We Need Your Support!

Our goal is to create a world in which older adults enjoy the highest level of well-being, through innovative science, interprofessional collaborations, and community partnerships. Our work seeks to transform the care of older adults in San Diego and beyond and improve their quality of life. Your support enables us to fund innovative pilot projects, create multiprofessional local and global working groups, conduct important community projects, and host conferences and educational events for those in professional fields, as well as the public.

Here are some examples of our projects:

- Training for students and health-care professionals
- Research on technology for older adults
- Intergenerational housing and activities
- Making San Diego more age friendly

TO DONATE:

Email: dglorioso@ucsd.edu
Phone: (858) 534-6299
Web: aging.ucsd.edu

BY PHONE OR EMAIL:

Please call Danielle Giorno, LCSW, at (858) 246-0767 or email dgiorno@ucsd.edu.

BY MAIL:

Please make your check payable to UC San Diego Foundation; write Stein Institute or Center for Healthy Aging in the memo portion of the check and include a brief note specifying whether you would like your donation to go to the Stein Institute or the Center for Healthy Aging. Mail your gift to the address below:

University of California San Diego Health Sciences Department
Sarn and Rose Stein Institute for Research on Aging
200 W. Arbor Dr. # 8982
San Diego, CA 92103-8982

HIGHLIGHTS AND UPDATES

- Artificial Intelligence (AI) technology holds both great promise to transform mental healthcare and potential pitfalls. Our overview paper called “AI for Mental Health and Mental Illnesses” has been published in the journal, Current Psychiatry Reports. If you’d like to learn more, here’s the link to the study: https://bit.ly/2RGxQzc.
- Camille Nebeker, EdD, was selected by the World Health Organization to serve on its Digital Health Roster of Experts.
- The Stein Institute’s Jackueyn Harris High School Summer in Training Aging Research Program (HS STAR) is accepting applications! HS STAR is designed to provide exceptional under-represented junior- and senior-level high school students from The Preuss School UC San Diego with a chance to learn and practice the daily activities involved in aging research alongside a faculty mentor.

Lonely in a Crowd: Overcoming Loneliness with Acceptance and Wisdom

BY MICHELLE BURBAKER

Researchers conducted one- and a half-hour individual interviews of thirty adults ages sixty-seven to ninety-two, part of an overall study evaluating the physical, mental, and cognitive functions of one hundred older adults living in the independent living sector of a senior housing community in San Diego. In this communal setting, eighty-five percent of the residents reported moderate-to-severe levels of loneliness. “Loneliness is subjective,” said Dr. Jeste. “Different people feel lonely for different reasons, despite having opportunities and resources for socialization. This is not a one-size-fits-all topic.”

Three main themes emerged from the study:

- Age-associated losses and inadequate social skills were considered to be primary risk factors for loneliness. “Some residents talked about the loss of spouses, siblings, and friends as the cause of their loneliness. Others mentioned how making new friends in a senior community cannot replace deceased friends they grew up with,” said first author Alejandra Paredes, PhD, a research fellow in the Department of Psychiatry at UC San Diego School of Medicine.
- The feeling of loneliness was frequently associated with a lack of purpose in life. “We heard powerful comments like, ‘It’s kind of gray and11cornering,’” said Dr. Jeste. “Others expressed a sense of ‘not being attached, not having very much meaning, and not feeling very hopeful’ or ‘being lost and not having control.’”
- The research team also found that wisdom, including compassion, seemed to be a factor that prevented loneliness. “One participant spoke of a technique she had used for years, saying ‘if you’re feeling lonely, then go out and do something for somebody else. That’s proactive,” said Dr. Jeste. Other protective factors were acceptance of aging and comfort with being alone. “One resident told us, ‘I’ve accepted the aging process. I’m not afraid of it. I used to climb mountains. I want to keep moving, even if I have to crawl. I have to be realistic about getting...’

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MARCH'S LECTURE
With aging, sleep patterns tend to change. However, disturbed sleep, waking up too early, and other symptoms of insomnia are not a part of normal, healthy aging.

A good night’s sleep is important to your physical and emotional health at any age. Older adults who don’t sleep well are more likely to suffer from depression and attention and memory problems, and experience more nighttime falls. Learn how to improve the quality of your sleep from Ellen Lee, MD, assistant professor of psychiatry at UC San Diego and a staff psychiatrist at the San Diego VA Healthcare System.

Dr. Lee’s research focuses on the inflammatory mediators of sleep disturbances in older adults with serious mental illnesses. Dr. Lee is the principal investigator of a K23 Career Development Award from the National Institute of Mental Health (NIMH), a NARSAD Young Investigator Grant from the Brain and Behavior Research Foundation, as well as several grants from the VSNI 22 Mental Illness Research, Education, and Clinical Center, and the UC San Diego Atman Clinical and Translational Research Institute.

Tune Into UCSD-TV!
If you missed our special November lecture, The Modern Epidemic of Loneliness: Using Wisdom as Behavioral Vaccine, a video of it is available online at UCSD-TV: www.ucsd.tv/search-details.aspx?showID=35226. The lecture is presented by Dilip V. Jeste, MD, senior associate dean for healthy aging and senior care and director of the Center of Healthy Aging at UC San Diego.

As societal stresses have increased, loneliness and social isolation have become silent killers. In the lecture, Dr. Jeste, a geriatric neuropsychiatrist who specializes in successful aging, explains how loneliness has become an epidemic, the risk factors, helpful interventions, and how we can harness wisdom for compassion, self-regulation, and more. You can watch this video and our other public lectures at www.ucsd.tv/atstein.

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Are you enjoying our lecture series? While our events are free, please consider making a charitable donation to the UC San Diego Center for Healthy Aging.

You can support our lectures and public education programs by visiting https://go.ucsd.edu/2Q81V19 or by checking out page 4 for how to give.

MARCH 2020 Stein Public Lecture Series

Sleep Better, Feel Better: How Sleep Affects Our Mental and Physical Aging
Ellen Lee, MD
Assistant Professor of Psychiatry, UC San Diego Staff Psychiatrist, VA San Diego Healthcare System

Wednesday, March 18, 2020
5:30—7:00 p.m.
Gareen Auditorium, UC San Diego
Registration is required. Please visit aging.ucsd.edu to register.

MARCH 2020 Stein Public Lecture Series

Meet This Month’s Successful Ager: Robert Ryland
BY MAJA GAWRONSKA, MA

Robert Ryland
Creaky joints and a battle with cancer haven’t stopped this nearly one hundred-year-old from enjoying tennis—the sport he loves. Although Robert Ryland quit playing competitively at eighty-five, he still coaches kids on the weekends and gives pointers to younger players.

A huge inspiration to generations of tennis players, Ryland became the first African American professional tennis player in 1959. Ryland will turn one hundred in June and says that it is not a big deal. Just another birthday. At the last check on his race-makers, his doctor said that the battery will last another eight years and this is what Ryland counts on.

Born in Chicago in 1920, his childhood was far from easy. After his mother and twin brother died of pneumonia when he was a baby, his father sent him to live with his grandmother in Mobile, Alabama. Two vivid memories from this time are helping his great-grandfather pick cotton and fear of the Ku Klux Klan who were very active in this area.

He returned to Chicago when he was eighteen years old and got his first tennis racket as a present from his dad. To perfect his game, he would practice six hours a day, six days a week, dreaming of becoming the world’s number one player when he grew up. While attending Tilden Technical High School, he won both the Illinois State and Junior American Tennis Association singles titles.

Ryland served in the US Army from 1941 to 1945, and after an honorable discharge, received a tennis scholarship to Wayne State University in Detroit. While at Wayne, he became the first African American player to compete in the National Collegiate Athletic Association championships and made it to the semifinals.

Still, Ryland was barred from competing in a whites-only professional league until he was 38, becoming the first African American to do so in 1959. Tennis promoter Jack March invited Ryland to the World Pro Championships in Cleveland where he was paid $300 for his appearance. When not competing, Ryland was always close to the game as a popular tennis coach. He served as the physical education director of the YMCA in Montclair, New Jersey, and taught tennis in Washington, DC, Los Angeles, and New York, where he eventually retired. He coached many young talented players and celebrities all over the world, including the Williams sisters for a brief time before they became famous.

For Ryland, the key to successful aging is to stay positive. Much of life is not what happens to us, but how we react, according to Ryland. His balance is not as good as it used to be, so he doesn’t play tennis anymore. He’s picked up a new routine that consists mainly of yoga and walking. He also volunteers at Harlem tennis courts and took time to reflect on his extraordinary life in a memoir published last year.