

Educating Baby Boomers to Live Better Longer!

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For people worried about their memory as they age, or for those who want to maintain their cognitive/memory skills, UCLA is currently offering two unique programs for adults of all ages. Under the direction of Dr. Gary Small, Chief of the Geriatric Psychiatry Division at UCLA, the Center on Aging is proud to announce Brain Boot Camp, the one-day memory enhancement course, and the exclusive Cognitive Maintenance Program.

Brain Boot Camp is a 3-hour course led by neuropsychologist, Dr. Karen Miller, in a small group format. This program teaches valuable memory enhancement strategies that can improve memory functioning for everyday life, in addition to providing the most up-to-date information on early detection of cognitive impairment. In a small class format, Dr. Miller leads the participants through a series of exercises that can be implemented on a daily basis; enrolled individuals will take home strategies, exercises, and assignments to assist them in improving their memory on a daily basis after just

one class. Brain Boot Camp is also offered on an individual basis and can be tailored to accommodate individuals who have mild cognitive impairment or mild dementia.

The Cognitive Maintenance Program is an annual program in which individuals enroll in the unique educational and evaluation program with Dr. Gary Small and his team. In a two-part session the participant (and family) meet with a clinical neuropsychologist for an information gathering session (and medical record review if needed) and then with Dr. Small, who will review necessary healthy-life-style changes. This program focuses on, memory enhancement, stress reduction, physical fitness, and improved

nutrition. In addition to describing the necessary lifestyle changes, Dr. Small

and his team provide referrals for additional assessment and treatment as needed, with the goals of improving cognitive

functioning and/or early detection and treatment for memory disorders.

For more information on Brain Boot Camp and the Cognitive Maintenance Program, please contact Colin Shinn at 310-794-4055 ♦



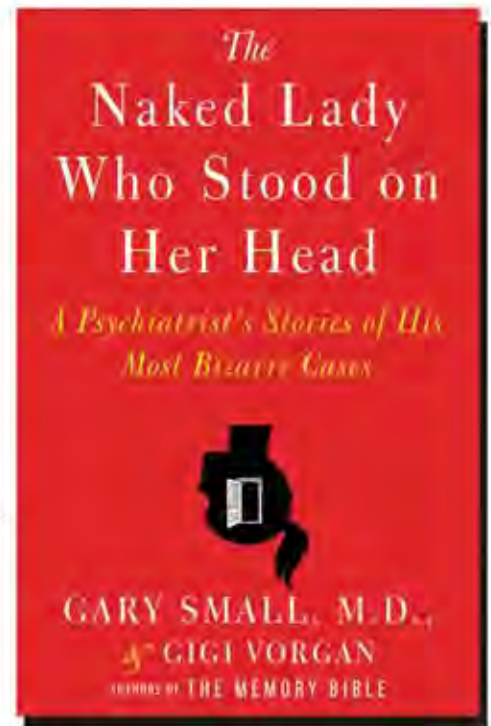
***Coming to the Center on Aging this Fall :
Brain Boot Camp and the Cognitive Maintenance Program***



Engaging in mentally challenging tasks is associated with a lower risk for Alzheimer's disease. Although a cause and effect relationship between mental activity and brain health is not definitive, most geriatric clinicians encourage their patients to remain mentally active to enjoy life and possibly stave off cognitive decline.

I spoke through the little window in the door. 'I'm going to come into the room now with some of our nurses and our staff. I need you to stop standing on your head please.'
No response. I wasn't fine. What did this naked headstand mean? Was there some psychological significance to it that I wasn't getting? Was she trying to communicate something, or was she just completely out of her mind?

Excerpt taken from Chapter Two...



*The Naked Lady Who Stood on Her Head:
A Psychiatrist's Stories of His Most Bizarre Cases*
(release date: October 1, 2010)

For me, writing books has been an important way to exercise my own brain cells. My wife and co-author, Gigi Vorgan, and I are excited about our fifth book, *The Naked Lady Who Stood on Her Head: A Psychiatrist's Stories of His Most Bizarre Cases* (release date: October 1, 2010). In this book, I describe my most bewildering cases and provide a glimpse of my life in medicine as it evolves over time—a behind-the-scenes look at the field of psychiatry and a variety of mental diseases as they've never been seen or diagnosed before. Spanning the nearly thirty years since I began my career in a crowded inner-city Boston emergency room, I introduce a strange cast of true-life characters and conditions, while dealing with mysterious hysterical blindness, a man convinced that his penis is shrinking, secret double lives, and frighteningly psychotic romantic desires. My career and personal life come full circle when my own mentor becomes my patient, helping me to realize that no one is beyond mental exploration.

The book highlights the human side of psychiatry and aims to address the stigma of "seeing a shrink" and admitting one has a problem. Thanks in part to the media, there exists an unwarranted pessimism about psychiatry that dissuades many from getting the help they need. Psychiatrists are sometimes viewed as probing mental detectives who take control of their patients' minds rather than heal them. With this book, I hope to debunk such misconceptions and demystify the treatment of mental illness.

In any given year, an estimated one in four adults—nearly 60 million people in the United States—suffer from a mental disorder. In Americans aged 65 years and older, 6.5 million of them suffer from depression, and another 5 million have dementia. Despite the public's misconceptions, psychiatric interventions have been shown to diminish and often eradicate the symptoms of psychosis, depression, and anxiety; yet many

people do not have access to care, and often those who could improve with treatment, never seek out a specialist.

At our 3rd Annual UCLA Technology & Aging Research Conference, I will have the opportunity to preview this new book during my lunchtime talk, "Psychiatry and Technology: Past, Present and Future." Although most people think of psychiatric practice as a low-tech field (when I started my practice, my fanciest gadget was an answering machine that triggered my beeper in an emergency), technology has had a major impact on treatments and outcomes. I will describe how the field's technologies have advanced from the mid-eighteenth century when electroconvulsive therapy was first introduced, to modern brain scanning methods that detect subtle mental symptoms and such novel non-invasive treatments for depression as transcranial magnetic stimulation. The new psychiatric technologies offer hope that we will have better options for treating mental disturbances in people of all ages, but they still cannot replace the more traditional approaches of talking with a practitioner face-to-face so many psychiatrists today use a combination of treatments or eclectic approach.

I encourage you to save the date (Skirball Cultural Center, October 29, 2010) and attend the UCLA Technology & Aging Conference. Whether your interest is in mental health, medical bionics, or remote health monitoring, you will find the day informative and engaging. I hope to see you there so you can learn from our outstanding UCLA speakers and other experts from across the country, and engage in lively discussions so we can continue to live better and longer. ❖



DR. GARY SMALL
Director, UCLA Center on Aging

Executive Administrator Appointed



Christopher Walling joined the UCLA Center on Aging as its executive administrator in May, 2010. Chris comes to us from the University of Kentucky Health System where he served in a number of roles, including Administrator of Physical Medicine and as Administrator of Hematology and Bone Marrow Transplant Services. Chris is a Fellow in the American College of Medical Practice Executives, and holds a Masters in Business Administration from Morehead State University. His publications include works on finance administration in academic medicine, as well as organizational development.

Chris notes the following words on his new appointment, "I'm honored to have the opportunity to help the Center on Aging celebrate its twentieth anniversary in 2011 as it continues to help people live better longer. The Center is a prestigious organization that helps foster innovative research and provides valuable services to the community. I'm so very glad to be a part of it." Chris will also serve as the Administrator for the Geriatric Psychiatry Division in the Semel Institute for Neuroscience and Human Behavior, as well as the Aging & Memory Research Center.





ART LINKLETTER

GONE BUT NOT FORGOTTEN....

Art Linkletter dominated the burgeoning television industry thanks to his light-hearted and disarmingly mischievous personality – a quality that helped him get people to say the darndest things. The venerable radio and television host died May 26 at his home in the Bel Air section of Los Angeles. He was 97.

Retiring formally from broadcasting in 1969, Mr. Linkletter continued using his perfected craft by making regular appearances as both an entertainer and motivational speaker. Known for his extensive philanthropy, he served on the board of directors for the Center on Aging at UCLA, where he was the president of the board and recipient of the ICON award.

The ICON award honors individuals who have made outstanding contributions to society through their lives while exemplifying the center's motto, "living better longer."



Art Linkletter
July 17, 1912 - May 26, 2010

Mr. Linkletter was born June 17, 1912 in Moose Jaw, Canada, where he was abandoned by his natural parents when he was just a few weeks old. He was adopted by a poor evangelical preacher and school teacher. He graduated from high school and then earned a bachelor's degree from San Diego Teachers College (now San Diego State University) in 1934.



While Art dreamed of following in his father's footsteps, an unexpected phone call from KGB radio in San Diego instead lead him to embark on his career in broadcasting.

In 1940, he began working on what would become his groundbreaking radio show "People Are Funny." The show featured audience participation, contests and silly gags, and became a television series in 1954 – running until 1961.

Another show, "Art Linkletter's House Party" also became one of television's longest-running programs. While it debuted as a radio show in 1944, it ran on CBS television from 1952 to 1969.

Remembering Mr. Linkletter, his friends and colleagues quote him as a man who humbly deferred the spotlight to his guests, who became the stars of the show after he unwittingly got them to share, perhaps, too much information. His kind and self-deprecating humor had adults and children alike sharing funny stories on his many shows.

The many quotes he elicited from the children who appeared on his show were included in one of his books, "Kids Say the Darndest Things"–which dominated the nonfiction bestseller lists for two years.

ART'S INSPIRING WORDS

[article continued on page 10]

"I've always learned that its better to have a small percentage of a big success, than a hundred percent of nothing!"

"Things turn out best for the people who make the best out of the way things turn out."



John Wooden

HIS LEGEND LIVES ON....

Coach John Wooden's championship-studded basketball coaching career made him famous, but he will be remembered as a man who believed both in the power of prayer and the importance of character, courage and tenacity.

On June 10, Mr. Wooden, who was named "The Greatest Coach of All Time" by The Sporting News in 2009, died from natural causes. He was 99.

A standout basketball player in high school, he attended Purdue University, where he helped lead the team there to a national championship in 1932. After graduating that year with a bachelor's degree in English, he played professionally and taught and coached in the high school arena until joining the Navy in 1942.

Couragous and disciplined, Mr. Wooden achieved the rank of lieutenant during his three-year tenure fighting WWII, after which he accepted a coaching position at Indiana State Teacher's College (now Indiana State University) from 1946 to 1948. In 1947, his team was invited to the National Association of Intercollegiate Basketball National Tournament, but he refused to allow them to participate because of the organization's policy banning black players.

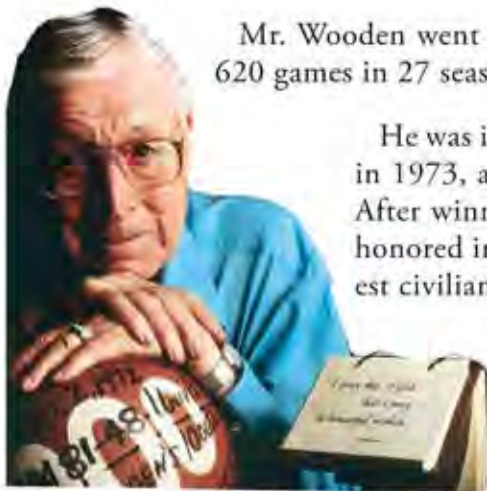
Having confidence and an undying passion in his voice of equality, he was thrilled a year later, when the NAIBN reversed its policy and Mr. Wooden coached his team to the finals, where it lost to Louisville. It would be the first and only time that a team he coached lost a championship game.



Mr. Wooden went on to become head coach at UCLA after the 1947-1948 season, winning 620 games in 27 seasons there, and capturing 10 NCAA titles during his last 12 years.

He was inducted into the Basketball Hall of Fame as a player in 1961 and as a coach in 1973, and is distinguished as the only person to be enshrined in both capacities. After winning a spate of awards and becoming the namesake of many more, he was honored in 2003 with the Presidential Medal of Freedom, which is the nation's highest civilian honor.

One of Mr. Wooden's players, Andrew McCarter, collected letters of commendation from more than 30 of the coach's former team members and sent them to the White House with a formal request to have him honored with the award.



COACHE'S QUOTES....

[article continued on page 10]

"Success comes from knowing that you did your best to become the best that you are capable of becoming."

"I am just a common man who is true to his beliefs."

Third Annual UCLA Technology & Aging Conference

The UCLA Center on Aging is announcing Friday, October 29, 2010 as the date for its third annual UCLA Technology & Aging Conference – “Science Changing Lives” – to be held at the Skirball Cultural Center in Los Angeles, California.

This event is one of only a few nationwide to spotlight the latest in medical and consumer technologies and their relevance to aging. The Conference will bring together over 400 informed consumers, scholars, and industry leaders to dialogue about technological trends and initiatives that help people live better longer. Participants will be brought up to date on existing, emerging, and future technologies.

Breakout sessions will be designed around two topic tracks: Wellness and Lifestyle, which will focus on technologies and activities that enable older adults to continue to live longer, healthier and better lives. Seniors will review technologies relevant to staying home versus moving to assisted living. Other panels will focus on cutting-edge developments in back pain management and treatment, digestive health, imaging, robotics and tele-health.



*Keynote Speaker
Dr Joseph F. Coughlin*

The keynote speaker will be Dr. Joseph F. Coughlin, founder and director of the Massachusetts Institute of Technology Age Lab. Lively panel discussions will explore issues such as technology addiction and the myths and realities of longevity as it relates to diet. The conference will also address the important impact on the aging community of health care reform.

This year's conference will expand its hands-on exhibition features, by showcasing a variety of products and services of interest to the aging community presented by our sponsors and related service organizations. ❖

Interested sponsors and potential attending organizations can find more information at www.aging.ucla.edu or by emailing: technology.aging@gmail.com or calling the Center at (310) 794-0676

HAS YOUR MEMORY CHANGED OVER THE YEARS?
UCLA Research Study of People with Memory Loss
using Brain scans and Neuropsychological testing

VOLUNTEERS AGE 25-90 YEARS NEEDED

Researchers at UCLA Medical Center are studying memory loss. Study volunteers will come to UCLA for a total of 6 visits over a two-month period.
Study participants were seen, about 12-24 months ago in this study and now the study will be repeated to see if any changes have occurred in brain function. Payment for participation.

If you are in good health.... Call for more information at

310-206-7392
Research study conducted by Gary Small, M.D. UCLA Department of Psychiatry



UCLA Technology & Aging Conference

Science Changing Lives



Friday, October 29, 2010

At the Skirball Cultural Center

Early registration - \$125 now through October 1st

Register online at: www.aging.ucla.edu

This event will bring together academic and industry leaders to discuss how the latest technologies in the medical, consumer and lifestyle fields will help older adults live better, longer lives.

An informative series of speakers and panel presentations will feature researchers and industry professionals discussing:

Technology Addiction

How to Digitally Detox

Medical Bionics

Robotics and Remote Surgery for Patient Care

Memory Boot Camp

Learn Exercises to Stimulate Memory

A New Generation of Gamers

Adapting Computer, Video Games for All Ages

Ending Back Pain

Latest Techniques to Eliminate Back Pain

Brain Fitness

Consumer Products that Help Enhance Brain Function

Remote Health Sensors

Tele-health Monitoring and Diagnosis

Physical Exercise & Cognitive Health

How it Improves Body and Mind

Advances in Imaging

Tools to diagnose disease

Busting the Myths of Aging

Longevity and Diet: Can We Eat Better to Live Longer?

Cutting Edge Diagnostics

Swallow a Capsule to Image Digestive Tract

Staying Home vs. Assisted Living

Experts Address Issues in Making a Decision

For information on sponsorships, student rates, group rates, or exhibitor opportunities, please e-mail technology.aging@gmail.com or call 818-264-5420



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CENTER ON AGING'S NEW MEMORY TRAINING PROGRAM



How many times have you asked yourself, "What was her name?", "Where did I park my car?" or "Where did I leave my glasses"? These age-related memory concerns are addressed in the new and exciting Memory Training Program to be offered at UCLA by the Center on Aging this fall.

This new program, based upon research conducted by Gary Small, M.D., director of the Center on Aging, teaches practical techniques to enhance memory performance. It will consist of a four-week Memory Training course and 12 monthly Booster Sessions. The Booster Sessions are for the participants who have completed the four week course and want to maintain their skills and learn new techniques.

The Center on Aging's Memory Training Program will be staffed by volunteer trainers who have been certified by the Center to teach the new program. Many trainers are retired or semi-retired teachers, lawyers, business people and nurses. They all share a love of teaching the Memory Training Program. They use the techniques in their daily lives and have seen improvement in their memory abilities. Their enthusiasm is contagious.

Let's meet two of the trainers:

Frank Damon has been involved as a trainer since 2005. As he began cutting down his law practice, he wanted to volunteer somewhere. He loves UCLA and read about becoming a memory trainer for the Center on Aging. It sounded interesting to him and he was hooked from the start. What he was learning had value to him as well as the community. He loves seeing the change in the participants from the first day when they are hesitant to respond, to the third week when they get much more involved and seem to love the

course. Most students leave with a sense of gratitude and hope when they have skills they can use in their everyday life to improve their memory.

Miriam Faugno has been a trainer since 2009. She just moved to Los Angeles from New York and wanted to spend time with her 92 year old mother. She found the Center's Memory Training course offered at the Culver City Senior Center, and thought it would be a perfect course for the two of them. Miriam found it fascinating and immensely helpful. Her background as a drama teacher made it a perfect fit for her to become a trainer. She finds that teaching the program is a positive and fulfilling experience. She said, "To watch the understanding on the participants' faces is like watching the sun rise."

Miriam's favorite moment came when a participant got up and thanked her for teaching. The class had given her a skill-building assignment to interview someone. The student told the class that she had been married for a long time and chose to interview her husband. "I really listened to my husband. He was so grateful. The next week he began listening to me." The class can be a life-changing experience. ❖



The Center looks forward to piloting this innovative educational program this October at UCLA. Check out www.aging.ucla.edu, for information.



(Above) Dr Gary Small
& Dr.V. Reggie Edgerton
(Right) Dr. Karen Miller
& Student



Center Hosts Successful 15th Annual Research Conference on Aging

The UCLA Center on Aging held its 15th Annual Research Conference on Aging on June 15th at the UCLA Faculty Center. Keynote speaker Dr. Deborah Burke, professor of psychology, linguistics, and cognitive science at Pomona College spoke about her "tip-of-the-tongue"(TOT) research. Dr. Burke's work has been featured in both The New York Times and National Public Radio. She describes TOT as "a temporary inability to produce a well known word, accompanied by a strong feeling of knowing, and often frustration." Dr. Burke spoke about how through both physical exercise and practice, one can use memory-training techniques such as --rehearsing proper names ahead of so-

cial situations-- as a means to help prevent the prevalence of TOTs.

There were over thirty posters/abstracts presented, and a number of key poster presentations that encompassed innovative multidisciplinary geriatrics research from organizations throughout the Southern California area. Other speakers included: Jesus Araujo, MD, PhD Director of Environmental Cardiology at UCLA, L. Steven Coles, MD, PhD, Director of the Supercentenarian Research Foundation, Ronald Harper, PhD, of Neurobiology, Jonathan Wana-gat, MD, PhD, of the Division of Geriatrics, and Reggie Edgerton, PhD, of the Brain Research Institute.

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310-794-0676

GONE BUT NOT FORGOTTEN....

His lifelong friend, Larry King, told interviewers that Mr. Linkletter's ability to help people open up came from his distinct voice and calm demeanor.

"He had an unusual voice, a twang to his voice that was immediately recognizable," Mr. King has said. "And he looked like your favorite uncle."

Although Mr. Linkletter leaves a legacy as a pioneering broadcaster and beloved television host, he will also be remembered for his perpetually upbeat personality.

"Over the years, I have tried to create an image of a man dedicated to fun and laughter,"



"I have been willing to joke about my own faults and foibles and talk about the troublesome things in my life, and I have kidded people about theirs. The world needs laughter more than ever, and I intend to spread it around." ♦

HIS LEGEND LIVES ON....

Three years later, Mr. Wooden received a telephone call from the White House congratulating him on being selected as a recipient of the Presidential Medal of Freedom. He reportedly told the president's office that unless they sent him a formal letter by the following day, he would consider the conversation a prank.

McCarter told interviewers that when the correspondence reached Mr. Wooden the next day, he was shocked and humbled.

Personally, he was a proud father and devoted husband – one who visited the grave of his wife, Nellie, every year on the anniversary of her 1985 death to write her a love poem. Before and after her death he took comfort in his faith and drew on the principles his father, Jacob, instilled in him.

Mr. Wooden's father gave him a Seven Point Creed upon his graduation from grammar school that read:

"Be true to yourself. Make each day your masterpiece. Help others. Drink deeply from good books, especially the bible. Make friendship a fine art. Build a shelter against a rainy day. Pray for guidance and give thanks for your blessings every day."

As a coach, he taught his players that winning wasn't the necessary thing – that true greatness came from aspiring to be their best every time. Wooden, a previous Center on Aging ICON award recipient, was a legendary hero of many talents. A legend that will live on forever in the hearts of the sport, his family, and the millions he inspired.

"Don't let what you can't do interfere with what you can do," Mr. Wooden was known to say. "Success is never final, failure is never fatal. It's courage that counts." ♦



Artwork by Josh Ebel

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JULY 2009 – JUNE 2010

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Dorothy R. Sherwood
Loretta Shine

Tributes

August 2009 – July 2010

Happy Birthday to George Altschuler
Barbara and Robert Engel

Happy Birthday to Howard Alweils
Mindy and Robert Gandin

Happy Birthday to Lona Cohen
Dr. and Mrs. Max Small

Happy Birthday to Judy Havas
Mindy and Robert Gandin

In Memory of Selma Agran
Alan Levitt

In Memory of Gene Cofsky
Susan and Joel Saltzburg

In Memory of Dr. Arnold Cohn
Brenda Stone

In Memory of Hilda Ellenson
Alan Levitt and Family
Nancy Levitt and Family

In Memory of Warren Estrin
Susan and Joel Saltzburg

Tributes

JULY 2009 – JUNE 2010

In Memory of Vicki and Dan Gold's father
Enid Zaslow

In Memory of Bob Green
Elaine Kramer

In Memory of Mildred Hersch
Gigi and Gary Small

In Memory of Milton Irizarry
Susan and Joel Saltzburg

In Memory of Dr. Bert Kotin
Dr. and Mrs. Max Small

In Memory of Helen Krakover
Nancy and Larry Levitt

In Memory of Art Linkletter
Patricia Grey
Gigi and Gary Small

In Memory of Marvin Minoff
Enid and Steven Zaslow

In Memory of Mimi Perloff
Helen Berman
Diane Favro
Patricia Dunn Grey
Hanna Levenson
Gigi and Gary Small

In Memory of Mary Jane Phillips
Alvin Milder

In Memory of Mary Popovick
Susan and Joel Saltzburg

In Memory of Sherrie Beverly Savinor
Enid Zaslow

In Memory of Richard Silvera
Mindy and Robert Gandin

In Memory of Nechama Tamler's mother
Dr. and Mrs. Max Small

In Memory of Terry Wispe
Enid and Steven Zaslow

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UCLA Technology & Aging Conference

Living Longer and Better Through Technology

Register now space is limited!

This event will bring together academic and industry leaders to discuss how the latest technologies in the medical, consumer and lifestyle fields will help older adults live better, longer lives.

Visit www.aging.ucla.edu and click on



OR call the UCLA Center on Aging
at (310) 794-0676

Early registration - \$125

Group rates for seniors organizations
are available. Please contact
technology.aging@gmail.com


UCLA
Center on Aging

The UCLA Center On Aging Newsletter

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