



Successful Aging

Stein Institute for Research on Aging

EST. 1983



NOVEMBER 2008 • VOL. 1, NO. 2

ONLINE AT AGING.UCSD.EDU



Stein Institute Launches the SAGE Study— UCSD Successful Aging Evaluation

A new study following 1,000 older San Diegans longitudinally to investigate successful cognitive and emotional aging will be the major thrust of the Stein Institute for Research on Aging during the coming year.

The need for studying elderly populations is becoming more critical as our population ages. By the year 2030 in the U.S., the number of people aged sixty-five years and older will double from 35 million to 70 million.

In September, the Stein Institute for Research on Aging launched the pilot phase of a new study, the UCSD Successful Aging Evaluation (SAGE) Study, which will investigate the factors associated with successful aging. The SAGE Study, which focuses primarily on the cognitive and emotional aspects of successful aging, aims to examine both age differences and age changes over time in a geographically representative sample of the San Diego County population. Uncovering which factors contribute most to successful aging may help us and other researchers design treatments,

interventions, and educational tools to help people maintain emotional and cognitive functioning as they grow older, which can enhance people's quality of life.

The SAGE Study is a prospective cohort study of 1,000 randomly selected, demographically representative, community-dwelling residents of San Diego County who are fifty years of age and older. All participants in the cohort will complete a brief telephone interview and an extensive, annual mail-in survey questionnaire that covers a broad range of topics related to successful aging. Data collection for the pilot phase of the SAGE Study has recently been completed. Recruitment for the full study is projected to start in early 2009 and run throughout the year.

In addition to collecting valuable information as part of the initial survey data, Stein-affiliated researchers will use this cohort for participant recruitment into various pilot studies currently in development. It is expected that the development and maintenance of this cohort over time will

continued on page 2

FREE PUBLIC LECTURE

NOVEMBER

BACK BY POPULAR DEMAND
"Prostate Cancer: What Every Man Should Know"

J. Kellogg Parsons, M.D., M.H.S.
Assistant Professor of Surgery
Staff Investigator, Moores Cancer Center
University of California, San Diego

November 19, 2008, 5:30 p.m.
Garren Auditorium
Basic Science Building
University of California, San Diego

Recent, cutting-edge developments in the treatment, prevention, and diagnosis of prostate cancer, including robotic surgery, cryosurgery, and watchful waiting, will be discussed. This lecture has been brought back by popular demand. It has been one of our most popular lectures to date. Here is what one viewer who downloaded the show from <http://www.ucsd.tv/sira/> had to say about last year's lecture: "This is an excellent program, and the speaker is very comprehensive and gave a perfect presentation."

Free parking is available.

Please call (858) 534-6299 AT LEAST THREE WORKING DAYS IN ADVANCE to receive your free parking permit. Attendees may also purchase permits at the parking kiosk on Gilman Drive or park at the metered sites.

Directions:

- From Interstate 5 North or South:
- Exit La Jolla Village Drive West
- Right on Villa La Jolla Drive
- Left on Gilman Drive
- Left into Parking Lot 602 (first stop sign)
- From parking lot, walk towards Medical Teaching Facility (MTF)
- Right through MTF and enter Basic Science Building through glass doors
- Left down first hallway

Research Participants Needed

Dr. Colin Depp, Stein Institute for Research on Aging faculty member and researcher at UCSD, is seeking participants at least sixty years of age to take part in a study to understand the daily experiences, activities, and associated emotions in older adults using a diary method known as the Day Reconstruction Method. Using a new survey procedure, participants are asked to recall the previous day's events and answer a series of questions about their day's experiences. The majority of the assessment is self-administered and can be completed at home. If you are interested in participating or have additional questions, please call Ashley Cain at (858) 822-7485.



Honor Roll of Stein Institute for Research on Aging Contributors

We would like to express our deep appreciation for all those listed, as well as the anonymous donors, who chose to provide support to the Sam and Rose Stein Institute for Research on Aging during the months of August through mid-October 2008. Thank you, also, to all of our donors who have made generous contributions through United Way. While we have no way to identify and thank you personally, we want you to know how much we appreciate your support!

DONORS

Ms. Victoria C. Davis
Mrs. Marilyn M. Edwards
Ms. Susan Randerson
Mr. James L. Sanders
Mr. and Mrs. Robert E. Seegmiller
United Way of San Diego County

BENEFACTOR/CORPORATE

Mr. David A. Liberman

DIRECTOR'S CIRCLE

The San Diego Foundation

Successful Aging Evaluation

continued from page 1

provide multiple faculty researchers from various departments the needed resources to conduct valuable clinical aging research projects. Several pilot projects are currently in development and are expected to be initiated over this next year, including studies using brain-imaging techniques to look at cognitive and emotional aging and new intervention studies related to various forms of physical exercise (e.g., yoga, Tai Chi, active video games) and its impact on cognition.

The SAGE Study is not open to volunteers—because of the study's random sampling design, participants must enter the study through a random selection/phone recruitment process. In order to be in the study, participants must have been invited after having their names randomly chosen

from a list of potential study participants residing in San Diego County.

Once an individual's name is selected from publicly available records, a recruitment call is made inviting the oldest member of the household to participate. This method differs from the "convenience sample" method often used to recruit people

to research studies, where the study is advertised throughout the community and people volunteer to participate. Participation in the SAGE Study will take place in people's homes—both the telephone interview and in-home survey are designed for participants to do at home on their own schedule.

While the study is still in its earliest phase, there is already evidence that people are pleased to have the chance to share their own experiences of aging. In the words of one SAGE Study participant, "The best part about getting older is that you can reflect on all the lessons life has taught you and benefit from them."

If you would like more information about the UCSD SAGE Study, please visit the Stein Institute for Research on Aging's Web site at <http://www.aging.ucsd.edu/> (click "Research" then "The SAGE Study") or call us at (866) 755-SAGE (7243).

"The best part about getting older is that you can reflect on all the lessons life has taught you and benefit from them."



Dr. Robert Katzman, Pioneering Alzheimer's Disease Expert, Dies

Robert Katzman, M.D., professor emeritus of neurosciences, former chair of the Department of Neurosciences, and founding director of the Shiley-Marcos Alzheimer's Disease Research Center (ADRC) at the University of California, San Diego School of Medicine, died on Tuesday, September 16, at his home in La Jolla after a long illness. He was eighty-two years old.

An internationally known leader in Alzheimer's research, Katzman was instrumental in establishing the ADRC at UC San Diego in 1984, one of the original five Alzheimer's Disease Research Centers of its kind in the country funded by the National Institute on Aging. He held the Florence Riford Chair for Research in Alzheimer's Disease at UC San Diego from 1984 until his retirement in 1995.

Katzman was also a founder of the national Alzheimer's Association, an achievement he once remarked was the one of which he was most proud.

"His work helped bring UC San Diego to the forefront of medical research into Alzheimer's disease," said Doris Trauner, M.D., professor and interim chair of the Department of Neurosciences. "He was instrumental in attracting world-renowned neuroscientists to the program, in addition to having a tremendous impact on the understanding of Alzheimer's disease."

His landmark 1976 editorial in the American Medical Association's *Archives of Neurology* was the first to state the prevalence and severity of Alzheimer's disease, calling it a "major killer." He was a strong advocate for increased funding for research in the disease and, in part due to Katzman's influence, federal funding in Alzheimer's research grew from \$5 million in 1980 to over \$300 million by 1996.

"His pioneering and really, revolutionary, work in Alzheimer's disease for more than three decades paved the way for clinical trials of potential treatments to delay the onset or progression of the disease being done today," said David Salmon, Ph.D., professor of neurosciences at UC San Diego and a long time colleague. "His research and influence will continue to have a profound impact on the search for a cure or treatment for this devastating disease."

"Dr. Katzman served on the Stein Institute for Research on Aging's Internal Advisory Board. He was a true pioneer in the field of Alzheimer's research and he was also an excellent advisor and mentor," said Dr. Dilip Jeste, director of the Stein Institute for Research on Aging. "The Stein Institute benefited from his input for a number of years and he will be sadly missed, although his legacy will continue."

"His work helped bring UC San Diego to the forefront of medical research into Alzheimer's disease."



A graduate of Harvard Medical School, Katzman was on the faculty and served as chair of the Department of Neurology at the Albert Einstein College of Medicine for nearly twenty years before coming to UCSD in 1984. He served on the Advisory Council of the National Institute of Aging from 1982 to 1985, and was president of the American Neurological Association in 1985–86. Among his many honors and awards are election to the Institute of Medicine (1983), the Henderson Memorial Award from the American Geriatric Association (1986), the George W. Jacoby Award from the American Neurological Association (1989), the Potamkin Prize for Research in Pick's, Alzheimer's, and Related Diseases from the American Academy of Neurology (1992), and the Crystal Tower Award as Pioneer in Alzheimer's Disease Research from the Alzheimer's Association (1998).

Katzman is survived by his wife of sixty-one years, Nancy, of La Jolla, sons Daniel of Clayton, California and David and his wife Antoinette Byam, of Brooklyn. Katzman also has a grandson, Jesse Byam-Katzman, a freshman at Lawrence University in Appleton, Wisconsin. A memorial service was conducted at the UCSD Ida and Cecil Green faculty Club on October 17, 2008.

Media Contact: Debra Kain, (619) 543-6163
ddkain@ucsd.edu

A Film Recommendation: *Young@Heart*

Released this spring, *Young@Heart* has been one of the year's most acclaimed films. This documentary is about an amateur choir from New England whose average age is eighty years, and who perform their own versions of rock and punk songs! As one critic wrote, "Watching this group perform James Brown's 'I Feel Good' gives a completely different meaning to the song." Rated by many (including several staff and faculty at the Stein Institute) as one of the year's must-see films, *Young@Heart* is now released on DVD and available everywhere.

Balancing Work and Home: The Unachievable Goal

BY NATASHA JOSEFOWITZ, PH.D.

When women started to go to work as a result of the feminist revolution, we were told that balancing work life and home life was an achievable goal and one to be pursued with great alacrity.



Natasha Josefowitz, Ph.D.

Before that, many women always worked in low-paying jobs such as waitresses, nurses, school-teachers, factory workers, and all the other service jobs such as hairdressers, maids, typists. But no one was paying attention to these women. If they had to go home after a day's work to shop, cook, clean, and take care of children without the help of a husband or with a husband who didn't help, no one was writing about balancing your life, having goals or a clear vision. For these women, it was dead-end jobs with no expectations of promotions, raises, or even recognition.

Then, quite suddenly, Betty Friedan's book *The Feminine Mystique* came out and the term "the problem that had no name" became the problem with a name: the malaise of the stay-at-home mom, the lack of fulfillment of the formerly satisfied homemaker. And so women started looking for work that was significant, well paid, and on equal par with men in terms of both opportunity and salary.

And it worked well, most of the time. There are still serious salary disparities between men and women for the same job.

But a new problem emerged. Now that women did not have "jobs" but "careers," they also experienced what men had experienced all their lives: a commitment to get the work done, even if it took evenings and weekends. The newly important woman who could not be easily replaced could not remain significant in a 9-to-5 job. However, the culture was not changing. Although many husbands took up some of the slack,

it was still a woman's responsibility to manage the home front and the children.

The now continuously exhausted woman who was rushing home from work to find cranky children, difficult-to-keep baby sitters, and a sullen husband, started to look for solutions. One of the earliest advice books I remember reading was Doug Hall's 1990 book on *Promoting Work/Life Balance*. We were all reading it and trying to hone our skills in time management. I never did manage to handle each piece of paper that came across my desk only once; however I did not buy anything that needed to be ironed, learned the secrets of how to

make ready-made look like cooked-from-scratch, and delegated to an incompetent husband and unwilling children some household tasks.

This is what all of my friends and colleagues did, and yet we were nowhere near finding that elusive balance between work and home.

Either work suffered or the family did, with frustration and guilt ever present in all our lives. We saw ourselves as failures and tried harder.

[continued on page 7](#)

In uncertain economic times... An investment you can count on

When you invest in something, you want to make sure it is the right investment, that it is secure and does well. When you create a charitable gift annuity with the UC San Diego Foundation you are investing in your future and ours.

For example, John and Martha established a \$25,000 gift annuity with UCSD. Since the gift is irrevocable they receive a charitable income tax deduction.

Now, every year for the rest of their lives, John and Martha will receive \$1,500 from UCSD. The amount is based on their ages and annuity rates in place when they obtain the annuity. It doesn't matter if the economy fluctuates...their return on investment remains the same.

And there is more to their investment. Not only are John and Martha receiving regular, fixed payments for their annuity, they have the satisfaction that their gift will eventually help the *Sam and Rose Stein Institute for Research on Aging*.

There are plenty of uncertain investments... but a gift annuity with UCSD isn't one of them. And that's one reason so many of our friends participate in this program.

Would you like to learn more about an investment you can count on—a charitable gift annuity? For a simple, no-obligation illustration to show you how a gift annuity can work for you, please contact Geoff Graham, Director of Development, in our Office of Planned Giving, at (858) 534-2249; e-mail: gcgraham@ucsd.edu; or visit our Web site at www.plannedgiving.ucsd.edu.

Sample Gift Annuity Payment Rates

Selected Rates for One Person		Selected Rates for Two Persons of the Same Age	
Age	Rate	Ages	Rate
65	5.7%	65/65	5.4%
70	6.1%	70/70	5.6%
75	6.7%	75/75	6.0%
80	7.6%	80/80	6.6%
85	8.9%	85/85	7.4%
90+	10.5%	90/90	8.7%

For illustrative purposes only. Please contact us for current rates benefits and rates for other ages.

Stein Institute for Research on Aging Welcomes Two Postdoctoral Fellows

Yu-Ling Chang and Sanja Kovacevic have recently begun postdoctoral fellowships at the Stein Institute for Research on Aging. Both individuals were recruited on a part-time basis to facilitate the Stein Institute's ongoing research on successful cognitive aging. Specifically, Chang and Kovacevic are working on projects related to brain imaging and the neurophysiology of successful aging and memory.



Yu-Ling Chang, Ph.D.

Yu-Ling Chang, Ph.D., joined the Stein Institute for Research on Aging as a postdoctoral fellow focused on successful cognitive aging in August 2008. She received her doctoral degree in clinical

psychology with a concentration in neuropsychology from the University of Florida in 2008. She completed a predoctoral psychology internship at the University of California, San Diego/VA. Chang's research interests are in the areas of cognitive functioning, particularly memory and executive functioning, and the application of structural and functional neuroimaging techniques to study cognitive function and brain plasticity in conjunction with standard diagnostic tools or experimental paradigms. For her doctoral research, she investigated how the frontal lobe and hippocampus contribute to item and associative memory in younger adults, healthy elderly people, and individuals with mild cognitive impairment. She is currently working on several projects

related to cognitive aging and its relationship with neuroimaging data.



Sanja Kovacevic, Ph.D.

Sanja Kovacevic, Ph.D., a postdoctoral research fellow, has recently joined Stein Institute team research efforts. Her expertise is in functional magnetic resonance imaging (fMRI) and magnetoencephalography (MEG) techniques used to noninvasively study spatial and temporal characteristics of localized brain activity. She is interested in studying how individual differences in emotional health are associated with structural and functional brain changes that occur with aging. Kovacevic received her bachelor's degree in physics from the University of Zagreb, Croatia, in 2000 and her doctorate degree in biomedical sciences from the University of New Mexico in 2007. Her dissertation focused on spatio-temporal correlates of learning visual features associations using fMRI and MEG. During her postdoctoral training at UCSD she used structural MRI techniques to measure atrophy and white-matter integrity in patients with mild cognitive impairment and Alzheimer's disease.

Recruitment of these two individuals to the Stein Institute for Research on Aging was made possible by a generous donation from private donor Richard Levi, whose support provides funding for fellowships in healthy aging for up to three years.



PUBLIC LECTURE SERIES

Lectures air on:

Cox Digital, Ch. 135
Time Warner Cable, Ch. 18
Time Warner Del Mar, Ch. 68, or
UHF (without cable), Ch. 35

"Novel Approaches to the Treatment of Alzheimer's Disease"

Nazneen Dewji, Ph.D.

Nov. 13 9:00 p.m.
Nov. 14 10:00 p.m.
Nov. 16 5:00 p.m.
Nov. 18 7:00 p.m.

"The Impact of Exercise on Cognitive Functioning"

Amy Jak, Ph.D.

Nov. 27 9:00 p.m.
Nov. 28 11:00 p.m.
Nov. 30 5:00 p.m.
Dec. 2 7:00 p.m.

"The Ins and Outs of Calorie Restriction as an Anti-Aging Therapy"

Laura Dugan, M.D.

Nov. 25 6:30 p.m.

To purchase a video copy of a specific lecture seen on TV, please visit <http://ucsd.tv/sira> or call (800) 742-5117.

For additional information on viewing past lectures online or any other questions, please visit our Web-site <http://www.aging.ucsd.edu/> or call (858) 534-6299.

More than Just the Blues

Depression is often thought of as a normal part of aging, but it is not. A new documentary video from the National Alliance on Mental Illness (NAMI) in San Diego sheds light on what depression in seniors looks like and what can be done to help.

Partnering with San Diego's Aging and Independent Services (AIS) and with UCSD's Dr. Sidney Zisook, a professor of psychiatry and a leading researcher on depression, this collaborative video puts a face on senior depression, dispelling many of the myths that surround it. Copies are available now from NAMI San Diego. To receive a copy call (619) 584-5564 (a small donation would be appreciated).



Stein Institute Welcomes Director of Statistics



Wes Thompson, Ph.D.

Wes Thompson, Ph.D., recently joined the Stein Institute for Research on Aging as director of statistics. He will be focusing his attention on his own research

projects as well as collaborating with other Stein-affiliated faculty focusing on successful aging.

Wes Thompson is an assistant professor of psychiatry and biostatistics. He obtained his Ph.D. in statistics at Rutgers University in 2003 after which he joined the University of Pittsburgh with a joint appointment in statistics and psychiatry. There, he received an NIH career award to develop statistical models of brain function and health in depression. Over the last four years he has worked with researchers to develop and apply statistical models in studies involving brain imaging, clinical trials, and ecological momentary assessment in studies of mood disorders and insomnia, among others.

His primary area of research interest lies in developing statistical models for use in explaining the mechanisms of healthy cognitive aging, and in using these models to predict how people will develop cognitively as they grow older. Clinical researchers obtain large amounts of information on subjects in many different domains, and it is often unclear how to utilize this information in the best way. Wes is currently developing methods for reducing data to manageable proportions while retaining and clarifying the information useful for describing biological mechanisms and predicting outcomes.

Wes recently moved to San Diego from Pennsylvania with his wife, Meryl, and two children, Jasper, two, and Sylvie, five. Welcome Wes!



Tessie Freeman shows off her handywork

Meet This Month's Successful Ager—Tessie Freeman

BY MELANIE COLLINS

Ask Tessie Freeman her secrets for successful aging and she has a ready answer: exercise, volunteer your time to help others (“it keeps you content”), and stay very, very busy (her friends call her “the Energizer Bunny”). At ninety-five years old, Tessie is still practicing this way of living.

Tessie grew up, married, and raised her children in Detroit, Michigan. Later, she and her husband moved to west Florida for twenty-five years, and then to San Diego County to be near their grandson and great-grandchildren.

Tessie has developed a wide circle of friends in the community, many of whom she met through volunteer activities. She also maintains regular contact with friends and family who don't live nearby, most often through e-mail.

Tessie believes her most important accomplishments are raising her children, participating in the lives of her grandchildren,

and doing volunteer work. The Knitwits program at Seacrest Community Village is an example of Tessie's volunteer spirit: after learning about a volunteer in another city who knitted hats for women going through chemotherapy for cancer, Tessie decided to create a similar program in this area. She organized a group of knitters and set up a program to knit hats for Children's Hospital cancer patients. Tessie also volunteers in the Rancho Coastal Humane Society thrift store once a week.

Tessie lives by some tried and true ideas—here are some she shared with us in our interview: First, “I never do anything alone”—acknowledging the contributions of others to any project is always important. “Focus on what makes you happy” is another key idea, as well as, “the more you learn the less you know.” And, the things that are truly important can't be bought: “Anything that money can replace, I don't cry over,” she says. And finally, Tessie recommends a mental trick to get you through the day when things aren't going your way: “Lie and smile.”

Do You Know Someone Who Is a Great Example of Successful Aging?

As part of the newly revised newsletter, the Stein Institute is launching a new feature highlighting examples of successful aging within our local community. We welcome your nominations. If you know of someone who is age eighty-five or older who you feel is an example of successful aging, please contact Jody DelaPena-Murphy at (858) 822-1132 or jodelapena@ucsd.edu with the name and contact info of the person you would like to nominate, along with a brief description of why you feel he or she is successfully aging. From these nominations, we will select some of these individuals to be interviewed, with their responses included in future editions of the newsletter!

Balanced Life

continued from page 4

Either work suffered or the family did, with frustration and guilt ever present in all our lives. We saw ourselves as failures and tried harder.

I have just finally found an echo of the truth in the June 2004 issue of the *Journal of Applied Behavioral Science*. Dr. Paula Caproni writes in an article titled "Work/Life Balance: You Can't Get There from Here" that, in fact, balance is an unachievable myth, and the idea only made women feel inadequate in that elusive pursuit.

Even a two-week vacation is time that has to be made up on one's return—to wit the waiting stack of mail and phone calls. And even during that so-called holiday, we check our e-mails in Internet cafes and remain available 24/7 via our cell phones.

She decries "goals" as overplanning our lives rather than living them and that a goal-approach to life assumes that we have a lot of choices and control over our lives. In fact life is full of unpredictability, unintended consequences, and problems we cannot control. We also must deal with our own ambivalences towards our social lives: How often do we see friends, who do we have no time for, how often do we go to fun things like movies and theaters, and is it at the detriment of other pursuits? And where

does "quiet time" go? Where is time with the family to just hang out—down time?

By creating the imperative of balancing work and life, we are creating an idealized image of how we should feel, be, and what we should want. As our self-esteem starts to depend on how closely we live up to this image of balance and harmony, we end up feeling more and more frustrated at what we perceive as our own lack of discipline and time-management skills.

And then the question arises: "Who defines what 'balance' is, and who reaps its benefits?"

The language of work/life balance is one that includes predictability, control, individual achievement, hierarchies of values, constant movement towards goals, and compartmentalization of life. It demands that we set priorities—as if one can easily decide between finishing an urgent report for work and helping a child with her equally urgent report for school.

Dr. Caproni suggests creating a new language, one that prefers tranquility over achievement, contribution over success, and choice over status.

Balance is no longer her goal, living a full life is. She is looking for a feeling of beauty in her life knowing that balance is an elusive object and not to be pursued, as it cannot be achieved.

South County Intergenerational Games

November 19, 2008

The San Diego community is coming together once again in support of bridging the gap between generations! The seventh Annual South County Intergenerational Games offer 120 active adults ages fifty and over the opportunity to pair up with a third-grader from Chula Vista Elementary School for a day filled with fun activities that promote a healthy and physically active lifestyle. In 2008, the Intergenerational Games will be held on Wednesday, November 19, at the U.S. Olympic Training Center in Chula Vista from 9:30 a.m. to 1:00 p.m. The theme is "Everyone's a Winner" and the goal is to create an environment that will bring the young and old together. The day will conclude with an Awards Ceremony so the adult and student can celebrate their accomplishments by giving each other a medal. For more information on the Chula Vista Event, please contact Anabel Kuykendall by telephone at (619) 476-6223 or via e-mail Anabel.Kuykendall@sdcounty.ca.gov.



Elder statesmen (and stateswomen) at the Olympics

BY IPSIT VAHIA, M.D.

It was hard during the past two weeks of August to open any newspaper or log on to any news Web site without running into some (usually several) items related to the Olympic games in Beijing.

The most intriguing of these appeared in the *New York Times* (<http://www.nytimes.com>) on August 12, 2008, in an article by Gina Kolata entitled, "Age Is Little Match for Money, Science and Effort." It described the exploits of a successful American swimmer—not Michael Phelps—but forty-one-year-old Dara Torres, who won three silver medals at the Olympics, all in freestyle sprint races.

Kolata discussed how Ms. Torres' achievement was not, in fact, unique. Indeed, she was not even the oldest athlete on the U.S. Olympic squad. That honor went to fifty-three-year-old Butch Johnson—a member of the U.S. archery team, a fifth-time Olympian, and a former gold medal winner! Intrigued, I searched the Internet for more information about older Olympians over the last century, and learned some fascinating facts: that the oldest archer in Olympic history was Francois Latil, who represented the Republic of Vanuatu at the age of sixty-two in 2000. The record for oldest Olympian in

continued on back page

Staff

Director: Dilip Jeste, M.D.
Deputy Director: Barry D. Lebowitz, Ph.D.
Deputy Director of Research: Nicholas J. Schork, Ph.D.
Executive Director: Maureen Halpain, M.S.
Successful Aging Editor and Director of
Community Relations: Jody DeLaPena Murphy, M.B.A.
Program Director: Jennifer L. Reichstadt, M.S.
Research Coordinator: Jennifer Leich, M.A.
Executive Assistant: Sandra Dorsey
Webmaster: Faraz Yaghouti

Community Board of Advisors

Muriel E. Baze, M.A.
Donald F. Billings, C.F.A.
Han Chiu, M.D.
Irving Eisenberg, CPA / PFS (President)
Susan Hoekenga, MPA
Gloria C. L. Ma, Ph.D. (Vice President)
Budd Rubin, M.D.
Morton H. Shaevez, Ph.D.
Joseph Sims
R. Adm. Raymond Smith, USN (Ret.)
Ilene E. Swartz
Caroleen L. Williams
Larry Ybarrondo, Ph.D. (Secretary/Treasurer)
R. Adm. Raymond G. Zeller, USN (Ret.)

Emeritus Members

William Gibbs, Jr. Paul F. Mahoney
Pat Hyndman Mary Ann McCauley
Irwin M. Jacobs, Sc.D. R. Adm. John F. Shaw, USN (Ret.)
Philip M. Klauber Dixie Unruh

Chairs' Advisory Committee

Dennis A. Carson, M.D., Director,
Moores UCSD Cancer Center
Lewis L. Judd, M.D., Chair, Department of Psychiatry
Theodore Ganiats, M.D., Interim Chair, Department of
Family and Preventive Medicine
Kenneth Kaushansky, M.D., Chair, Department of Medicine

Scientific Advisory Board

Sonia Ancoli-Israel, Ph.D., Psychiatry
Elizabeth Barrett-Connor, M.D., Epidemiology/
Family and Preventive Medicine
Ruth Covell, M.D., Family and Preventive Medicine
John Daly, M.D., Medicine
Laura Dugan, M.D., Medicine
Douglas Galasko, M.D., Neurosciences
Mario Garrett, Ph.D., SDSU Department of Gerontology
Paul Insel, M.D., Medicine
Edward H. Koo, M.D., Neurosciences
Eliezer Masliah, M.D., Neurosciences/Pathology
Daniel T. O'Connor, M.D., Medicine
Robert Sah, M.D., Sc.D., Bioengineering and Orthopaedics
David Salmon, Ph.D., Neurosciences
Nicholas Schork, Ph.D., Psychiatry
Ron Thomas, Ph.D., Family and Preventive Medicine

Olympics

continued from page 7

history belongs to a remarkable gentleman named Oscar Swahn of Sweden, who at age seventy-two won a silver medal in shooting at the 1920 games in Antwerp.

This knowledge is very thought provoking. Several researchers, including those at the Stein Institute, have noted that the ability to adapt is a key element of aging successfully. While age may not permit the speed, strength, and flexibility of younger years, clearly it does not impede performance, even at the highest levels, in sports that depend on precision—in fact, if anything, performance in those sports may improve.

Most interestingly, Ms. Kolata discusses in her *New York Times* article how technology and science are making age less of an impediment even in sports like running, long believed to be the domain of athletes in their early or mid-twenties. While we may be far from seeing people in their forties winning the 100-meter dash, stories like that of Jamaican sprinter Merlene Ottey winning three Olympic medals in 1996 at the age of thirty-six are eye popping in their own right. (Ms. Ottey actually ran in the 2004 games in Athens at the age of forty-four!)

Clearly, as Ms. Kolata concludes, age may not be the barrier it once was to athletic competition at the highest levels.

Many of our readers have expressed interest in receiving our newsletter electronically. If you would like to receive the newsletter via e-mail rather than receiving a paper copy, please visit the **newsletter sign-up page** on our Web site at <http://aging.ucsd.edu/newslettersubscription.php> or send us an e-mail at steininstitute@ucsd.edu. Please include your postal address as well as your e-mail address. Your information will not be shared with any other institution.

PHONE (858) 534-6299
WEB <http://aging.ucsd.edu>
E-MAIL steininstitute@ucsd.edu

Please write to us at our address if you wish to have your name removed from the list to receive future fundraising requests supporting the Stein Institute for Research on Aging.

For clinical trials at UCSD:
<http://health.ucsd.edu/ntrials/>

UNIVERSITY of CALIFORNIA, SAN DIEGO
SAM and ROSE STEIN INSTITUTE for RESEARCH ON AGING

School of Medicine
9500 Gilman Drive # 0664
La Jolla, CA 92093-0664

Nonprofit Org.
U.S. Postage
PAID
San Diego, CA
Permit No. 1909