

Newsletter

Contents

Director's
Letter..... 2

Center
Addition 3

ICON
Celebration..... 4

Media
Highlights..... 6

Faculty
Spotlight..... 7

Plott Chair 8

Board
Spotlight..... 9

Donors/
Tributes..... 10

World Renowned Research at the UCLA Longevity Center

With the launch of the renaming of the UCLA Center on Aging to the UCLA Longevity Center this past summer, Dr. Gary Small and the leadership of the UCLA Aging and Memory Research Center (AMRC) elected to fold the research operations under the Longevity Center mantle. Now, both the laboratory staff of the former AMRC will join the staff of

the UCLA Longevity Center. The team will help serve the Center's combined educational and research missions. This new integrated organizational structure will provide the friends of the Longevity Center greater access to the latest information and research in the areas of memory health and successful aging. We look forward to the exciting innovations our researchers and staff members will develop.



Left to Right: Event Co-Chair Tim Noonan and wife Christina; Director Gary Small with Honorees James Collins, Jane Fonda, and Dr. Bradley Straatsma; Event Co-Chair Louise Horvitz.

For additional event images see page 4

The UCLA Longevity Center Research Laboratory

The UCLA Longevity Center Research Laboratory conducts cutting edge research on a variety of diagnostic tools and exploratory treatments related to brain aging and cognitive decline. Focused on the early detection of Alzheimer's disease and related dementias, the laboratory aims to find ways to diagnose early memory impairment in hopes of inhibiting the progression of degenerative illnesses.

The laboratory has two new research studies focused on specific aging populations. In particular, researchers are currently enrolling adults with Down syndrome ages 40 and older to

study the correlation between Down syndrome and Alzheimer's disease. Staff members are also recruiting retired football players ages 35 and older to examine the effects of past traumatic brain injuries on present cognitive function.

The laboratory continues to research innovative brain imaging techniques in its biomarker detection program. This program seeks to improve current diagnostic tools used in the detection and diagnosis of dementia. Participants enrolled in this program receive MRI and PET scans and that may help clarify the source of subjective memory complaints.



Dear Friends of the UCLA Longevity Center,

Most of us want to live long and healthy lives, and one of the greatest concerns we all face is the loss of our mental abilities as we age. Every 70 seconds, another American gets Alzheimer's disease, and by mid-century, a new case will develop every 30 seconds. Currently, 36 million people worldwide suffer from the disease. By 2050, we can expect 115 million cases of Alzheimer's, causing unimaginable emotional distress and economic costs.

Alzheimer's disease is one of many age-related illnesses that so far have no permanent cure to eradicate the underlying cause. Like some cancers, diabetes, high cholesterol, and hypertension, it begins in middle-age or later, worsens with time, and if left untreated, significantly diminishes one's quality of life and shortens life expectancy.

Eventually, scientists may discover a definitive cure for Alzheimer's disease that is as effective as an antibiotic for an infection. But for now, the most promising path is through prevention – protecting a healthy brain rather than trying to reverse already damaged neurons. The UCLA Longevity Center supports ongoing research into early detection of this devastating illness, as well as studies designed to delay the onset of symptoms. The goal is to stave off symptoms long enough so that we never experience them during our lifetime.

Although a definitive study has not yet been completed to prove that Alzheimer's disease can be prevented, compelling scientific evidence shows that several modifiable risk factors are likely under our control. Along with my co-author Gigi Vorgan, I have written a new book that updates the latest research on Alzheimer's prevention and presents a practical approach to living a healthy brain life style for the long haul. The Semel Institute Friends will be hosting my presentation of "The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life" on February 1, 2012, at 7 pm at the Deneve Auditorium at UCLA. For more information about this event, please call the 310-267-1AGE.

Given the large number of people afflicted by this disease, Alzheimer's prevention strategies could have a considerable potential impact. Delaying symptom onset by just six months could substantially lower the prevalence of anticipated cases within the next five years.

DR. GARY SMALL
Director, UCLA Longevity Center

Anel Dzmura, Longevity Center Senior Analyst

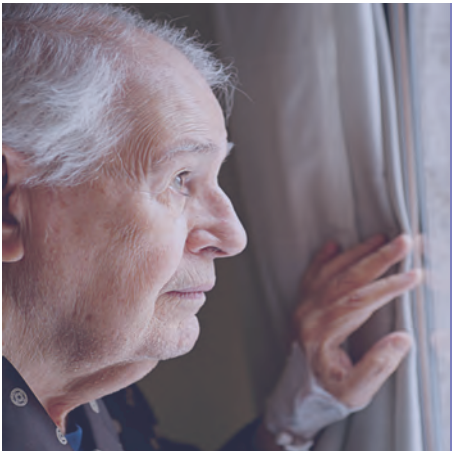
Anel Dzmura joined the UCLA Longevity Center administrative staff in January 2011. She formerly served as the Administrative Specialist to the Division of Geriatric Psychiatry under the leadership of Dr. Gary Small. Anel helps support all the administrative and financial needs of the Center's many programs and services, including the stewardship of our Board of Directors.



Anel has served in a number of roles since coming to UCLA more than five years ago and has become instrumental in helping supervise Center staff and help with our many successful programs and events. Anel comes to us with a background in research, education and human resources, having worked for such organizations as UCLA's Institute for Social Science Research, RAND Corporation, Magnolia Science Academy, and Princess Cruise Lines.

Anel graduated with a bachelor's degree in Sociology from UCLA and continues to advance her career by participating in several professional development courses here at UCLA and elsewhere. If you have any questions or inquiries about any of the programs and services at the UCLA Longevity Center, you can reach her by email at ADzmura@mednet.ucla.edu or by calling (310) 267-1243.

"It has always been important to me to work in a field that contributes to the enhancement of human well-being and helps meet the needs of people. By finding ways of helping people live better longer, I feel the UCLA Longevity Center is doing just that. In the last few months I have been at the Center, the generosity of our donors and the commitment of the staff, center leadership, and board members have been inspirational. I feel fortunate to have the opportunity to be part of such a wonderful team."



Interested in Exploring Group Therapy?

Join UCLA's Geriatric Psychiatry Group Therapy Sessions
Wednesdays at 12PM or 3PM
Call **(310) 794-4055** for Information

*Physician Referral Required

20th Anniversary Celebration and Annual ICON Awards Gala . . . An Anniversary to Remember.



Left to Right from Top: Host Jason Alexander; Board President Andrew Galef; Board Member Dr. David Trader with wife Kathleen; Mariah Buzolin; Glenn McCuen; George Segal with Chris Walling; Iqbal Theba; Zev & Barbara Yaroslavsky with Vicki Reynolds & Murray Pepper; Board Member Dr. Tom Calcaterra with wife Ellen; UCLA Chancellor Gene Block with wife Carol; Chris Walling, Board Member Nancy Levitt and Event Co-Chair Louise Horvitz; Joan Van Ark, Parky DeVogelaere and Peter Fonda; Dr. Bartly Mondino with Dr. Bradley Straatsma; Sharon Linkletter;



Left to Right from Top: Presenter Jennifer Lopez; UCLA Gospel Choir; Dean of the David Geffen School of Medicine Dr. A. Eugene Washington; Singer Kimberley Locke; Distinguished Scholar in Science & Medicine Awardee Dr. Bradley Straatsma; ICON Recipient Jane Fonda; Jane Fonda and Jennifer Lopez; Host Jason Alexander; Center Director Dr. Gary Small with George Segal and Jane Fonda; Art Linkletter Lifetime Achievement Awardee James Collins; Chris Walling with Jane Fonda and Jennifer Lopez.

Media Highlights

Dr. Gary Small

FOX 11 NEWS FEATURES MEMORY EXPERT

The Oct. 14 KTTV-TV Channel 11 Morning News segment, “Make One Change,” featured Dr. Gary Small, Parlow-Solomon Professor on Aging, and Director of the UCLA Longevity Center, discussing ways to improve memory.



Dr. Small also commented Oct. 22 in an ABC News online article about recent advances in Alzheimer’s disease research. “Alzheimer’s Advances: Promising but Slow-Going”



ALZHEIMER’S EXPERT VISITS “GOOD MORNING AMERICA”

Dr. Gary Small was interviewed May 11 on an ABC “Good Morning America” story about the suicide of Gunter Sachs and the tendency for Alzheimer’s patients to suffer from depression. Small is the Parlow-Solomon Professor on Aging, a professor of psychiatry with the Semel Institute and director of the UCLA Center on Aging. “Gunter Sachs Commits Suicide, Alludes to Alzheimer’s Struggle in Note”

TODAY SHOW AND CNBC FEATURE MEMORY EXPERT

Dr. Small, was featured Jan. 9 in an NBC “Today Show” segment about actress Marilu Henner’s “superior autobiographical memory,” an ability to recall nearly every moment of one’s life with absolute clarity. On Jan. 4, Small was interviewed for a CNBC documentary on the overwhelming impact of technology in our lives.



Dr. Karen Miller

KABC FOCUSES ON MEMORY FITNESS STUDY

A Sept. 21 KABC-Channel 7 story reported on a study showing that a memory fitness program offered to older adults in their senior living communities helped improve their ability to recognize and recall words, helping their verbal learning and retention. Dr. Karen Miller, an associate clinical professor at the Semel Institute, was interviewed and demonstrated memory techniques.

Dr. Helen Lavretsky

KABC INVESTIGATES TAI CHI’S EFFECT ON ELDERLY DEPRESSION

Research by Dr. Helen Lavretsky, professor of psychiatry at the Semel Institute and director of the UCLA Late-Life Depression, Stress, and Wellness Research Program, was featured April 14 on KABC-Channel 7. She found that tai chi chih, when combined with medication, helped elderly people lower their depression and improved their memory and cognition.



UCLA Researcher Helen Lavretsky, M.D.



Dr. Helen Lavretsky
Director, Later Life Depression,
Stress and Wellness Research Program and
Professor in the Department
of Psychiatry at UCLA

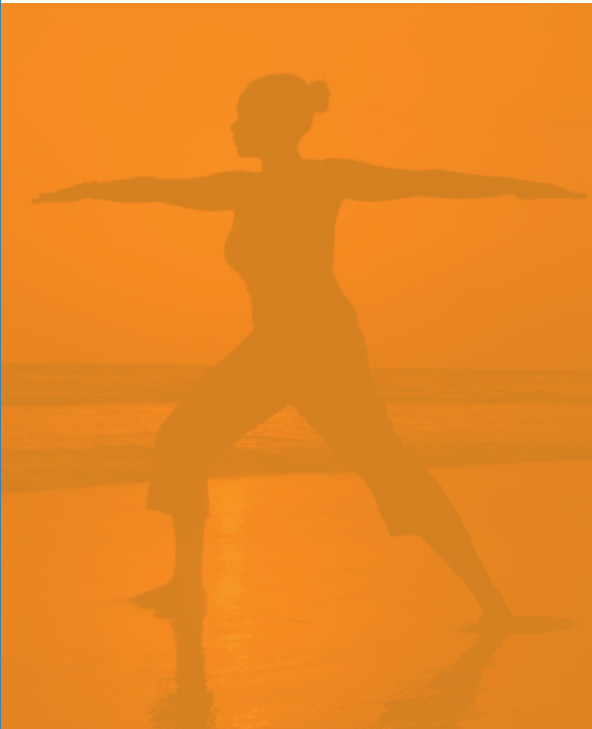
Sadness is a natural part of life, but depression does not have to be a natural part of aging. Medical studies have already shown that exercise and slow movements typical of yoga and Tai Chi can help to reduce depression in seniors and improve their quality of life. To find the best ways to prevent and treat depression, researchers at UCLA are requesting participants for additional studies in this area. For people who do not qualify for these studies, they are providing resources to reduce symptoms of depression.

“Many seniors and their caregivers are faced with lots of stress, including economic downturns and multiple medical conditions. They can’t always afford expensive medical treatments,” said Helen Lavretsky, MD, a professor at UCLA who specializes in geriatric psychiatry and mind-body intervention. “I want to use everything

available to promote wellness in seniors and their caregivers.”

There’s a big need for research. Depression in seniors is attributed to increased illnesses, suffering, and disability and is associated with a high risk for suicide. Often drugs are prescribed, but drugs alone don’t always work. Only about 30 percent of older depressed patients fully respond to a single antidepressant drug; 30 percent have a partial response; and 30 percent don’t respond at all.

The Late-life Depression, Stress, and Wellness Program at UCLA provides state-of-the-art stress, mood, cognitive, genetic, and brain scanning assessments, as well as opportunities to volunteer for clinical studies including antidepressant and mind-body interventions (e.g., Tai-Chi, yoga, meditation). For more information contact at (310) 794-4619.




JORGE R. BARRIO, Ph.D., Elizabeth and Thomas Plott Chair in Gerontology



My appointment to the UCLA's Elizabeth and Thomas Plott Chair in Gerontology in 2007 has been a unique and highly rewarding opportunity to focus and expand the scope of my research and educational activities related to aging and longevity in the areas of molecular imaging, neuroscience and human disease.

these probes we have investigated biochemical and pathophysiological processes in humans for the first time. Using brain diffusible markers, we created a new method for measuring the physical evidence of Alzheimer's disease by detecting the abnormal proteins that are the hallmarks of the disease in the living human brain. We also created the only available in vivo probes for detection of tau aggregates in the human brain and developed methods for measuring neuronal losses, establishing patterns of disease evolution in living subjects and a procedure for determining the therapeutic effects of experimental drugs. We also established new imaging probes as inflammatory markers and determined – also for the first time in living human subjects – the presence of alternative mechanisms of brain glucose utilization – via SGLTs – previously unrecognized.

I have published more than 300 scientific papers in peer reviewed journals, receiving more than 13,500 citations. I'm the founding editor-in-chief of Molecular Imaging and Biology, which is currently the official journal of the World Molecular Imaging Congress and the World Molecular Imaging Society. Most recent honors and awards since my appointment as a Plott chair include participation as an invited speaker at the Nobel Conference in Molecular Imaging in Stockholm (2007), as the UCLA Roger Macomber Honorary Lecturer (2009), as invited speaker at the Meetings of the Minds Conference, Monaco (2010), and also receiving the 'Achievement award in molecular imaging' at the World Molecular Imaging Congress in Kyoto, Japan (2010) and the establishment of the "Annual Jorge R. Barrio Lecture for advances in Clinical Research" bestowed by the World Molecular Imaging Society (WMIS)(2011).



Congratulations to the UCLA Longevity Center on 20 years of fostering long, healthy lives in the community.

Spotlighting the best of UCLA, The UCLA Foundation will proudly showcase the work of the Longevity Center and Dr. Gary Small at The Foundation's Fall Rediscover UCLA event on November 9, 2011.

UCLA Foundation uclafoundation.org

New Board Members!

Norm Greenidge

Norm Greenidge is a Senior Vice President and Managing Director of Northern Trust with responsibility for managing a wealth advisory team that provides a variety of client service activities, including wealth management, banking and trust services to affluent individuals. Prior to his current position, he was Senior Vice President within the Wealth Strategies Group in the Westwood office. He was responsible for marketing Northern's wealth management, banking and trust services to affluent individuals, families and organizations in Southern California.

Norm earned his Bachelor of Arts degree in Marketing from Howard University in Washington, D.C.. He and his wife, Josie, reside in Westchester with their daughter. Norm is a Board Member of the 100 Black Men of Los Angeles.

Marilyn Wolk

Marilyn Stein Wolk is a native of Los Angeles and earned her B.A. from UCLA. She is a founder and participating member of a family-run pre-school in Pacific Palisades and active in the Early Childhood Education (ECE) program at Webster Elementary School in Malibu. She created and chaired the Malibu branch of the American Cancer Society, served as secretary of the Malibu Colony Homeowner's Association and assisted with fund raisers for Brentwood School where her children attended.

In 1989 Marilyn joined Mc Morrow Associates as a legal recruiter. There she started a division of Corporate Counsel Search retained by companies such as Trust Company of the West; Big Five Sporting Goods; Westfield International; HBO; NBC; CBS; Guess; Kaiser Aluminum; Mattel, Inc.; Saban Entertainment; Sony Pictures Entertainment; Tosco Corporation; TRW and UCLA. In 1997 Marilyn started her own legal search and placement firm, Wolk Associates, which was listed in California Law Business as one of the "Headhunters Extraordinaire" in a survey of the top 20 law search firms in Northern and Southern California. After several years of successful placements, Marilyn retired from the search business. She is currently focusing on her board positions in order to contribute her leadership and organizational skills to the non-profit arena.

Chic Wolk

Chic attended the University of Illinois and Loyola School of Law in Chicago. For more than forty years, he was engaged in the parking business as CEO of Charter Parking, Inc., a local company. He was also the managing partner of Five Star Parking, a national company. He has served as President of the California Parking Association.

In 1996 Chick was appointed Honorary Consul General by the Foreign Ministry of the Kyrgyz Republic and represents that nation's interests in the western United States.

Chic has been committed to working with numerous civic and philanthropic organizations and has also written articles for business and trade publications.

Roslyn Holt Swartz

Roslyn attended the University of California Los Angeles and graduated Summa Cum Laude. She has been a member of numerous associations and has been involved with various UCLA groups, boards, and events. She has been profiled in such publications as Who's Who in the World, Two Thousand Notable American Women, and Five Thousand Personalities of the World.

Roslyn is a founder of the Los Angeles County Museum of Art, benefactor of the Music Center of Los Angeles County, serves on the Board of Directors of The Royce Center Circle, and has countless other community affiliations.

Donors & Tributes

March 2011 – October 2011

Donations

Director's Circle Level (\$2,000 and above)

Leo & Kathryn Cook
Don Tykeson
Chic Wolk

Benefactor Level (\$1000-1999)

The Curtis School Foundation
The John Thomas Dye School
Mrs. Lillian D. Goddard
Jane Lopatt

Patron Level (\$500-999)

Sherman Grancell
James Krasne

Friend Level (\$100-249)

Patricia Apt
Elaine Felde
Rita & Paul Freeman

Supporter Level (\$50-99)

Mr. and Mrs. Harold M. Berlfein
The Bernstein-
Maslansky Fund of CA
Aveoisyan Ceayame
Katherine Clearly
Felicia Ferrari

Tributes

In Memory of Seba Kolb Tomkins

Beatrice Breslaw

In Memory of Gerald Berger

Brenda Stone

Happy Anniversary to Edward Tamler

Max and Kiki Small

Happy 100th Birthday to Ruby

Elayne Barco

Happy Birthday to Mary Jane Hudecek

Donna Cashdan

Happy 100th Birthday to Faye Levitt

Nancy & Larry Levitt

Happy Birthday to Rose Meltzer

Robert & Tama Taub

Happy Birthday to Tucini Grey

Rubin Turner

In Honor of Mr. Yaggy

Sylvia D. Gelber

In Memory of Wade E Bennett on his Birthday

Victoria B. Murray

In Memory of Roz Livingston

Elayne Barco

In Memory of Mario Temperini

Mark Green

In Memory of Moe Levitt

Alan Levitt

In Memory of Stephen Winard

Nancy & Larry Levitt

In Memory of Chase Morsey, Jr.

Chase Morsey

In Memory of Jean Landsman

Eleanor Richman

In Memory of Claus Neumann

Gloria D. Wilson

In Memory of Max Small, M.D.

Eugene & Helen Berman
Dr. & Mrs. Alex E Brzezinski
Isabel de Castro
Louise G Feinberg
Ezekiel Freed
Marsha Gandin
Louise Horvitz
Dorothy Leeb
Nancy & Larry Levitt
Sherrie Nagin
Gertie Noskin
Robert & Susan Rosenfield
Mrs. Susan Tuberman

In Memory of Jay McMahan

Iris and Vic Antola
Cynthia Baise
Mr. & Mrs. George Braun
Robert Brookes
Judith Carroll
Lee Hogan Cass
Melinda Conner
Robert Diener
Gerald I. & Suzanne A. Flynn
Joseph & Camille Gardner
Joanne H. Haldeman
Gary Hewson
Nancy E. Hinds
Ruth Hoffman
George Kavanagh
Mr. & Mrs. Roger Laverty
Jackie & Hoyt Leisure
Tom Maudlin
Betty Hale McLaughlin &
Barbara Baldassano
Richard F Mogan
Chase Morsey, Jr
Judith & Gary Nunnally
Winifred S. Sampsell
Diane Sheridan
Scott D. Sheridan
Williams Sonoma, Inc
Leta G Warmington

Board Tributes

James A. "Jay" McMahan

Jay McMahan's incredible life came to a peaceful end on Tuesday, May 3, 2011. A native Californian, Jay began his early education at the Hollywood Military Academy in Brentwood and later the Harvard Military Academy in North Hollywood. His sportsmanship and drive shined even then as he received Harvard's football MVP in both his junior and senior years.

After marrying Jacqueline Logan-Jones, who would be his wife of sixty-eight years, and serving his country in the WWII Army Air Force, Jay took over McMahan's Furniture. He grew the family business into a fifty store chain throughout the western US before partnering with Howard Lester to purchase a small kitchenware business. The pair took Williams-Sonoma public in 1983 with Jay serving as Director until 2003.

Mr. McMahan has been a generous supporter of our UCLA Longevity Center research programs, especially projects on early detection and innovative treatments of Alzheimer's disease. His wonderful sense of humor and purpose inspired us all. We miss him terribly.



Max Small, M.D.

Max Small, M.D., husband of Gertrude "Kiki," devoted father of Mindy Gandin (Rob), Gary Small (Gigi), and Rena Small, and proud grandfather of five grandchildren and six great grandchildren, died June 12, 2011, after battling metastatic cancer. Born September 12, 1924, in Chicago, Illinois, he aspired to become a doctor and graduated University of Illinois Medical School with honors.

Max and Kiki moved to Los Angeles, where he completed his residency training in radiology. He then moved the family to Casablanca, Morocco, where he served in the Air Force during the Korean War. The family finally settled in the San Fernando Valley, where he became a prominent radiologist. After 30 years in private practice, he joined the UCLA Faculty at Olive Medical Center, where he enjoyed teaching young doctors in training for more than two decades.

Max was an avid athlete – nearly every day of the week you could see him jogging or playing tennis at Sherman Oaks Park. He also loved classical music, solving crossword puzzles, and lifelong learning. He gave generously to many charities and was a long-time supporter of the UCLA Longevity Center. We will all miss his warmth, humor and kindness.

Honor or remember a loved one by making a tax-deductible gift to the UCLA Longevity Center. Your 100% tax-deductible contribution will support the Center's mission of enhancing and extending productive and healthy life through research and education on aging, while bringing new meaning to the way you observe special occasions. Tributes may be given for any occasion, including birthdays, anniversaries, memorials, and graduations. Donations will be acknowledged with a Tribute Card to the person you designate and will be noted in the UCLA Longevity Center newsletter.

You can submit your tribute in several ways:

1. Via E-mail at Longevity@mednet.ucla.edu
2. Via Web at www.giving.ucla.edu/longevity
3. Via Phone by calling 310-794-0676

Calendar of Events

Brain Boot Camp

An intensive, three-hour course that provides instruction from UCLA neuropsychologists.

Upcoming Classes:

January 24 | February 28 | March 20 | April 17

Cost: \$300 ~ To register, call (310) 794-4055

Memory Training

An innovative four-week course that teaches practical techniques designed to improve memory.

Registration open for 2012 courses

Cost: \$50 ~ To register, call (310) 794-0680

Senior Scholars

A program for older adults who wish to audit UCLA undergraduate courses on campus.

Registration Deadline: December 16th

Winter Quarter Begins: January 3rd

Cost: \$150 per class ~ To register, call (310) 794-0679

UCLA Lecture Series for Caregivers

The Alzheimer's Caregiver Education and Support (ACES) lectures provide vital, up-to-date information to community members caring for a loved one affected by the disease.

Series begins January 18, 2012

Contact: (310) 267-1243

The UCLA Longevity Center Newsletter

Phone: (310) 267-1243 | www.longevity.ucla.edu

Director	Dr. Gary Small
Executive Editors	Chris Walling and Nancy Yen
Associate Editor	Anel Dzmura
Design	Stephanie Frank
	Wildhirt Fowlkes Graphics, Inc.

© 2011 by the Regents of the University of California