

Announcing the 2007 ICON Awards Celebration

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The UCLA Center on Aging ICON Awards event will be held May 31, 2007, at the Beverly Hilton Hotel in Beverly Hills. Festivities will begin at 6:30 p.m. The ICON Award is the Center on Aging's signature event and primary annual fundraiser. The ICON award is presented to individuals who have continued to make outstanding contributions to society throughout their lives, and who best represent the Center's motto of "living better longer." This year's recipients are Bruce Corbin, senior vice president of Union Bank of California; Larry King, host of CNN's Larry King Live and renowned author; and Della Reese, beloved actress and singer.

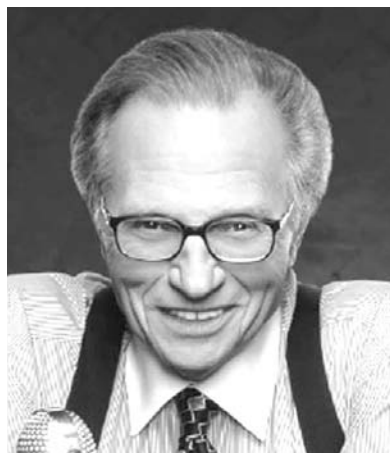
Bruce Corbin is the longest tenured employee of Union Bank of California, having begun his career in 1950. He has helped build the bank into the organization it is today, and puts equal energy into improving the communities where it does business.

As chair of the Los Angeles and Orange County Contributions Committee for the bank's foundation, Corbin manages its funding to charities in these counties. He also represents the bank in Los Angeles in a wide range of civic, charity, and community activities, and serves on the board of numerous organizations including the California Science Center, California Hospital Foundation, California Council on Economic Education, Central City Association, Children's Bureau of Southern California, Inner City Arts, and Optimist Youth Homes.

Corbin is the recipient of City of Hope's "Spirit of Life" award, National Jewish Medical Center's "Chairman's" award, National Conference of Christian and Jews "Man of the Year" award, and the Girl Scouts' "Humanitarian" award. As part of a 2004 "Blitz Build" sponsored by Union Bank and the Hollywood chapter of Habitat for Humanity, a street was dedicated and named in his honor. *[continued on page 3]*



Bruce Corbin



Larry King



Della Reese



Attitude is Everything

They say growing old is not for the faint of heart, and they may be right. Some things become harder as we grow older. Some seniors develop health issues when they had been perfectly healthy all their lives. Difficulties with sleep, weight gain, stamina, concentration, and memory are all part of normal aging. It can be tough to stay focused on the positive aspects of life in the face of these challenges.

And yet doing just that may now be more important than ever. A new

encouragement had lost an average of two pounds, lowered their blood pressure by almost 10 percent, and were significantly healthier as measured by body mass index and body fat levels. The health of the control group remained unchanged.

Why did the informed subjects experience such significant health benefits, when the two groups were performing the same rate and level of work each day? Perhaps the perception that their work could be counted as exercise encouraged this group to work more vigorously.

“Perhaps the power of positive thinking is all that is required for us to be as well and as fit as possible.”

study by researchers at Harvard Medical School suggests that positive thinking can influence health outcomes.

The researchers used hotel maids as their study group because the job involves physical activity that might not be perceived as exercise.

To determine if the placebo effect plays a role in the benefits of exercise, the researchers informed half their subject pool that the exercise performed in their usual work day was enough to meet the requirements for a healthy, active lifestyle. The second group of subjects was told nothing, and performed their work as usual.

After four weeks, the researchers returned to assess changes in the women’s health. The results showed that the group given the positive

Or perhaps the power of positive thinking is all that is required for us to be as well and as fit as possible.

This theory may also be helpful in protecting the health of our brains. Last June, I published a study showing that exercising the brain improves efficiency in brain memory centers as measured on PET scans. The question of the placebo effect on our mental functioning remains to be studied. However, I think that we can draw the conclusion that a positive attitude will have a positive effect on your life. ❖

Gary Small

[continued from page 1] Corbin graduated from UCLA with a BS in finance, and is also a graduate of the Stanford Credit and Financial Management School, the University of Washington Banking School, and the Columbia University Bank Management Program. He lives in Glendale with his wife JoAnn. He has two children and three grandchildren.

Larry King is celebrating his 50th year in broadcasting this year. He is currently host of CNN's "Larry King Live," the first worldwide phone-in television talk show and the network's top rated program. Emmy award winner and author of several books, King has been dubbed "The most remarkable talk show host on TV ever" by *TV Guide*.

King made his debut with Larry King Live in 1985, and has since done more than 40,000 interviews with world-shakers such as celebrities, newsmakers, and politicians including every U.S. President since the Ford administration. His famed NAFTA interview between Al Gore and Ross Perot in 1993 broke cable industry ratings records (outside the first night of Gulf War coverage) and obtained the highest rating in CNN history. For more than four decades, King has made his own headlines with such high-profile interviews as Tony Blair, Marlon Brando, Johnny Carson, Sammy Davis Jr., Mikhail Gorbachev, Audrey Hepburn, Paul McCartney, and Eleanor Roosevelt.

King has been inducted into five of the nation's most prestigious halls of fame, and is the recipient of the Allen H. Neuharth Award for Excellence in Journalism, Harvard University's Mahoney Award for increasing public awareness about neuroscience, and

the March of Dimes' Franklin Delano Roosevelt award for his efforts on behalf of community volunteerism. He was also honored by the entertainment industry with a star on the Hollywood Walk of Fame.

In addition to his credits, King founded the Larry King Cardiac Foundation, which has raised millions of dollars and provided life-saving cardiac procedures for more than 70 needy children and adults. He is married to singer/actress Shawn Southwick-King, and father to six children.

Singer and entertainer Della Reese was born Deloreese Patricia Early in Detroit, Michigan. She began singing in church when she was six years old, and remained deeply involved in gospel singing throughout her formative years. At age 13, she was hired by the late Mahalia Jackson to sing in her group. Through the three-year association, Reese claims she learned to "communicate with people through song."

Reese's break came when she won a contest that gave her a week's singing engagement at Detroit's famed "Flame Show Bar." She ended up singing at the club for eight weeks, and was introduced to vocal legends such as Ella Fitzgerald, Dinah Washington, Sarah Vaughn, and Billie Holiday. She developed a personal style that brought her national prominence.

Reese moved into TV and performed in TV movies, mini-series, and sitcoms such as *Sanford and Son*. She is probably best known for her role in the series "Touched by an Angel," which extended her fame among all age groups.

Reese announced during an

interview on Larry King Live that she suffers from Type 2 diabetes. She is now a spokeswoman for the American Diabetes Association, and travels across the United States to raise awareness about the disease.

Reese married Franklin Lett Jr., in 1983. Besides being an actress and singer, she is an ordained minister in the Understanding Principles for Better Living Church. She was honored by Oprah Winfrey at her Legends ball along with 25 other African-American women.

Past recipients of the ICON award include Robert H. Ahmanson, Colonel Buzz Aldrin, Cyd Charisse and Tony Martin, Norman Corwin, Dr. William J. Dignam, Hugh Downs, Nanette Fabray, David Haft, Art Linkletter, Gail and Gerald Oppenheimer, George Page, Pascal, Dr. Michael Phelps, Carl Reiner, Dr. David Solomon, Dr. S. Jerome Tamkin, and Coach John Wooden.

ICON gala co-chairs include: Robert H. Ahmanson, president of the Ahmanson Foundation; Katherine F. Murray, vice president of Union Bank of California, The Private Bank, Beverly Hills; and Timothy J. Noonan, president and CEO of Lockton Insurance Brokers, Inc. Lead corporate sponsors of the event include Lockton Insurance Brokers, Inc., Ortho-McNeil Neurologics, Inc., Mattel, Inc., and Union Bank of California, The Private Bank, Beverly Hills. Individual sponsors include: Robert H. Ahmanson, Evelyne and Louis C. Blau, Andrew G. Galef, Patricia Dunn Grey, Bucky Hazan, Louise Horvitz, Psy.D., Nancy and Larry Levitt, Gail and Gerald Oppenheimer, Linda and Peter Schlesinger, Dr. S. Jerome and Judith D. Tamkin, and Betty Vincent-Karl and Christian Karl.

For information about the ICON gala, contact the UCLA Center on

Hypertension: Managing th

Hypertension, or high blood pressure, affects nearly 1 in 3 American adults. Many of them may not be aware that they have the condition, which has no symptoms but can cause stroke, heart disease, and eye and kidney disorders.

Hypertension cannot be cured, but it can be managed with diet, exercise, and with medications as recommended by your physician. “Most people aged 65 or older will need one or more medications to manage high blood pressure successfully,” according to Dr. Gregg C. Fonarow, professor of cardiovascular medicine at the Geffen School of Medicine at UCLA. “However,” he added, “common sense steps can help move the numbers downward in many cases.”

Ten basic steps to help lower blood pressure are:

- 1. Check your blood pressure regularly.** Your physician should check it at every visit. Reasonably priced home monitors are available at many pharmacies, and allow you to keep even closer tabs on your status.
- 2. Exercise regularly.** Exercise, even brisk walking, improves blood vessel flexibility and heart function. Adding exercise to your routine can reduce your blood pressure by as much as 10 points, or prevent the onset of the disease.
- 3. Watch your diet.** Extensive research, including the landmark DASH (Dietary Approaches to Stop Hypertension) study, showed that you can eat your way to lower blood pressure. Steer towards the fruits, vegetables, low-fat dairy products, whole grains, and poultry and fish. Stay clear of the red meat, sweets, and high-fat foods.
- 4. Lose those extra pounds.** Losing even 10 percent of your total body weight, or just 10 to 15 pounds, can help reduce your blood pressure and improve your overall health.
- 5. Stop smoking.** Nicotine, the drug found in cigarette smoke, constricts small blood vessels in the body. Smoking a cigarette can cause a 20-point spike in systolic blood pressure. Regular smoking can cause serious long-term problems.
- 6. Drink alcohol in moderation.** One to two drinks per day can improve your health; more than that can contribute to hypertension.
- 7. Watch your salt intake.** Too much salt and too little potassium in the diet can boost blood pressure in some people. The problem is so great that the American Medical Association is calling for food makers and restaurants to reduce the sodium content of their foods by 50 percent in coming years. The largest blood pressure reductions are seen in those who limit sodium to less than 1.5 grams each day.
- 8. Get enough sleep.** Going without adequate sleep night after night can contribute to high blood pressure, and can increase the chances of developing heart disease or the onset of a sudden cardiac arrest. Most people need at least six, but an average of eight hours of sleep per night is probably best.
- 9. Try to reduce your stress.** Stress is known to increase blood pressure. However, meditation, deep breathing, and other stress-busters like exercise are just as sure to lower it.
- 10. Form a partnership with your doctor to find the best medication regimen for you.** According to Fonarow, as many as two-thirds of hypertension patients are not controlling their condition. “We see hundreds of thousands of strokes and heart attacks that could have been prevented if patients were better at sticking to their medication and health regimen,” he said.

“Hypertension patients who develop problems fall into three groups: those who are unaware of their condition, those who are aware but not controlling their condition, and those who are on a treatment regimen that is not adequate for them,” Fonarow continued. “Many people don’t realize that successful management of their blood pressure may require as many as three to four medications.”

Blood pressure medications may have various side effects such as swelling of the lower extremities, headache, fatigue, dizziness, and frequent urination. “This is why it is so important to form a partnership with your physician,” said Fonarow. “Hypertension can

The Silent Killer

almost always be controlled with close follow-up, monitoring, and good communication between doctor and patient. In some cases, the doctor can prescribe a medication from a different drug class, which will be easier for the patient to take. In other cases, medications can be used together for better success.”

How low is low enough? According to Fonarow, the top number of your blood pressure readout, or the systolic blood pressure, is most important to seniors, and should be kept below 140 mmHg. The diastolic pressure, or the bottom number on your readout, should be kept at or below 90 mmHg.

In patients with diabetes or kidney disease, maintaining blood pressure control is even more critical. “These patients should keep their systolic pressure at or below 130 mmHg,” he advises, “and very closely monitor their condition.” ❖



Summer Exercise Calls for Caution

In mid-March, former President George Bush collapsed while playing golf in 90-plus degree heat. Now 82, Bush was hospitalized and diagnosed with dehydration and possible heat stroke.

Exercise is one of the most important factors in maintaining health as we age. Even those over age 75 can begin an exercise program with their doctor’s approval, and can gain the same benefits from exercise as younger people. Studies show that regular exercise, even brisk walking, can improve concentration and balance, and help control weight, blood pressure, and attitude.

But as summer approaches, older adults need to remember that they are more susceptible to heat-related problems, especially during exercise. Aging decreases the body’s ability to regulate temperature and adjust to heat. In addition, seniors may feel less thirst, and so forget to drink adequate amounts of water to help their bodies remain cooler.

Those who exercise in high temperatures should watch for:

- **Heat cramps**, muscle pain and cramps caused by loss of water and salt due to over-exertion.
- **Heat exhaustion**, a form of heat-related illness that develops after prolonged exposure to high temperatures (such as a heat wave), and inadequate fluid intake. It is marked by flushed red skin, nausea, vomiting, dizziness, and exhaustion.
- **Heat stroke**, a life-threatening condition in which the body is overheated but unable to cool itself through perspiration.

These conditions should be addressed immediately by providing fluids, cooling the body down with ice packs or wet towels, and calling emergency medical services if necessary.

To prevent heat-related problems, plan outdoor exercise for the morning or late afternoon when temperatures are lower. Drink extra water, and take water with you while you exercise. Wear loose clothing in light colors, preferably in material that breathes such as cotton. And when temperatures reach the 90s or above, consider working out in an indoor space with air conditioning and protection from the sun.

UCLA Researchers Develop New Imaging Technology to Identify People at Risk for Alzheimer's Disease

Until recently, Alzheimer's disease could only be diagnosed with certainty after the patient died and an autopsy could be performed. By studying autopsy results over the years, researchers were able to identify the amyloid plaques and neurofibrillary tangles that are the hallmarks of the disease. However, they were unable to "see" these abnormal proteins as they accumulated in living patients.

Working with colleagues at the David Geffen School of Medicine at UCLA, Dr. Gary Small, Parlow-Solomon Professor on Aging and director of the UCLA Center on Aging, developed a new chemical marker that allows earlier diagnosis and ongoing monitoring of Alzheimer's disease. "This marker binds to the plaques and tangles that we believe cause Alzheimer's," said Small. "They provide a 'window to the brain,' for the first time allowing us to identify the abnormal protein deposits in patients who are at risk for, or in the early stages of, Alzheimer's disease before they have symptoms."

This advance could allow earlier diagnosis of patients who may benefit from treatments that are currently available, and will help doctors monitor brain changes in at-risk patients. It may also open doors for the development of new treatments and diagnostics, Small believes.

The marker, called FDDNP, was

injected into 83 volunteers ages 49 to 84. Based on cognitive testing, 30 patients were normal controls, 28 patients had mild cognitive impairment, and 25 had Alzheimer's disease. After the injection, the subjects were given PET (positron emission tomography) scans to visualize the brain.

"We noted distinct differences among subjects with normally aging brains, mild cognitive impairment, and Alzheimer's disease," said Small. "The more advanced the disease, the higher the concentrations of FDDNP in three regions of the brain where plaques and tangles normally accumulate."

In addition, 72 subjects were given magnetic resonance imaging (MRI) scans, which show brain structure and size, and all subjects received a PET scan using a more conventional marker called FDG. Scientists found that the FDDNP-PET scan combination allowed them to differentiate between subject groups more accurately than the other scans.

Results of the study were published in the December 21 issue of the *New England Journal of Medicine*.

"This is the first time that the pattern of plaque and tangle accumulation has been tracked in living humans over time in a longitudinal study. We could see the definitive patterns of Alzheimer's disease starting early in patients with mild cognitive impairment and advancing in those with more severe symptoms of the disease," said Dr. Jorge Barrio, a study author and professor of medical and molecular pharmacology at the Geffen School of Medicine at UCLA.

According to Small, this advance allows physicians to identify patients at risk for Alzheimer's years before symptoms become obvious. It may allow more rapid testing of new drug therapies and other diagnostic tools.

Those interested in learning more about FDDNP-PET should contact Dr. Gary Small at the UCLA Center on Aging, (310) 794-0676. ❖

Did you know?

More than half of all adults in the United States are overweight, and 26% are obese — an increase of more than 50% in the last three decades.

80%-90% of people who have coronary artery disease have at least one major controllable risk factor

Arthritis is the leading cause of disability in Americans older than 15.

News of the Center

Center on Aging Welcomes New Board Members

The UCLA Center on Aging is pleased to welcome Larry Nagin to its Board of Directors. Nagin is Of Counsel in O'Melveny & Myers LLP's New York office. He is experienced in all aspects of the aviation industry including international and governmental affairs, employee relations, corporate communications, and antitrust, airport affairs, finance, and corporate governance.

In 1980, Nagin began his work in aviation as general counsel for The Flying Tiger Line, Inc., later sold to Federal Express Corp. He also contributed to the success of United Airlines and US Airways Inc. (as Of Counsel at Skadden, Arps, Slate, Meagher & Flom). He has often served as a key witness before the U.S. Congress, and has been quoted in leading newspapers including the New York Times, the Washington Post, and the Wall Street Journal.

Nagin attended USC for his B.A. in international relations, and UC Berkeley's Hastings College of the Law for his J.D. He was recently appointed to the board of directors of Laidlaw Corporation, and was honored with the "Diversity 2000" award by the Minority Corporate Counsel Association and American Lawyer Media Corp.

Also joining the Center's board is Murray Pepper, president of Home Silk Shop, Inc., since 1966, and a psychologist in private practice from 1989 to 2004. Pepper also designs and imports textiles for the quilting, home decoration, and garment trades through King Roads Imports. He is a

private investor in retail and industrial real estate in Southern California, Arizona, and Colorado.

Pepper is a life trustee of Pitzer College, and a member of the Board of Overseers of Hebrew Union College. He is co-sponsor of the Cotsen-Pepper Master Teacher Award in Jewish Education, and a sponsor of the Grotstein Conference on Psychoanalytic Thought at UCLA. He is a member of the Chief Executives Organization, former chair of the Los Angeles Chapter of the Young President's Organization, and a founding member of the Museum of Contemporary Art.

Pepper graduated from UCLA's College of Letters and Science in 1956, and the USC School of Law in 1959. He attended UCLA's Graduate School of Business Executive Management Series in 1970, and earned his Ph.D. in psychology from the California Graduate Institute. He is married, with two sons and four grandchildren.

In Memory of Dr. William Dignam (1920-2006)

Dr. William Dignam was a founding member of the faculty of the UCLA School of Medicine. A professor of obstetrics and gynecology, many physicians came to UCLA for the sole purpose of studying with Dignam. Of the more than 30,000 babies he delivered, Dignam delivered eight who went on to attend UCLA's medical school.

In the days of 10-minute office visits, Dignam provided an example of how medicine should be practiced. He was a role model for

hundreds of medical students and physicians.

Dr. Dignam will be remembered for his compassion, as well as for his clinical skill and patience as a teacher. He received the 2002 "Award for Excellence in Education," which is determined by vote of UCLA medical students. He called practicing medicine "the greatest privilege in the world." He is a past winner of the UCLA Center on Aging's ICON Award.

Those who knew Dr. Dignam recall his wry humor, his directness, and his kindness. His service to patients and students, to UCLA, and to medicine will not soon be forgotten.

Fun with the Follies

Join Dr. Gary Small, director of the UCLA Center on Aging, for an evening symposium at the historic Plaza Theatre, 128 South Palm Canyon Drive in Palm Springs, on Friday, May 4. Beginning at 7:00 p.m., Dr. Small will discuss novel strategies for "Living Better Longer."

Dr. Small's presentation will be followed by a panel discussion featuring Riff Markowitz, co-founder of the Palm Springs Follies, and Follies cast members ages 58 to 83. Discussion topics will include fitness, diet, mental acuity, relationships, medical advances, and maintaining an active lifestyle.

See the Follies cast in action at a special matinee performance, Friday May 4 at 1:30 p.m. at the Plaza Theatre. For ticket information on either or both events, call (760) 327-0225. ❖

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JULY – DECEMBER 2006

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Tributes

JULY – DECEMBER 2006

The Center on Aging Tribute Fund provides a meaningful opportunity to honor or remember a family member, friend, associate or other special person. Tribute cards are promptly sent to your designated recipient and will be noted in our newsletter. Your tax deductible contribution provides the Center with resources to fund educational and research programs.

Happy Anniversary and Birthday to Dr. Diana and Harold Donner

Enid and Steve Zaslow

Happy 95th Birthday to George Altshuler

Carol and Ed Stein

Happy 64th Birthday to Andy Garb

Mindy and Rob Gandin

Happy Birthday to Bruno Katz

Gerti and Sam Goetz

Happy 70th Birthday to Freddie Miller

Mindy and Rob Gandin

Happy Birthday to Lee Siegel

Gloria Bloomberg

Brenda Stone

Betty Vincent-Karl

Happy 70th Birthday to Robert Tanenbaum

Carol and Ed Stein

Happy Birthday to Fred Waingrow

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In Honor of Drs. Marion and Matthew Solomon's Wedding Anniversary

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Dr. Gary Small

In Memory of Joanne Joseph Hertz

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In Memory of Joan Marcus

Helen and Dave Feldman

In Memory of Beverly Morris

Mindy and Rob Gandin

In Memory of Chiyoko Rhoades

Connie and Dennis Bell

In Memory of Adele Shapiro

Emily and Rick Corleto

In Memory of Elliott Wolk

Nancy and Larry Levitt

Correction

The Center on Aging offers sincere apologies to Dr. and Mrs. David Solomon. Their names were mistakenly omitted from the list of 2006 Bronze ICON sponsors. We appreciate the Solomons for their ongoing support.

Calendar of Events

“Managing the Pain of Arthritis: Everything from Supplements to Surgery”

Wednesday, May 2, 2007, 2 p.m.

John D. FitzGerald, M.D., Ph.D., Division of Rheumatology, David Geffen School of Medicine at UCLA

Skirball Cultural Center

2701 North Sepulveda Boulevard, Los Angeles

Palm Springs Follies and Symposium

Plaza Theatre, Palm Springs, Friday, May 4, 2007

1:30 p.m. – Matinee performance

7:00 p.m. – Dr. Gary Small will discuss strategies for “Living Better Longer,” followed by a panel discussion featuring Riff Markowitz, co-founder of the Palm Spring Follies; and cast members ages 58 to 83.

For tickets call (760) 327-0225.

2007 Annual ICON Award

Honoring Bruce Corbin, Larry King, and Della Reese

Thursday, May 31, 2007, 6:30 p.m.

Beverly Hilton Hotel, Beverly Hills

Call the Center on Aging for information at (310) 794-0676

The UCLA Center On Aging Newsletter

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