals in research careers and the shortage of specialists in aging and geriatric medicine. Based on the participants’ oral presentations at the conclusion of the summer program, it is evident that they are leaving with a valuable experience that could certainly shape their careers. We look forward to following these students over time to see where they end up.

Congratulations to the following six students who participated in HS STAR this year, and a big thank-you to the dedicated mentors who volunteered their valuable time.

Jazmin Morales
Derek Buitron
Mentor: Marla Marquione, PhD
Tony Do
Bami Alashe
Mentor: Sameer Shah, PhD
Kiana Collins
Natalie Moy
Mentor: Averia Martin, PhD

New Book from Our Faculty: Positive Psychiatry

UC San Diego faculty members Dilip V. Jeste, MD, and Barton W. Palmer, PhD, have published a new book that introduces clinicians to the guiding principles of positive psychiatry, which hold that mental health cannot be defined as the mere reduction or even elimination of mental illness, and that mental health professionals must focus on more than simply controlling the symptoms of illness.

Positive Psychiatry provides a rigorous and clinically useful guide to the growing body of research that strongly suggests that positive psychosocial factors such as resilience, optimism, and social engagement are associated with better outcomes, including lower morbidity, greater longevity, and a heightened sense of patient well-being.

Because most of the research on positive psychosocial factors has been conducted outside of the field of psychiatry, it has had relatively little influence on everyday clinical practice. Dr. Jeste, senior associate dean for healthy aging and senior care, Distinguished Professor of psychiatry and neurosciences, and director of the UC San Diego Center for Health Aging; and Dr. Palmer, professor in the Department of Psychiatry, hope that Positive Psychiatry will remedy this situation.

“It is rare that a clinical text can inspire hope. Yet this book does. It enables us, as clinicians, to imagine a future in which patients flourish, and we are able to serve them better through enhanced skills and a renewed mindset of strength and optimism,” said Laura Roberts, MD, MA, chairman of psychiatry and behavioral sciences at Stanford University.

Positive Psychiatry is available now online at Amazon.com or through American Psychiatric Association Publishing at http://www.apip.org.

Phone: (858) 534-6299
Web: http://aging.ucsd.edu
E-mail: aging@ucsd.edu

We would like to give a special thank-you to our donors for their generous support of HS STAR. The program could not exist without you.

2015 HS STAR students and RoyceDia, summer intern at the Stein Institute (wearing blue t-shirt)
SEPTEMBER

Universal Design for Age-Friendly Homes and Communities
Laurence Weinstein, Architect and Director, Shared Solutions America
September 16, 5:30 p.m. Door opens at 5:15 p.m.
Medical Education and Telemedicine Building, Lower Auditorium, UC San Diego
Registration is required: Please visit aging.ucsd.edu.

SEPTMBER’S LECTURE
To adapt to and support the aging population, we must rethink how we craft our public space and homes. Join us and our partner, The San Diego Foundation, for the kickoff of the Age-Friendly Communities Collaborative.

Learn more about designing and retrofitting age-friendly houses and communities from keynote speaker Larry Weinstein, a renowned architect and the director of Shared Solutions America, a national nonprofit organization dedicated to educating and helping people of all ages achieve maximum independence, energy-efficiency, and safety in living environments. He advocates for “universal design” as an “environment, where products and furnishings are usable to the greatest extent possible by people of all sizes, ages, abilities, and preferences, accommodating different stages and tastes.”

Mr. Weinstein is past president of Pratt Institute: Architectural and Product Design, a successful commercial and residential design-build business with offices in three major cities. He was also the interior space planning/design consultant for 5 Century City in Los Angeles and Embarcadero Center in San Francisco when these very large projects first broke ground. His many design-build projects consist of millions of square feet of new and renovated office, commercial, industrial, hospital, medical, hospitality, and residential projects. Many of his projects focused on living and working environments for older adults and people of all ages with disabilities.

In early 2000, Mr. Weinstein closed his successful architectural business and developed a new national nonprofit organization: Shared Solutions America. For more than nine years, he was the national viable homes consultant for AARP National Event and Expo and is still very involved with AARP. Mr. Weinstein presents at numerous events, conferences, workshops, and seminars in conjunction with the American Institute of Architects, national organizations, and corporations. For seven years he was a primary presenter on universal and accessible design for new and existing living environments at California Abilities Expo and other events.

Mr. Weinstein has published numerous articles in national magazines relating to new and innovative technologies that help baby boomers and beyond—especially people of all ages with disabilities—achieve enjoyable maximum independent living.

This lecture has been made possible through a generous donation from our partner, The San Diego Foundation, and their Center for Civic Engagement.

UCSD-TV
How to Keep Your Brain Fit: Boost Your Memory and Fight Dementia
As we grow older, we often become concerned about our memory. Ramit Motamjeri, MD, assistant professor of medicine and geriatrician at UC San Diego, speaks about memory changes that can occur with age and addresses common concerns. He also discusses when to seek assistance and provides tips for keeping your memory sharp.

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

This lecture has been made possible through the generosity of GreatCall.

Please tune in to UCSD-TV to watch the Stain Institute’s monthly lecture series. Lectures are on

 Cox (digital) Ch. 135
 Time Warner San Diego (digital) Ch. 1231
 AT&T Ch. 99
 UHF (no cable) Ch. 35

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 and drive to the top of the hill (second light).
• Drive straight into Gilman Parking Structure.
  o If you do not have a parking permit, park in a VP spot and purchase a permit at a kiosk.
  o If you have a parking permit, you must park in an A or B spot on the third level or higher.

From Gilman Parking Structure, walk across the street toward the Stain Clinical Research Building and follow the small asphalt path to the right of the building.
• Turn left at the sidewalk and follow it to the large glass building across the lawn. This is the Medical Education and Telemedicine building.

Free Parking
For a free parking permit, call (858) 534-6299 or e-mail aging@ucsd.edu NO LATER THAN THE WEDNESDAY BEFORE THE LECTURE to receive a your permit in the mail. After that, you will need to purchase a permit from a kiosk or park in a metered space.

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.

MEET THIS MONTH’S SUCCESSFUL AGER

Carolyn Boline

BY JOSEPHINE SHEU

Carolyn Boline was born in Pensacola, Florida, on February 20, 1941. She grew up in a close family and was very blessed to have known all of her great-grandparents throughout her childhood to adulthood.

Carolyn was a bright student, although she passed away at the untimely age of fifty-nine. She inspired Carolyn to be career-minded and showed how to be resilient. She encouraged Carolyn to acquire key, typing and shorthand skills, which later helped Carolyn find employment.

As a child, Carolyn loved theater and movement, and she performed in all sorts of productions up until the end of college. She received a degree in speech and English from Florida State University.

In 1962, Carolyn married her first husband, a naval aviator, and moved to La Jolla, California. She had twin daughters and was widowed in 1968 when her husband was shot down over Kha San while serving in the Vietnam War. Although it was a tough experience, Carolyn worked hard to stay strong for her daughters, who were only two years old at the time.

Carolyn married a junior officer in 1970 and had a third daughter. She was a homemaker and volunteered in the San Diego Junior League, where she was a life coach in the Volunteer Career Development Project.

Carolyn said that she realized that her true passion was to “help people make the best possible use of their lives,” but she spent some time in 1985 earning a real estate license in order to support her family. She also wanted to fulfill a career dream that her mother was never able to achieve for herself: becoming a real estate agent. At the time, Carolyn’s daughters were going to college and in motorsport had just passed away, and this career transition was a way to handle her grief. Carolyn was a top-producing real estate agent in La Jolla for twenty years. Toward the end of her real estate career, Carolyn started to take yoga classes to relieve stress, and she became very physically, emotionally, and mentally refreshed from it. She later decided to share her experiences and earned a teaching certification and developed her own style of yoga designed for seniors.

Carolyn has been teaching yoga classes for seniors in La Jolla and at Silver Sage Yoga and Wellness for fifteen years. She focuses on finding balance; building strength and flexibility, social connections, and mindfulness; and she works with her students on gentle chair and standing yoga. Carolyn has a holistic approach, encouraging pranayama (breathing exercises to improve lung capacity and balance the nervous system), stress relief, meditation, as well as offering nutritional guidance on mood enhancers. She also shows seniors how to get off the floor if they fall, emphasizing spinal flexi-

bility for greater range of motion and to stop the rounding of shoulders.

Carolyn stays physically and mentally active through all sorts of hobbies. She has traveled all over the world to Egypt, Jordan, China, India, Japan, Hong Kong, and the Philippines. As part of the Windessea Walker group, she takes two-week spring walking excursions overseas to places such as England, Scotland, Ireland, and Wales. She also plays bridge, Scrabble, and tennis, and attends educational seminars.

As a successful agent, Carolyn encourages people to be independent, finding activities that can keep oneself physically active, mentally stimulated, and passionate. “Being mindful of what’s happening in the present moment requires learning to slow down through meditation practice is key,” she noted. “You must be grateful for what you have even if it’s not perfect. Accept change, and play the cards that you are dealt.”

Do You Know a Successful Ager?
If you know someone who is an example of successful aging, please contact us at (858) 534-6299 or aging@ucsd.edu with the person’s name, contact information, and a brief description of what makes this person successfully age or she is successfully aging. We will feature some of these individuals in future newsletters.