Dan Sewell Wins AAGP Educator of the Year Award

By Maja Gawronska, MA

Dan Sewell, MD, a clinical professor of psychiatry at the UC San Diego School of Medicine, was named the 2014 Educator of the Year by the American Association of Geriatric Psychiatry (AAGP). The award was presented at the 2014 AAGP Annual Meeting in Orlando, Florida, in March.

Dr. Sewell is recognized for his excellence in teaching, mentoring, and career development of students, fellows, and faculty, as well as his extraordinary efforts, innovations, and accomplishments that have a direct impact on the quality of geriatric psychiatry education in the United States.

Named a 2011, 2012, and 2013 Top Doc in San Diego Magazine’s Physicians of Exceptional Excellence annual survey performed in collaboration with the San Diego County Medical Society, Dr. Sewell is the medical director of the UC San Diego Senior Behavioral Health Program. This state-of-the-art, inpatient, outpatient, and community-based geriatric psychiatry service is designed to provide the highest quality individualized clinical care for older adults needing concurrent behavioral health and medical treatment. Services are provided in a clinically sophisticated, safe, comfortable, supportive, and responsive environment. The program helps patients gain new insights, enhance self-esteem, and build coping skills while also addressing their physical problems.

As a codirector of the Hartford Center of Excellence in Geriatric Psychiatry at UC San Diego and the director of the Geriatric Psychiatry Clinical Fellowship, Dr. Sewell oversees the physician-educator track, and he serves as the course director for the Psych 426 Geropsychiatry Clerkship.

Dr. Sewell is a Distinguished Fellow of the American Psychiatric Association. His other memberships include the Stein Institute for Research on Aging, the UC San Diego Academic Geriatric Resource Center, the American Association for Geriatric Psychiatry, the Gerontological Society of America, and the American Geriatrics Society.

Dr. Sewell attended Grinnell College where he obtained his bachelor’s degree in biology cum laude in 1981. He earned his medical degree in 1985 from the University of Iowa. Dr. Sewell completed his first two years of psychiatry residency training at the University of New Mexico in Albuquerque, New Mexico, and finished his psychiatry residency training at...
Three of the Stein Institute’s public lectures were the most watched UCSD-TV shows of 2013.

The Stein Institute presents free public lectures promoting physical and mental well-being and staying active throughout life. Lectures are held on the UC San Diego campus and are also videotaped and aired on UCSD-TV and online, where they have been viewed millions of times.

Three Stein public lectures led UCSD-TV’s top-ten list:

No. 3: “Living for Longevity: The Nutrition Connection—Research on Aging”
Learn the right balance of foods to maximize your health and energy level through an anti-inflammatory eating plan. Vicky Newman, MS, RD, will provide practical tips for controlling your weight, maintaining bone strength, and reducing the risk of common chronic diseases associated with aging.

Is there a way to keep Alzheimer’s disease at bay? Gary Small, MD, a professor of psychiatry and director of the UCLA Longevity Center at the Semel Institute for Neuroscience and Human Behavior, suggests there may be. Learn about physical and mental preventative strategies including stress relief and cross-training your brain.

No. 1: “Brain Fitness: Social Aspects of Dementia and Mild Cognitive Impairment—Research on Aging”
Mario D. Garrett, PhD, discusses the scientific revolution currently happening in dementia studies, dementia errors that impact research, and the importance of social interaction for patients with dementia.
To watch the programs, please visit http://www.ucsd.tv/stein/.

Free Public Lecture

Dr. Kaye is the principal investigator for an international, multisite collaboration on the genetics of anorexia and bulimia nervosa. He has an international reputation in the field of eating disorders and is the author of more than 300 articles and publications. Dr. Kaye attended Ohio State Medical School, trained in neurology at the University of Southern California, and trained in psychiatry at UCLA. He was a fellow and research physician at the National Institute of Mental Health for seven years and conducted research on appetite regulation, behavior, and treatment for disorders.

As director of the UC San Diego Eating Disorder Treatment and Research Program, Dr. Kaye and his clinical team are treating anorexia nervosa and other eating disorders with an innovative, intensive program that approaches the problem on multiple levels, including medical, psychological, psychoeducational, and counseling of the family as key support group.

Free Parking
In order to receive a free parking permit by mail, call (858) 822-7485 NO LATER THAN THE LAST FRIDAY BEFORE THE LECTURE. Note: If you have a disabled person placard, you do not need a permit and are allowed to park in any handicap or metered space.

Directions from I-5 North or South
- Exit La Jolla Village Drive and drive west on La Jolla Village Drive.
- Turn right onto Villa La Jolla Drive.
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- From Gilman Parking Structure, cross the street toward the Stein Clinical Research Building.
- Cross the lawn to the Medical Education and Telemedicine Building.
- Walk under the Medical Education and Telemedicine Building bridge and enter the Biomedical Sciences Building through large sliding glass doors.
- Turn left at the first hallway.

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UC San Diego, where he was given the UC San Diego Chairman’s Award for Research Excellence during the Psychiatry Residency in 1989. Following residency, Dr. Sewell became a fellow in geriatric psychiatry at the San Diego VA Medical Center and upon completion of his fellowship joined the UC San Diego Department of Psychiatry faculty. He is board-certified in psychiatry with added qualifications in geriatric psychiatry.

The American Association for Geriatric Psychiatry is a national, nonprofit organization dedicated to promoting the mental health and well-being of older people and improving the care of those with late-life mental disorders. AAGP’s mission is to enhance the knowledge base and standard of practice in geriatric psychiatry through education and research and to advocate for meeting the mental health needs of older Americans.
“Advanced Style” Blog

By Maja Gawronska, MA

The world of fashion is obsessed by youth. But when Ari Seth Cohen—San Diego native, street-style photographer, writer, and blogger—was walking around New York, he noticed that older women wear their outfits more naturally, with startling confidence, freedom, and poise.

In 2008, Cohen launched Advanced Style, a blog devoted to “capturing the sartorial savvy of the senior set” and documenting the personal style of New York’s in vogue older ladies and gentlemen. Cohen’s project also focuses on the confident mindset. His blog features such personalities as seventy-nine-year-old Lynn Dell, the owner of Off Broadway boutique, whose personal mantra is “I dress for the theater of my life every day.” Another Cohen muse is Linda Rodin, a sixty-five-year-old former model, fashion editor for Harper’s Bazaar in the 1980s, and a freelance stylist for Madonna.

Cohen has gained international recognition for his blog, which has appeared in the New York Times, the New Yorker, the Los Angeles Times, the Huffington Post, Vice Magazine, New York Magazine, Vogue Japan, Vogue Italia, Elle, and internationally broadcast news and fashion programs. His first book, Advanced Style, was published in 2012 and his coloring book based on the blog came out last year.

The popularity of the Advanced Style blog made Cohen one of the New York’s most unique trendsetters. He is often credited for starting a paradigm shift in the fashion industry, which used to treat older people as invisible. According to the New York Times, “Advanced Style likely owes its rapid ascent in part to the dearth of attention paid anyone over thirty in popular culture. How the opportunity was missed is anyone’s guess: According to 2010 census estimates, Americans sixty-five and older constitute 13 percent of the population. Those forty-five and over—still two to three times the age of most female models—constitute more than 39 percent.”

Learn more at advancedstyle.blogspot.com.

Advanced Style book cover

Cohen grew up in Del Cerro, in San Diego; attended Patrick Henry High School; and moved to Seattle for college. His fascination with vintage elegance and older age started with his grandmothers, Bluma Levine and Helen Cohen. Cohen often says that he was best friends with his grandmother Bluma and spent a lot of time watching old movies and going through her old scrapbooks of relatives and friends. “During that time, people were dressed to the nines, no matter how much money they had,” said Cohen.

According to the New York Times, “Advanced Style likely owes its rapid ascent in part to the dearth of attention paid anyone over thirty in popular culture. How the opportunity was missed is anyone’s guess: According to 2010 census estimates, Americans sixty-five and older constitute 13 percent of the population. Those forty-five and over—still two to three times the age of most female models—constitute more than 39 percent.”

Learn more at advancedstyle.blogspot.com.

Blogger Ari Seth Cohen with actor and model Mimi Weddell

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What makes people happy? Is happiness a good thing? How can we make people happier still? Learn more from noted expert, Sonja Lyubomirsky, PhD, professor of psychology at UC Riverside. Dr. Lyubomirsky’s two books, The How of Happiness and The Myths of Happiness, have been published in more than thirty countries. Her work has been written up in hundreds of magazine and newspaper articles, and she has appeared in multiple TV shows, radio shows, and feature documentaries in North America, South America, Asia, the Middle East, and Europe.

This lecture will air at the following dates and times (Pacific time):
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