

Newsletter

Contents

Director's
Letter.....2

Center
News.....3

ICON
Awards Gala.....4

Rediscover
UCLA.....6

Faculty
Spotlight.....7

Research
Update.....8

Media
Highlights &
Latest on
Research.....9

Donors/
Tributes.....10

Dakim Brain
Fitness.....11

16th Annual ICON Awards Gala

The Longevity Center is excited to announce that our 16th annual ICON Awards Gala will be held on Wednesday June 6th, 2012 at the beautiful Beverly Hills Hotel. This year we will continue to recognize individuals who have made outstanding contributions to society throughout their lives. We are proud to honor Peter Whybrow M.D., Jane and Terry Semel, Steve and Shlomo Rechnitz (founders of TwinMed), and Academy Award winner Sidney Poitier. We are fortunate to have award-

winning executive producer Scott Mauro producing the event for a second year in a row, and welcome Marsha Grant of Grant Associates, event planner extraordinaire. With an all-star team, we know this year's celebration will be just as fabulous as last year's event. We hope you will join us in another incredible ICON gala, for a night filled with inspiration and entertainment. For tickets and more information, please contact Adey Anthony of Grant Associates at 323-904-4400 or via email at adey@grantevents.com.

16th annual
ICON Awards



Left to Right: Quincy Jones, Sidney Poitier, Dr. Peter Whybrow, Jane Semel, Terry Semel, Shlomo Rechnitz and Steve Rechnitz



Dear Friends of the
UCLA Longevity Center,

Mild memory symptoms
are common with age, and
most middle-aged pauses
or senior moments are no
reason for concern about a

more serious problem. But with the aging of America, more people are at risk for dementia or cognitive losses that rob people of their independence. The Alzheimer's Association recently reported the staggering estimate that Americans are paying \$200 billion dollars a year for the care of 5 million Alzheimer's victims, whose Medicare payments are almost three times those of older adults without dementia. One out of every seven Alzheimer's patients, an estimated 800,000, lives alone—a frightening number considering they are unable to care for themselves and pose threats to themselves and others.

President Obama has responded to this crisis by signing the National Alzheimer's Project Act (NAPA) to accelerate research, education and caregiving efforts. A panel of experts will develop the first comprehensive plan by the Department of Health and Human Services that should help fight the disease more effectively, but pieces of this plan are missing—no one knows how we will pay for the initiative or where we will set priorities. Currently, only about \$500 million goes to Alzheimer's disease research, compared with the \$6 billion the National Institutes of Health spends on cancer and the \$4 billion spent on heart disease each year.

Despite modest funding, scientists have made progress. Early detection methods allow for testing of novel treatments, even when symptoms are mild. The goal of many studies, including my own, is to develop brain

scans and other biomarkers that can detect the disease years before dementia develops, so people at risk could then be treated with preventive drugs or vaccines that would protect a healthy brain rather than attempt to repair damaged brain cells.

Although the NAPA calls for research and education, it makes no mention of encouraging people at risk to adopt healthy lifestyle habits that might delay onset of Alzheimer's symptoms. Many studies have demonstrated that exercise, mental stimulation, healthy diet and other lifestyle factors are associated with a lower risk for Alzheimer's and a delay in symptom onset. This research suggests that people may be able to stave off cognitive decline that leads to Alzheimer's dementia by as many as four years or more. For some individuals, that could mean preventing the disease entirely.

Physical exercise and healthy diet—two brain health strategies—are proven methods to prevent diabetes. A recent Japanese study showed that diabetes doubles the risk for Alzheimer's disease. Thus, lifestyle strategies that prevent diabetes would also be expected to lower the probability of developing Alzheimer's. University of California, San Francisco, scientists concluded that up to half of Alzheimer's cases are potentially attributable to risk factors under our control. While doctors, scientists and policy makers work to detail the NAPA plan and Alzheimer's prevention trials continue, there's no reason to sit around before beginning a healthy lifestyle to protect our brains, improve our quality of life and reap immediate benefits in memory and health.

A handwritten signature in blue ink that reads "Gary Small". The signature is fluid and cursive, with a horizontal line underneath it.

DR. GARY SMALL

Director, UCLA Longevity Center

*Adapted from Dr. Small's recent op-ed piece in Aging Today,
the quarterly journal of the American Society on Aging*

Sherrie Goldfarb, Memory Training Program Coordinator

Memory Training continues to be one of the most popular and sought-after programs offered at the UCLA Longevity Center. The curriculum is an innovative four-week educational course that teaches practical techniques to improve memory. We are fortunate to have on board an exceptional program representative, Sherrie Goldfarb, who coordinates the courses and oversees the certified volunteer memory trainers. Sherrie joined the Longevity Center in 2003 as a volunteer trainer. She has been instrumental in writing and implementing the Memory Trainer

Booster Sessions, and in revising the Memory Training program.

Her experience as a teacher in the Los Angeles Unified School District has been vital to the success of the course as it continues to grow and expand. Sherrie has dedicated years to volunteer work at UCLA, LAUSD, and as a care advocate. We are fortunate to have such a dedicated and enthusiastic individual leading one of the Center's most important programs. For more information about Memory Training, you can reach Sherrie at 310-794-0680 or via email at sgoldfarb@mednet.ucla.edu.



"It is so rewarding working at the UCLA Longevity Center. I help those who are worried about their memory find a program that gives them tools to improve it. I also have the chance to do what I love, which is to teach."

UCLA

Longevity Center

Through its many programs, the UCLA Longevity Center promotes healthy aging lifestyles and strives to build a community that helps people live better, longer.

Memory Training

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

Course Cost \$50



Memory Fitness

To improve common memory challenges, participants learn healthy lifestyle strategies in FOUR areas of life key to maintaining memory fitness: healthy diet, physical activity, stress reduction and memory training.

Course Cost \$200

Brain Boot Camp

BBC is an intensive, three hour course led by UCLA neuropsychologists, and provides instruction for those who wish to maintain or improve their memory.

Course Cost \$300



www.longevity.ucla.edu • (310) 267-1AGE (1243)

To Our UCLA Longevity Center Community and Friends:

Last year marked the 20th anniversary of the Center. After last year's inspiring and entertaining event, we plan to continue the tradition this year on June 6th at the Beverly Hills Hotel. Please join us in celebrating the 2012 ICON Awards Gala to support our many Center programs.

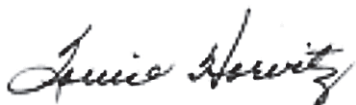
This year we are proud to present the 2012 ICON Awards to Peter Whybrow M.D., Jane and Terry Semel, Steve and Shlomo Rechnitz (founders of TwinMed), and Academy Award winner Sidney Poitier. Quincy Jones will be presenting the ICON Award to Mr. Poitier.

For 21 years, the UCLA Longevity Center has stood for promoting healthy lifestyles and living better longer. As the Center continues to grow and discover new ways to accomplish its goals through research and education, we deeply appreciate and value the support from Center friends in helping these initiatives come to fruition. All proceeds from the ICON event help support our Center programs, including cutting-edge research on healthy aging and preventive care.

We ask you to please support this important event by completing the enclosed response form. Your contribution makes a difference and ensures that the Center can continue to expand its knowledge and ultimately find ways to live better longer. Should you have any questions, please contact Adey Anthony of Grant Associates at 323-904-4400 or at adey@grantevents.com.

We hope to see you on June 6th at the Beverly Hills Hotel and join us in another fantastic celebration and salute to all involved.

With warm regards,



LOUISE HORVITZ, PSY.D.
ICON Awards Co-Chair



TIMOTHY J. NOONAN
ICON Awards Co-Chair

2012 ICON Awards Dinner

Wednesday, June 6th at the Beverly Hills Hotel

PREMIER PARTNERSHIP OPPORTUNITIES

☐ **PRESENTING ICON** \$96,250 is tax-deductible gift **\$100,000**

Three premier tables of ten; Back/Inside Cover of Tribute Journal; Prominent name/corporate logo placement on ICON Awards Press Banner and on all printed event materials; Prominent name/corporate logo placement on UCLA Longevity Center website; VIP Invitations to all Longevity Center receptions and talks with leading experts on "living longer better."

☐ **DIAMOND ICON** \$47,500 is tax-deductible gift **\$50,000**

Two premier tables of ten; Inside Cover of Tribute Journal; Prominent name/corporate logo placement on all printed event materials; Prominent name/corporate logo placement on UCLA Longevity Center website; VIP Invitations to all Longevity Center receptions and talks with leading experts on "living longer better."

☐ **PLATINUM ICON** \$22,500 is tax-deductible gift **\$25,000**

Two preferred tables of ten; Double Platinum Page spread in Tribute Journal; Prominent name/corporate logo placement on UCLA Longevity Center website; VIP Invitations to all Longevity Center receptions and talks with leading experts on "living longer better."

☐ **GOLD ICON** \$8,750 is tax-deductible gift **\$10,000**

One preferred table of (10) guests; Gold Page in Tribute Journal; VIP Invitations to all Longevity Center receptions and talks with leading experts on "living longer better."

☐ **SILVER ICON** \$3,750 is tax-deductible gift **\$5,000**

One table of 10; Silver Page in Tribute Journal

☐ **BRONZE ICON** \$2,250 is tax-deductible gift **\$3,500**

One reserved table of 10; Bronze Page in Tribute Journal

☐ **FRIENDS** \$750 is tax-deductible gift **\$1,000**

Two preferred tickets; Full Page in Tribute Journal

☐ **INDIVIDUAL TICKET** \$225 is tax-deductible gift **\$350**

Please reserve _____ individual ticket(s) at \$350 each

Mail form, payment and tribute journal copy to:

UCLA Longevity Center/2012 ICON Awards Dinner

c/o Grant Associates

5670 Wilshire Boulevard, Suite 1590

Los Angeles, CA 90036

Phone: (323) 904-4400 Fax: (323) 931-9904

Email: adey@grantevents.com

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Please review the Disclosure Statements for Prospective Donors at www.uclafoundation.org/disclosures

ICON AWARDS TRIBUTE JOURNAL

If you cannot attend, please take this opportunity to congratulate this year's honorees and the UCLA Longevity Center. All Tribute Journal ads are 100% tax deductible.

We prefer electronic art as press-optimized PDF. Also acceptable: Illustrator, Photoshop or InDesign. Logos and photographs: EPS, TIFF or JPG, minimum 300 dpi @ 100%. Please email ads to adey@grantevents.com. For copy requiring our assistance, clearly type/print message and attach to this form.

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Rediscover UCLA Fall 2011 Event

Each year, The UCLA Foundation chooses one program to showcase among the campus's finest programs. This past fall, the Longevity Center was honored to be featured in the Rediscover UCLA event, held on November 9, 2011. Dr. Gary Small gave an engaging and informative presentation titled "Alzheimer's Disease: Can You Prevent It?" that touched upon recent groundbreaking research on the prevention of Alzheimer's disease. Some of the content and a brief preview of his latest book, "The

Alzheimer's Prevention Program," was highlighted in the discussions of a whole body, whole mind approach. The compelling research supporting the connection between lifestyle and risk factors for Alzheimer's disease was examined during the presentation. Following Dr. Small's talk, guests enjoyed a delightful dinner with discussions hosted by UCLA Ambassadors that included representatives from the UCLA Division of Geriatric Psychiatry and the UCLA Longevity Center.



Left to Right: Presentation; Dan Olincy, Esq and Patricia Dunn Grey; James and Carol Collins, Chancellor Gene Block; Kiki Small, Dr. Small, Mindy Gandin; Dinner

UCLA Faculty Researcher David Merrill, M.D., Ph.D.



The link between physical fitness and brain health continues to suggest that healthy lifestyles impact cognitive ability. To what extent and in what fashion these modifiable behaviors affect cognition are questions Dr. David Merrill's research addresses. Dr. Merrill, who joined the UCLA faculty

Division of Geriatric Psychiatry after completing clinical and research training in geriatric psychiatry, is currently working on a study in healthy older adults examining the effects of physical fitness and related lifestyle habits on mood and cognition. He is completing comprehensive fitness assessments in subjects undergoing cutting-edge brain imaging scans at the Semel Institute. His goal is to relate the effects of fitness levels on imaging biomarkers of brain health. These brain scans examine brain structure, function, and amyloid plaques and neurofibrillary tangles – the pathological hallmarks of Alzheimer's disease.

In addition Dr. Merrill is studying people involved in fitness programs, to assess the impact of increased physical, mental, and social activities on brain function. The aim is to reduce stress, increase well-being, and optimize memory performance.

The majority of older adults become increasingly sedentary with age. Such behavioral patterns predispose persons to an unnecessarily high rate of functional decline. Dr. Merrill's studies examining fitness effects on cognition and associated interventions stand to significantly impact, and potentially reverse, these trends of decreased function and increased dependence. Beyond fostering and maintaining the independence of older Americans, a primary goal of these studies is to understand potential mechanisms underlying the effects of behavioral lifestyle modifications in diverse populations. These projects emphasize the connection between daily activities and the biology underlying such behaviors, bringing new knowledge into clinical practice and decision-making. Dr. Merrill's hope is to assist in the development of interventions aimed at improving the independent functioning of older persons at risk for memory decline.



Research at the UCLA Longevity Center

The UCLA Longevity Center's efforts to improve the health and quality of life of an aging population have supported research aimed at helping those who suffer from Alzheimer's disease, dementia, and other memory disorders. One of our most recent projects is studying the effects of the dietary supplement, curcumin, on age-related memory complaints. Curcumin, which is derived from the spice turmeric, is the compound responsible for the yellow color of curry. For centuries, it has been used as a treatment for inflammatory diseases and a variety of other ailments. Recent studies suggest that curcumin may prevent the buildup of abnormal protein in the brain that

is associated with Alzheimer's disease. In this study, participants will be randomly given either the supplement or a placebo and monitored over eighteen months. We will be looking at changes in cognition as measured by memory tests. In addition, brain-imaging techniques will be used to monitor study participants to see if there

is a decrease in the amount of abnormal protein in the brain as a result of taking the curcumin supplement. Because this abnormal protein buildup may begin years before the onset of dementia, it is possible that curcumin could play a role in both the development of future therapies and preventive treatments for Alzheimer's disease.



Supplement Research

People with Memory Complaints Ages 50-90 Needed

VOLUNTEERS MUST BE:

- In Good Health, with No History of Cancer or Diabetes
- Not Taking Anti-Inflammatory Medications

Studying the effects of **Curcumin** on age-related cognitive impairment.

The study involves:

- PET Scans
- MRIs
- Memory Assessments
- Routine Blood Work

8-10 visits to UCLA over an **18-19 month** period.



Up to \$300 for Participation.
For more information call:
310-825-0545

Research study conducted by Gary Small, M.D.
UCLA Department of Psychiatry

Media Highlights and Latest on Research

Does Alcohol Help Prevent Alzheimer's?

Research has shown an association between drinking alcohol in moderation and having a lower risk for developing Alzheimer's disease. A recent study including almost 15,000 participants found that light drinkers had a nearly 30 percent lower risk for dementia when compared to people who either abstained completely or who over-indulged. This was not a double-blind placebo controlled study, so it is not absolute proof that moderate drinking protects the brain, but it is suggestive that enjoying one glass of wine at dinner could possibly help protect the brain.

Too much alcohol, however, has been shown to be harmful to the brain, and just how much is too much varies according to the studies. Some studies suggest that one glass of wine or spirits is brain protective for women and two glasses are the healthy brain limit for men. This difference between the sexes may simply reflect the fact that men are usually larger than women and can therefore tolerate more alcohol.

Some experts suggest that light alcohol consumption lowers the risk for Alzheimer's because of its associated lifestyle habits. People who drink in moderation may deal with many other aspects of their lives in moderation, and that personality

style might protect their brains from chronic stress – another risk factor for Alzheimer's disease.

Another possibility is that a chemical in an alcoholic beverage protects the brain, while too much of this chemical does not. Scientists at Mount Sinai School of Medicine in New York studied the effects of wine on experimental laboratory mice that possessed a human Alzheimer's gene. They found that when the mice ingested moderate amounts of Cabernet Sauvignon wine – the mouse-equivalent of a six-ounce glass – the animals had better memory ability and less of the protein building-blocks that lead to amyloid plaques in the brain.

Small amounts of wine, beer and hard liquor all appear to lower risk for Alzheimer's disease. The antioxidant chemicals in alcohol could be brain-protective, and wine drinkers may benefit from an additional healthy brain compound found in grapes called resveratrol, which increases life span in animals similar to caloric restriction. Some researchers believe that a person might have to consume too much wine to reap the healthy brain benefits of resveratrol, but the exact amount is not known.

Adapted from The Alzheimer's Prevention Program (with permission from the authors)

- **Feb 6, 2012**

"Making home living easier" (LA Times)

Dr. David Reuben and Dr. Linda Ercoli discuss ways to create a safe home environment for older people to live on their own and maintain autonomy.

- **Mar 9, 2012:**

CBS This Morning

Dr. Gary Small speaks with Gayle King and Charlie Rose regarding Alzheimer's disease prevention.

- **Mar 10, 2012:**

"The Aging Brain" with Sanjay Gupta (CNN)

Dr. Gary Small speaks with Dr. Sanjay Gupta of CNN to discuss ways of preserving memory as we age.

- **Mar 14, 2012:**

"Caregivers' mental health may improve with short daily meditation" (LA Times)

Dr. Helen Lavretsky shares her research on chronic stress in caregivers, and how these stresses can be alleviated through meditation and other relaxation techniques.

Donors & Tributes *November 2011 – April 2012*

*A Special thank you to the Sence Foundation for their generous \$5,000 contribution to the Longevity Center Research Fund.
A Special thank you to Judith Gigliotti for her generous donation of photography prints to the Longevity Center.*

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Tributes

In Honor of James Collins

Ralph & Shirley
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In Honor of 25th Wedding Anniversary of Caroline & Rob Perel

Dr. and Mrs. Brown

Happy 80th Birthday to Joan Balin

Lorraine B. Miller

Happy 70th Birthday to Carol Stein

Joel & Susan
Saltzburg

Happy Birthday to Gert Noskin

Mindy & Robert
Gandin

Happy Birthday to Susan Saltzburg

Joel Saltzburg

In Memory of Andrew Balizs

Joel & Susan
Saltzburg

In Memory of Sam Berkman

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In Memory of Gary Ross

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Gandin

In Memory of James "Jay" McMahan

Barbara Lee Cox



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

Dakim Brain Fitness



Exercising your brain is as important as exercising your body. A seniors' health activities club in Fort Myers, Florida, with more than 1,200 members, recently began offering simple-to-use computer software aimed to help prevent cognitive decline. The software is called Dakim BrainFitness, which, according to the program's parent company Dakim, is the only clinically tested brain fitness software designed specifically for

active adults over 60. The software is designed for long-term use, with each session running from 20-25 minutes. The program adjusts specifically for each individual after each session, based on the individual's performance level in math, memory, problem-solving, and other areas of cognition. Using high tech yet simple computerized systems, including a touch screen, the brain fitness software is one of the latest innovations to help older adults improve their brain health.

Founder and CEO of Dakim

Inc., Dan Michel, was motivated to create a brain program that actively counteracts the process of age-related cognitive decline. Research has shown that frequent and long-term participation in cognitive stimulation can reduce the risk of cognitive decline by up to 63%. Dakim BrainFitness was designed to provide an enjoyable and comprehensive brain workout with long-term participation as one of its goals. Altogether, the brain fitness program includes more than 300 hours of engaging material to exercise multiple parts of the brains.

UCLA Longevity Center

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Calendar of Events

Brain Boot Camp

An intensive, three-hour course that provides instruction from UCLA neuropsychologists.
Upcoming Classes: July 24 | August 28 | September 18
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 adults age 50 and older who wish to audit UCLA undergraduate courses on campus.
Registration deadline for Summer Sessions: June 1 | July 13
Summer Sessions begin:
June 25 | August 6

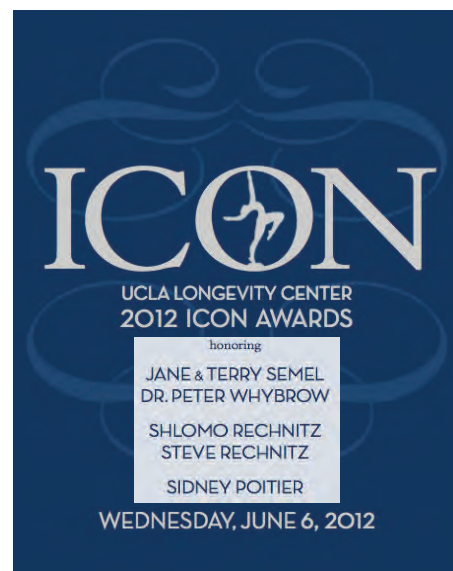
Registration deadline for
Fall Quarter: August 31
Fall Quarter begins: September 24
Cost: \$150 per class
To register, call (310) 794-0679

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 continues monthly on Wednesdays:
May 16 | June 20 | July 18
Contact: (310) 825-8253

ICON Awards Wednesday, June 6, 2012

The Annual ICON Awards are presented in recognition of individuals who have continued to make outstanding contributions to society throughout their lives.



The UCLA Longevity Center Newsletter

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

Director: Dr. Gary Small
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Associate Editor: Anel Herrera
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