

Newsletter

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Alzheimer's Risk Reduction Initiative

Recent studies have shown that physical exercise and healthy nutrition are associated with better memory retention and a lower risk for Alzheimer's disease. The potential effects of modifying lifestyle behaviors and risk factors for Alzheimer's disease could be greater than the efficacy of currently available medications. However, systematic randomized controlled trials of such interventions in at-risk people are needed. To that end, the UCLA Longevity Center and Department of Geriatric Medicine have collaborated to develop an Alzheimer's Risk Reduction Initiative (ARRI) program.

Under the leadership of Drs. Zaldy Tan, Linda Ercoli, and Gary Small, the UCLA ARRI is a clinical research study that aims to identify modifiable risk factors that can reduce the risk of memory and cognitive decline with age. Through medical, lifestyle and social interventions, such as diabetes management, smoking cessation, mental stimulation, physical exercise and stress

reduction, the UCLA research team will investigate what can be done to lower the future risk for Alzheimer's disease and dementia. Interventions will be tailored to the subjects' particular risk factors and an individualized program will be developed to address these risk factors and effect change.

The UCLA ARRI is an innovative study and the first of its kind in the United States. Several goals could be met, including elucidating the connection between modifiable risk factors and Alzheimer's disease; serving as a model for health systems across the country to address modifiable risks; slowing down the rate of cognitive decline, and potentially having a major impact on public health and preventive medicine. We look forward to starting this initiative, slated to begin this summer.

The Alzheimer's Risk Reduction Initiative is supported by a generous gift from Carol and James Collins, alumni and longtime friends and supporters of UCLA.





Thanks in part to multiple advances in medical technology, we have witnessed remarkable increases in life expectancy.

Although we can anticipate living longer today than ever before in history, those additional years late in life pose a risk for Alzheimer's disease, cancer, heart disease, diabetes and many other age-related conditions. The U.S. Census Bureau estimates that by 2040, people 65 and older will represent an impressive 21 percent of the U.S. population. By 2050 the number of Americans with Alzheimer's disease may reach 16 million, barring a medical breakthrough. These demographic trends call for innovative health care strategies to improve quality of life for our older population and reduce the risk for age-related diseases.

The David Geffen School of Medicine at UCLA and its teaching hospitals that comprise UCLA Health provide superb geriatric care. Not only is this one of the premier academic medical institutions in the nation, but it provides international leadership in multiple specialties that contribute to health and aging, including geriatrics, neurology, psychiatry, orthopedics, cardiology, ophthalmology, urology, oncology, dentistry, and more. In recent months, the UCLA leadership has supported an effort to create a Healthy Aging Institute that would establish UCLA as the world's leader in state-of-the art medicine for older persons. The vision for the Institute is to focus on four areas:

- The best care for older patients
- Prevention of age-related diseases and disabilities

- Discovering treatments and cures for age-related conditions
- Creating a pipeline of faculty focused on aging

This concept of bringing together our already superb UCLA clinicians and scientists within a Healthy Aging Institute is both necessary and timely. Some of the most compelling discoveries and initiatives in aging (and many other areas of science and medicine) have resulted from multi-disciplinary collaborations. This is an essential theme that drives the UCLA Longevity Center and will be a critical component of the proposed Healthy Aging Institute.

The new Institute will include a Successful Aging Health Center that would house aging-related services and provide a friendly "town-center" feel where medical care, social and preventive services, as well as research and educational opportunities would be available. The idea is to create a facility with a convenient design and community space for seminars, exercise and activity programs, support groups, memory training classes and other services, as well as opportunities for people to volunteer for research. Such a facility could help us to advance many of our Longevity Center programs, research initiatives, and prevention, lifestyle and behavioral approaches (e.g., memory training, exercise, yoga and mindfulness meditation, nutrition).

I invite you to think about this new concept and feel free to contact me to share your ideas and vision for UCLA's efforts to promote healthy aging now and in the future. It's not just about living longer – it's about living longer and better.

A handwritten signature in blue ink that reads "Gary Small".

DR. GARY SMALL
Director, UCLA Longevity Center

Welcome new staff, Erin Der-Mcleod

The Longevity Center is pleased to welcome Erin Der-Mcleod as the new Senior Scholars Program Coordinator. Erin comes to us with extensive experience working in the field of gerontology. She received her Bachelors of Arts degree from UCLA and a Master's degree from Boston University in social work with a specialization in aging and community services management. She has received recognition and various honors, including the Frances G. Frank Prize in Gerontology, which provided a scholarship for her studies at Boston University. Erin joined the Longevity Center in October 2014 and has already made a positive impact on the program

in a short period of time.

The Senior Scholars program continues to be one of the most popular programs offered by the Longevity Center. We anticipate ongoing interest and growth and recognize that continued leadership is critical to the success of the program. Erin is committed to the growth of the program, and with her expertise and passion for community services, we know that more individuals will be able to take advantage of this unique intergenerational learning experience. For more information about Senior Scholars, visit www.longevity.ucla.edu or you can reach Erin at 310-794-0679 or via email at SrScholars@mednet.ucla.edu.



"I am thrilled to work with the Senior Scholars Program and help participants pursue life-long learning. The intellectual stimulation and personal enjoyment that Scholars enjoy by attending UCLA classes contribute to the Center's mission of enhancing productive and healthy life."




Senior Scholars

UCLA'S PROGRAM FOR ADULTS OVER 50 TO ATTEND UNDERGRADUATE COURSES.

Designed to keep brain function healthy and active while promoting cross-generational learning

For more information, visit: www.longevity.ucla.edu/srscholars or call (310) 794-0679

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



2 Weeks to a Younger Brain

The Longevity Center will be holding a community meeting at the Skirball Cultural Center, featuring a talk by Center Director, Dr. Gary Small, on his new book, *2 Weeks to a Younger Brain*. Scientists can detect subtle changes in the brain that coincide with memory decline by the time people reach age 40, and findings show that some people as young as 20 already have memory problems. Dr. Small will translate the latest research findings into practical applications for long-lasting memory

benefits. These strategies and techniques can be used by individuals of all ages to help improve learning and recall skills and optimize brain health.

The event is open to the public and free of charge. Seating is limited so please reserve your spot by contacting longevity@mednet.ucla.edu. We hope to see you there, and we are excited to raise some thought-provoking discussions surrounding brain health issues.

Community Meeting

Misplacing your keys, forgetting someone's name at a party, or coming home from the market without the most important item – these are just some of the many common memory slips we all experience from time to time. Dr. Gary Small will translate the latest brain science into practical strategies and exercises that yield quick and long-lasting memory benefits and preview his new book, *2 Weeks to a Younger Brain*. These strategies can not only improve your learning and recall skills, but also help keep your brain young and sharp for years to come.



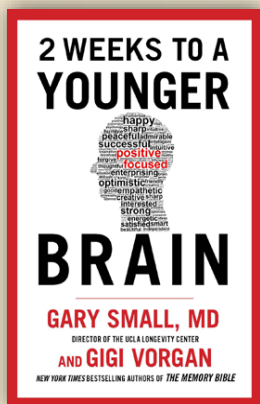
Wednesday
April 22nd
2:00 PM

Skirball Cultural Center
2701 N. Sepulveda Blvd.
Los Angeles, CA 90049
(310) 440-4500

*Books will be available for
purchase and signing.*

This is a free event, but
space is limited.

RSVP: 310-794-0676



UCLA

Longevity Center

BRAIN BOOT CAMP

UCLA's three-hour intensive course
that teaches brain healthy lifestyles
and enhances memory ability

- Brain Boot Camp is an interactive, research-based training experience that provides participants with tools and lifestyle tips to keep their brains vital and healthy
- Designed for people with age-related memory concerns who wish to improve or maintain their memory ability
- Can be offered on an individual basis and tailored to accommodate individuals who have mild cognitive impairment

*Not for people with Alzheimer's disease or
other forms of dementia.*

Measure baseline
memory, stress and
fitness levels

—
Receive a
customized healthy
lifestyle
program

—
Learn basic and
advanced
techniques for
learning and
recalling names and
faces

—
Gauge progress and
notice results in just
three hours

—
Take home
strategies, exercises
and assignments to
continue improving
memory on a daily
basis

FOR MORE
INFORMATION
CONTACT THE
UCLA LONGEVITY
CENTER
310-794-4055

www.longevity.ucla.edu

How a Retired Probation Officer Became an Actress

A perspective piece by Lee Gale Gruen

Often times, Baby Boomers and seniors seem lost and without purpose. After the children are launched and they've retired from a job, career, or parenting, they have no idea what to do. It isn't enough to tell them "there are so many things available," They have no clue how to even go about it. They're frequently too frightened and uncomfortable being assertive and seeking out activities and can easily sink into an existence of marathon television watching, eating, substance abuse, and other lifestyle habits that can lead to depression and even physical health problems.

After retiring at age 60 from my 37-year career as a probation officer, I soon became bored. I heard about a senior program, but it was hard to motivate myself to peruse the schedule of classes and enroll. I finally chose a class called Scene Study in the Theater Arts section assuming it was just discussing and analyzing plays. I found out on my first day that

I was expected to perform with a partner in front of the class and eventually in a showcase onstage before a live audience. I almost dropped out, but I was too embarrassed to do so. My 85-year-old, recently-widowed father soon began attending the class with me. Slowly, I learned to love acting, overcame my lifelong stage fright, and bonded with my father more than ever. That class changed my life! I went on to become a professional actress and eventually wrote a memoir about it.

Currently I blog and lecture on "Reinventing Yourself in Your Senior Years." I suggest dozens of activities including volunteering, service clubs, learning-in-retirement programs, dancing, travel, etc., and how to find them. Sometimes, even grownups need to be led gently by the hand until they can walk alone.



*Lee Gale Gruen became an actress, author, speaker, and blogger in her senior years. She blogs at: LeeGaleGruen.wordpress.com and speaks publicly with the goal of inspiring Baby Boomers and seniors to find joy, excitement, and satisfaction in their lives after retirement. Her memoir, **Adventures with Dad: A Father and Daughter's Journey Through a Senior Acting Class** is available on Amazon.com (book website AdventuresWithDadTheBook.com). Her email address is: gowergulch@yahoo.com*

MPTF-UCLA Longevity Center Exercise and Memory Training Study

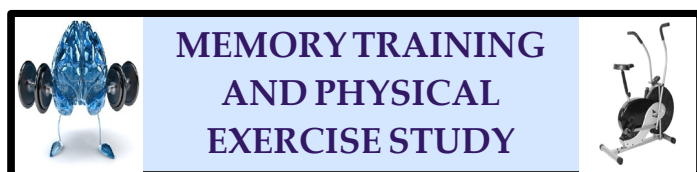
The UCLA Longevity Center is pleased to announce a collaboration with the Motion Picture & Television Fund (MPTF) on a new cognitive wellness research study. The MPTF offers an unparalleled range of services to support health and well-being, driven by the fundamental principle that health and wellness can begin at any age. With this common goal in mind, the Longevity Center and MPTF seek to further complement existing services with a research program to deliver a comprehensive approach to successful aging.

The study is designed to assess whether memory training will have a greater cognitive benefit when carried out in conjunction with a physical exercise program. Study participants will engage in this program over the course of 14 weeks as researchers examine the relationship of simultaneous exercise and memory training. Additionally, neuropsychological tests will

be repeated one month after the study participant completes the program to determine if memory and physical training have sustained benefits, and whether combining physical and memory training is better than memory training alone. "Recent scientific evidence indicates that lifestyle habits such as physical and mental exercise reduce Alzheimer's risk and may forestall symptom onset," explains David Merrill, M.D., Ph.D., Assistant Professor of Psychiatry & Biobehavioral Sciences at the David Geffen School of Medicine at UCLA and Director of the UCLA Longevity Center. "We hope that this study will provide us with a greater insight into these factors," Merrill adds.

This study will establish the groundwork for what hopes to be a long term MPTF-UCLA research partnership that will lead to the development of more effective educational and intervention programs. For more information, please call 310-825-0545.

Funding for this project has been generously provided by the Director's Guild Foundation.



HAS YOUR MEMORY CHANGED WITH AGING?

UCLA Researchers are looking for volunteers with subjective memory complaints to determine whether combining physical exercise with memory training improves cognitive performance

VOLUNTEERS MUST BE:

- In Good Health
- Age 60-75
- Living Independently
- Have Memory Problems or Complaints
- With **NO** History of:
 - ⇒ Neurodegenerative Disease Or Dementia
 - ⇒ Major Psychiatric Conditions
 - ⇒ Neurological Disorders
 - ⇒ Active Alcohol or Substance Abuse
 - ⇒ Uncontrolled Hypertension or Cardiovascular Disease
 - ⇒ Head Trauma or Systemic Diseases Affecting Brain

This Study Involves:

- ◇ Up to 21 Visits over the course of 14 weeks
- ◇ Memory Training
- ◇ Physical Exercise
- ◇ Memory Testing
- ◇ Fitness Testing

UCLA Longevity Center



Study conducted at MPTF
Wasserman Campus,
Woodland Hills -Or-
UCLA Westwood Campus
For more information call:
818-876-1716

Research study conducted by Scott Kaiser, MD and Pauline Wu, MD from the Motion Picture & Television Fund and UCLA Department of Geriatric Psychiatry. This study is being conducted in partnership with MPTF, and made possible by a generous donation from the Directors Guild Foundation.

Protocol ID: IRB#14-001411 UCLA IRB Approved Approval Date: 2/26/2015 Through: 12/10/2015 Committee: Medical IRB 3

UCLA Longevity Center

Pomegranate Juice Research

HEALTHY VOLUNTEERS AGES 50-75 NEEDED!

VOLUNTEERS MUST BE:

- In Good Health
- MRI Eligible

HAVE NO HISTORY OF:

- Substance Abuse
- Psychiatric Conditions: ADHD, Bipolar Disorder, Schizophrenia, or Depression
- Heart Attack or Stroke
- Liver, Pulmonary Disease or Diabetes
- Neurodegenerative Disease or Dementia
- Epilepsy

EXCLUDED MEDICATIONS:

- Statins to reduce Cholesterol: Crestor, Zocor or Lipitor
- Certain Antidepressants: Zoloft, Prozac, or Elavil
- Cognitive-enhancing Supplements: Ginkgo-Biloba, Resveratrol or Curcumin

OTHER CRITERIA:

- Subjects must be proficient in English
- Subjects must not be enrolled in another clinical trial

UCLA researchers are looking for Healthy Volunteers & Persons with Mild Memory Complaints to study the effects of Pomegranate Juice on the brain.

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

This study involves 5 visits to UCLA over the course of 13 months.

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

Protocol ID: IRB#13-001644 UCLA IRB Approved Approval Date: 10/28/2014 Through: 10/22/2015 Committee: Medical IRB 3

Opening of **THE SAMUEL GOLDWYN, JR. CENTER FOR BEHAVIORAL HEALTH**

Recognizing the evolving needs of today's generation of seniors, the Motion Picture Television Fund now offers The Samuel Goldwyn, Jr. Center for Behavioral Health on the Wasserman campus in Woodland Hills. The Center is a specialized, newly constructed, 12-bed inpatient unit to serve adults over 55 years of age with acute mental health needs. The facility was designed aesthetically and functionally to meet the unique mental health care needs of older adults. The Center uses an interdisciplinary approach, inviting patients and families to be integral contributors to their comprehensive treatment goals. The Center evaluates and treats conditions including depression, anxiety, bipolar disorder, substance abuse, schizophrenia, and dementia. The staff partners with patients and families to rapidly relieve symptoms, optimize functional status, and develop aftercare plans to continue the healing process. Professional oversight and services are provided by psychiatrists within the Geriatric Division of the Department of Psychiatry and Biobehavioral Science of UCLA Health. Dr. Pauline Wu, a board-certified geriatric psychiatrist and UCLA Health Sciences Assistant Clinical Professor is the Medical Director. The Center is available to the community at large, as well the entertainment community.

For more information or to initiate a referral for admission, please call 818-876-4140.

Memory Boosts from Walnuts

Research in animals has shown that eating walnuts may offer cognitive benefits and even slow the progression of Alzheimer's disease. Investigators at the David Geffen School of Medicine at UCLA recently reported in the *Journal of Nutrition, Health and Aging* that when humans consume walnuts it also may improve brain health.



The study included volunteers who consumed about a handful of walnuts per day, and the investigators found that this amount of walnut consumption

led to significant improvements in cognitive testing compared to a control group that did not consume that amount of walnuts. A major brain-protective ingredient of walnuts is omega-3 fatty acid, which lowers inflammation that may damage brain cells as they age. Because omega-3 fats are essential fatty acids our bodies cannot synthesize them and we need to consume them for optimal health. High concentrations of omega-3 fatty acids are present in the brain, and they are necessary for normal brain function, growth, and development.

Depression Linked to Inflammation

Many of the biological underpinnings of depression have been elucidated in recent years. We know that changes in brain messengers or neurotransmitters such as norepinephrine and serotonin influence mood, and available antidepressant medicines relieve depressive symptoms by

altering brain levels of these and other neurotransmitters. New research now points to inflammation as contributing to symptoms of depression as well. Patients with depression have increased blood levels of cytokines, which are compounds that increase inflammatory reactions. One side effect of the cytokine-promoting, anti-cancer drug interferon-alpha is depression. Dr. Jeffrey Meyer and associates recently published results of a PET scan study of brain inflammation in patients with depression. The research team found a 30 percent rise in inflammation in numerous brain regions compared to results of PET scans performed on volunteers without depression. Because antidepressants do not have anti-inflammatory effects, scientists are planning additional investigations to determine if anti-inflammatory drugs offer mood-elevating benefits.

U.S. States Ranked According to Well-Being

Achieving quality longevity means that we remain in a state of well-being – often described as a sense of happiness, health, and comfort. Gallup-Healthways just released a new study comparing well-being in the U.S. according to state. The study included data collected in 2014 from interviews of more than 176,000 people who were a representative sample of U.S. citizens. The survey addressed five areas of well-being: sense of purpose, supportive social ties, financial security, community satisfaction and safety, and physical health. It won't surprise many people that the number two ranked state was Hawaii – its great weather and scenery may have contributed to such a high ranking. However, other factors clearly contributed to the rankings since the number-one ranked state was Alaska, which has beautiful scenery but not the best weather. Earlier research has shown that well-being is associated with low use of healthcare, low absenteeism from work, high job performance, and low crime rates.

Complementary and Alternative Medicine

By Helen Lavretsky, MD

There is currently extensive use of complementary and alternative medicine (CAM) — also known as integrative or mind-body medicine — in the United States to sustain well-being in both aging baby boomers and in children and adolescents. The National Center for Complementary and Alternative Medicine (NCCAM) defines CAM therapies as “a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine,” with “conventional medicine” being defined as the approaches used by clinicians in the routine daily practice of Western or allopathic medicine that are within the currently accepted standard of care.

Studies have shown that Americans make more visits to CAM providers each year than to primary care physicians and spend at least as much money on out-of-pocket expenses for CAM services as they do for all conventional physician services combined. An estimated 33-88% of older adults will use CAM

therapies, including those with late-life depression and bipolar disorder. CAM treatments of mood and anxiety disorders include acupuncture, deep breathing exercises, massage therapy, meditation, naturopathy, and yoga. Given the noninvasive nature of mindful exercise and meditation, these exercises can be an appropriate option for consumers and clinicians, particularly for conditions that have been examined in controlled studies. Significant evidence supports the assertion that Tai Chi, Qi Gong, yoga and meditation can improve physical and mental health, as well as quality of life. As baby boomers age and increase their use of CAM, mental health professionals should consider maintaining a working knowledge of CAM techniques intended to address late-life mood disorders.

Helen Lavretsky, M.D., is a Professor of Psychiatry at UCLA and Director of the Late Life Mood, Stress, and Wellness Program at the Semel Institute for Neuroscience and Human Behavior.

MEMORY ENHANCEMENT TRAINING OR YOGA FOR OLDER ADULTS



For those who are suffering from memory loss, concentration difficulties, or lack of energy, UCLA is conducting a 6-month research study comparing a 60 minute weekly memory enhancement training course to yoga meditation. If you are 55 years of age or older and not currently receiving any psychiatric treatment, you may qualify. Medical and psychiatric evaluations and limited physical exams are provided as a part of the study. Participants will undergo two functional magnetic resonance imaging (fMRI) scans. A complete psychiatric evaluation will be provided. Participants will be compensated.

For more information, call UCLA at: (310) 794-4619 or (310) 983-3375.

UCLA Longevity Center MEMORY CARE



A weekly program designed for individuals and their loved ones to deal with early memory loss.

MEMORY CARE is the UCLA Longevity Center's new weekly program for both caregivers and people experiencing memory loss (e.g., mild cognitive impairment, mild Alzheimer's dementia). MEMORY CARE teaches memory techniques as well as strategies to lower stress and stimulate the mind and the body. The program takes an innovative approach to memory loss by working directly with people with memory challenges and those involved with their care.

For more information contact:

Sherrie Goldfarb at 310-794-0680 or email sgoldfarb@mednet.ucla.edu.

Media Highlights

• February 5, 2015

Julianne Moore Brings Affecting Realism to "Still Alice" Role

Dr. Gary Small, Parlow-Solomon Professor on Aging, a professor of psychiatry and biobehavioral sciences at the Semel Institute and director of the UCLA Longevity Center, commented in a Feb. 5 Los Angeles Times story about actress Julianne Moore's realistic portrayal of a woman in her prime facing early-onset Alzheimer's disease in the movie "Still Alice."

• February 16, 2015

For older adults, a solution to sleepless nights

Researchers at UCLA's Semel Institute for Neuroscience and Human Behavior say they've found a relatively simple mind-body intervention that fits the bill. Working with collaborators at the University of Southern California's Keck School of Medicine, the scientists found that mindfulness meditation promotes sleep quality in older adults who suffer from moderate sleep complaints. The research appears in the Feb. 12 online edition of the Journal of the American Medical Association, Internal Medicine.

• March 3, 2015

NPR Reports on New Strategy for Treating Geriatric Depression

Dr. Helen Lavretsky, professor of psychiatry at the Semel Institute and director of the Late-Life Depression, Stress, and Wellness Research Program, was featured in a March 2 NPR news segment about treating geriatric depression, a risk factor for developing dementia or Alzheimer's disease, with two different depression medications to accelerate treatment response.

• March 16, 2015

UCLA study reveals treatment for women with breast cancer suffering cognitive difficulties

UCLA researchers have developed a program that could improve the day-to-day lives of women with breast cancer by addressing post-treatment cognitive difficulties, sometimes known as "chemo brain," which can affect up to 35 percent of women after their treatments.

Donors & Tributes October 2014– April 2015

Donations

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

Emily Gold Mears
Linda Schlesinger
Shan K. Thever

Benefactor Level (\$1000-1999)

Burton Forester
Addison Kermath
Hoyt & Jacqueline Leisure
Carl & Victoria Murray
Dr. Arthur J. Ourieff
Beverly Tiffany

Patron Level (\$500-999)

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Eric Shapiro

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Dr. Ezekiel Freed
Nelly Nigro
Loretta Ramseyer
Peter Samuelson
Michael Wilkinson

Tributes

Happy Birthday to Myron Kayton

Morelle I. Levine

In Memory of Evelyn Bernstein

Dr. Anita
Siegman-Krawkow
Evelyn Bernstein Family

In Memory of Gerard T. & Ann R. Clarke

In Memory of Arthur H. & Cornelia P. Freitag

Dr. Steven Clarke

In Memory of Robert Jordan

Daniel and Raquelle
Bussel de la Rocha
Kenneth Smiley Karst
West Academic

In Memory of Mira Nammour

In Memory of Dr. Frank Stanton

Rick Rofman

In Memory of Dr. David Solomon

The Hon. Alan Sieroty

In Memory of Sylvia Wasserman

Marian Polinsky

In Memory of Bernice Yellin

Eileen Weber



Sleep and Aging

By John Geirland, Ph.D.

298 older women to assess disordered breathing during sleep as a risk factor for dementia. 45% of the participants in the disordered breathing group developed mild cognitive impairment or dementia over a five year period compared to 31% of those with no breathing problems.

Fortunately, it is possible to obtain more quality sleep by making some changes in one's sleep routine:

- Be sure to get enough daylight during the day – particularly in the morning; exposure to sunlight anchors the sleep cycle and makes it easier to fall asleep at bedtime.
- Avoid caffeine and alcohol before going to bed.
- Take a warm shower at night; the drop in body temperature afterward may trick the body into falling asleep (body temperature drops in the early stages of sleep).
- Keep your bedroom a little cooler at night than it is during the day.
- Avoid staring at a computer screen before bedtime – it acts like a light box and can interfere with the sleep cycle.
- Use your bedroom exclusively for sleep or intimacy; this will ensure that you associate your bed with sleep and not with anxiety provoking activities like paying bills.

See your doctor if you suspect you have OSA. There are effective treatments that can minimize or eliminate the dangerous side effects of this sleeping disorder. For more information on treating sleep problems, visit the UCLA Sleep Disorders Center at <http://sleepcenter.ucla.edu>.

John Geirland, Ph.D., is licensed psychologist with private practice offices in Burbank and West Los Angeles. He is a voluntary faculty member in the department of psychiatry and biobehavioral sciences at the UCLA Semel Institute and a leader of the Memory Care program.

The Dalai Lama once said that “Sleep is the best meditation.” While everyone can gain from a good night's sleep, it is especially important as we age. Older adults obtain many benefits from getting quality asleep: They are more attentive, have an easier time learning and remembering, are better able to tolerate stress, maintain faster reaction times, and – very importantly – appear to show less cognitive decline over time.

Yet many older adults find it challenging to get enough restorative sleep. A National Institute on Aging study found 43% of older adults have difficulty initiating or maintaining sleep and almost three in ten report having insomnia on a regular basis. Many of these individuals may experience increased irritability and anger, as well as a greater susceptibility to depression. Important activities like driving can be impacted, with consequences for the safety of the older driver and others.

People experience changes in their sleep patterns as they age. Older adults tend to go to bed earlier and wake earlier (phase advance); the percentage of time asleep in bed (sleep efficiency) declines; less time is spent asleep in a 24-hour period; and there is a greater susceptibility to falling asleep during the day.

Excessive daytime sleepiness could be a warning sign of obstructive sleep apnea (OSA). OSA is the obstruction of the airways that can occur during sleep and is associated with a reduction in blood oxygen saturation, increased blood pressure, and a host of other cardiovascular and medical issues – including, research suggests, an increased risk of dementia. Dr. Kristine Yaffe and her team at UC San Francisco observed

Community Meeting

Dr. Gary Small will translate the latest brain science into practical strategies and exercises that yield quick and long-lasting memory benefits and preview his new book, *2 Weeks to a Younger Brain*.

Wednesday April 22, 2015 at 2:00 PM.

Skirball Cultural Center
2701 N. Sepulveda Blvd., Los Angeles, CA 90049.

Books will be available for purchase and signing.

This is a free event, but space is limited.

RSVP (310) 794-0676

Brain Boot Camp

An intensive, three-hour course that includes individualized healthy lifestyle programs, tips for a healthy heart and brain diet, and advanced memory techniques for learning and recalling names and faces.

Cost: \$300.

To register, call (310) 794-4055

Memory Care

A weekly program for patients experiencing memory loss and their caregivers, Memory Care teaches evidence-based memory exercises and

methods, as well as strategies to lower stress.

For more information on pricing, contact (310) 794-0680.

Memory Training

A course for people with mild memory concerns. Memory Training presents effective memory-enhancing techniques and is taught by certified volunteer trainers.

For more information, contact (310) 794-0680.

Senior Scholars

A program for adults age 50 and older who wish to attend UCLA undergraduate courses on campus.

Summer classes begin June 22, 2015.

Cost: \$150 per class.

For more information, contact (310) 794-0679.

The UCLA Longevity Center Newsletter

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