

Professor Mario D. Garrett Ph.D.

Professor of Gerontology
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San Diego, CA 92182-1872
Phone: 619-594 6765
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EDUCATION

1988 **Ph.D.**
Psychology Department
University of Bath, Claverton Down, Bath, BA2 7AY, UK
Thesis: Loneliness: The Experience, Interpretation and Communication.

1980 **B.Sc. (Honors) 1st class/summa cum laude**
Science Department
University of East London, Stratford, Water Lane. London. E15 4LZ
Major: Psychology, Physiology

PROFESSIONAL EXPERIENCE

2004- Present Professor, School of Social Work, San Diego State University, San Diego, CA.

2004-2010 Chairman, Department of Gerontology, San Diego State University, San Diego, CA

2004-2010 Director, University Center on Aging, San Diego State University, San Diego, CA.

1996-1997 Senior Researcher Scientist III, Center on Aging, University of North Texas, TX.

1995-2004 Founder and Director of Data Analysis Service, Albuquerque, NM

1994-1995 Project Director, Center on Aging, University of New Mexico, Albuquerque, NM.

1993-1994 Director, International Sexagenarian Research, Malta.

1990-1994 Team Leader, United Nations Population Fund-UN International Institute on Aging, Malta, People's Republic of China.

1989-1993	Program Manager/ Deputy Director, United Nations - International Institute on Aging, Malta.
1988-1989	Project Leader, International Centre for Child Studies, Bristol University, UK.
1987-1988	Research Fellow, Department of Economics, Surrey University/London School of Economics, London, UK
1986-1987	Research Officer, School of Management, University of Bath, U.K.

HONORS

- 2022 According to <https://www.authority.org/rankings/best-colleges-for-gerontology/professors> "Mario Garrett...is the most popular Gerontology professor in America."
- Outstanding Faculty, School of Social Work, College of Health and Human Services, San Diego State University (2015 -2016).
- Outstanding Faculty, School of Social Work, College of Health and Human Services, San Diego State University (2010 -2011).
- Outstanding Faculty, Department of Gerontology, College of Health and Human Services, San Diego State University (2007 -2008).
- Outstanding Faculty, Department of Gerontology, College of Health and Human Services, San Diego State University (2006 -2007).
- Outstanding Faculty, Department of Gerontology, College of Health and Human Services, San Diego State University (2005- 2006).
- Winner of the first Science Technology 1979 National Science Essay University Competition (U.K.)
- Recipient of the Dean's Prize for best academic achievement, University of East London, U.K. (1979)

SELECTED PEER-REVIEWED PUBLICATIONS

- Garrett MD** & Valle R (submitted 2023) Culture in Dementia Care: Theoretical Change.
- Garrett MD** (2022) Critical Age Theory. *European Journal of Medical and Health Sciences*, 4(6).
- Garrett MD** (2021) Psychopathology of Dementia: The Role of Memory. *European Journal of Clinical Medicine*. Vol. 3 No. 5.
- Garrett MD** (2021). Social Pathology of Dementia. *Arch Neurol & Neurosci*. 10(1).
- Garrett MD** (2021) Letters: The Social Pathology of Dementia. *Academia Letters*.
- Garrett MD** (2020) Multiple Causes of Dementia as Engineered Senescence. *European Journal of Medical and Health Sciences*, Vol2 (2).
- Garrett MD** (2019) Developing a Modern Mythology for Dementia and Alzheimer's disease. *Arch Neurol & Neurosci*. 4(1).
- Garrett, MD** (2019) The pitfalls of crowdfunding Alzheimer's disease research. *International Medicine* 2019; 1(2): 78-89 | DOI: 10.5455/im.36591
- Garrett MD** (2019) Curing Alzheimer's Disease; Myriad Causes and Cures Await. *OBM Geriatrics* 2019;3(3):16; doi:10.21926/obm.geriater.1903063.
- Garrett MD** (2019). Aging as Planned Obsolescence: The Case of Alzheimer's Disease. *Iris J of Nur & Car*. 2(1). DOI: 10.33552/IJNC.2019.02.000526.
- Garrett, MD** & Poulain M (2018). Geography of Aging: The Science of Belonging. *Open Science Journal of Psychology* Vol. 5, No. 6, 2018, pp. 73-83.

- Garrett MD** & Valle R (2016) A Century of Confusion in Researching Alzheimer's Disease. *Dementia: The International Journal of Healthcare* 2(2), 13-22.
- Garrett MD** & Valle RJ (2016) A Methodological Critique of The National Institute of Aging and Alzheimer's Association Guidelines for Alzheimer's disease, Dementia and Mild Cognitive Impairment. *Dementia: The International Journal of Social Research and Practice*,15(2) 239–254.
- Garrett MD** & Valle R (2015) A New Public Health Paradigm for Alzheimer 's Disease Research. *SOJ Neurol* 2(1), 1-9.
- Garrett MD.** (2013) *Geography and the Elderly*. In *Oxford Bibliographies in Geography*. Ed. Barney Warf. New York: Oxford University Press.
- Valle R & **Garrett MD** (2013) Developing Dementia Prevalence rates Among Latinos: Locally Attuned, Data-Based, Service Planning Tool. *Journal of Population Ageing* Online first, April, 2013)
- Garrett MD**, Baldrige D & Williams E (2012) American Indians and Alaska Natives in Nursing Home: Initial results from the 2008 Minimum Data Set. *Pimatisiwin*. Volume 10 Number 1.
- Antoninetti M & **Garrett MD** (2012) Body Capital and the Geography of Aging. *Royal Geographical Society*. doi: 10.1111/j.1475-4762.2012.01089.x
- Sugita JA, & **Garrett MD** (2012). Elder Abuse and Oral Healthcare Providers: An Intervention to Increase Knowledge and Self Perceived Likelihood to Report. *Journal of Elder Abuse & Neglect*. 24(1):50-64.
- Reid JL, Morton DJ, Wingard DL, **Garrett MD**, von Muhlen D, Slymen D & Field M (2010) Obesity and Other Cardiovascular Disease Risk Factors and their Association with Osteoarthritis in Southern California American Indians, 2002–2006. *Ethnicity and Disease*;20(4):416-422.
- Reid JL, Morton DJ, Wingard DL, **Garrett MD**, von Muhlen D, Slymen D, & Field M. (2010) Sex and Age Differences in the Association of Obesity and Smoking with Hypertension and Type 2 Diabetes in Southern California American Indians, 2002–2006. *Ethnicity and Disease* ;20(3):231–238.
- Garrett MD**, Baldrige D, Muus K, Baker-Demaray T, Benson WF, & McGuire, LC. (2010). Native Migration: In Search of the Missing Cohorts, American Indian and Alaska Native Migration and the Loss of Caregivers in Native Communities. *Pimatisiwin: A Journal of Aboriginal and Indigenous Community Health*, Vol. 8, No. 1, pp. 1-18.
- Garrett MD** & McGuire LC (2008) Family Caregivers Declining for American Indians, Alaska Natives. *Aging Today* Nov-Dec:11.
- Garrett MD**, Baldrige D, Benson WF, McGuire LC. (2008) Missing Cohorts of Caregivers Among American Indian and Alaska Native Communities. *The IHS Primary Care Provider*. Volume 33(4), April:105-111.
- Morton DJ, **Garrett MD**, Reid J, & Wingard DJ. (2006) Current Smoking and Type 2 Diabetes In Selected Indian Health Service Clinics, 1998-2003. *Am J Public Health*. 2008 Mar;98(3):560.
- Garrett, MD.** (2006) Filial Piety and Capital Transfer as Determinants in the Changing Patterns of Responsibility of the Elderly: Southeast and Eastern Asia as an Accelerated Microcosm. *Global Impact: Concerns for an Aging Population*. San Diego, CA.
- Garrett MD**, Morton DJ, & Black KF. (2006) Healthy Aging: Lessons from Isleta Pueblo Elders. *Journal of Native Aging and Health*. June.

- John R, Hennessy CH, Dyson TB & **Garrett MD**. (2001) Toward the conceptualization and measurement of caregiver burden among Pueblo Indian family caregivers. *The Gerontologist*. 2001 41: 210-219.
- Garrett MD**. (1995) Filial Piety or a Filial Pie: Capital Transfer from the Elderly to their Offspring within Southeast and Eastern Asia in Ingman, SR, Pei X, Ekstrom, CD, Friedsam, HJ & Bartlett, KR (eds) , *An Aging Population, An Aging Planet, and a Sustainable Future: Thinking Globally, Acting Locally*. Series in Social Policy, Community and Regional Development. University of North Texas, Denton, 1995.
- Garrett MD**. (1995) Inequalities in the Utilization of Gerontological Services in Malta: A Micro State Study. *The Southwest Journal on Aging*, Vol 11, 1.
- Garrett MD**. (1994) Indigenous Elderly: Our Invisible Heritage. *Aging International*. Volume 21, Number 4. December, 1994:43-46
- Garrett MD** & Scerri M. (1994) Community Services for the Elderly in Malta; In J. Kosberg (ed) *International Handbook of Community Services for the Elderly*. Greenwood Publications. New York.
- Kinnie N & **Garrett MD** (1993) Managerial Strategies for Flexible Employment: An analysis using cross-sectional data. *Management Research News*, Vol. 12(3), pp.14 – 15.
DOI:10.1108/eb028018
- Blanchflower DG, Oswald AJ & **Garrett MD**. (1990) Insider Power in Wage Determination: 1980 and 1984. *Economica*, 57, 143-70.
- Blanchflower DG, Oswald AJ, **Garrett MD** & Deeks AJ. (1987) Entrepreneurship and Self-Employment in Britain. UK Department of Employment Working Paper. London, U.K.
- Garrett MD**. (1982) Electro Convulsive Therapy and its non-Efficacy. *Journal of Science and Technology*, UK. Nov.

BOOKS

- Garrett MD** (2021) *Critical Age Theory: Profiteering from the last stages of life*. Kindle Independently Published. USA.
- Garrett MD & Wakiyama M**. (2021) *Care over Cure: Japan's Strategy for Dementia*. Kindle Independently Published. USA.
- Garrett MD** (2020) *Social Dementia*. Kindle Independently Published. USA.
- Garrett MD** (2019) *Coming of Age in Films*, Cambridge Scholar Publishing, UK.
- Garrett MD** (2018) *Dementia: A Being Out of One's Mind*. Kindle Independently Published. USA.
- Garrett MD** (2017) *Immortality: With a Lifetime Guarantee*. Kindle Independently Published. USA.
- Garrett MD** (2015) *Politics of Anguish: How Alzheimer's Disease became the malady of the 21st Century*. Kindle Independently Published. USA.
- Garrett MD** (2014) *Reclaiming Senile*. Kindle Independently Published. USA..
- Garrett MD** (2012) *New Insights in Aging*. Kindle Independently Published. USA..
- Baldrige D, **Garrett MD**, & Menke K. (2003) Monograph Series. National Indian Council on Aging, September.
- Wozniak D, Yuen L, **Garrett MD** & Shuman TS. (Editors) (1999) *International Symposium on Herbal Medicine: A Holistic Approach*. International Institute for Human Resources Development, San Diego State University.
- Wozniak D, Shuman TS, Roet A, **Garrett MD** (Editors) (1996) *Human Settlements Habitat: Proceedings and Recommendations of the International Symposium on Human Settlements*. San Diego State University.

SELECTED OTHER PUBLICATIONS (Non-Refereed)

- Garrett MD** (2022) Book Review Lodge, C., Carnell, E. & Coleman, M. (2016). The new age of ageing: How society need to change. Bristol: Policy Press, 224 pp. ISBN: 978-1447-326830 International Journal on Ageing in Developing Countries, 1 (2): 197-199
- Garrett MD.** (2009). The Sustainability of Dying? Journal of Sustainability. Issue 2(2), February: online:
- Garrett MD** (2008). Is Our Population Sustainable? Journal of Sustainability. Issue 1(4), Sept.
- Garrett MD** (2008). Editorial: Is Our Population Sustainable? San Diego Union Tribune. August 15.
- Garrett MD.** (2003). Asthma Among American Indians. NICOA's Monograph Series, Vol. 6, No. 1. Sponsored by the U.S. Environmental Protection Agency.
- Garrett MD, Baldrige D, Menke KA.** (2003). Health Disparities Among Americans. NICOA's Monograph Series, Vol. 10, No. 1. Sponsored by the Papa Ola Kahali and Out of Many One.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 18: Southern California. NICOA's Monograph Series, Vol. 5, No. 17.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 17: American Samoa, Guam, Mariana Islands, Hawaii & Northern California. NICOA's Monograph Series, Vol. 5, No. 16.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 16: Alaska, Idaho, Montana, Oregon & Washington. NICOA's Monograph Series, Vol. 5, No. 15.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 15: Arizona, Colorado, Nevada, New Mexico, Utah & Wyoming. NICOA's Monograph Series, Vol. 5, No. 14.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 14: Texas. NICOA's Monograph Series, Vol. 5, No. 13.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 13: Arkansas, Louisiana & Oklahoma. NICOA's Monograph Series, Vol. 5, No. 12.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 12: Iowa, Kansas, Missouri & Nebraska. NICOA's Monograph Series, Vol. 5, No. 11.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 11: Minnesota, Michigan, North Dakota, South Dakota & Wisconsin. NICOA's Monograph Series, Vol. 5, No. 10.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 9/10: Illinois, Indiana, Kentucky & Ohio. NICOA's Monograph Series, Vol. 5, No. 9.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 8: Alabama, Mississippi & Tennessee. NICOA's Monograph Series, Vol. 5, No. 8.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 7: Florida. NICOA's Monograph Series, Vol. 5, No. 7.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 6: Georgia, North Carolina & South Carolina. NICOA's Monograph Series, Vol. 5, No. 6.
- Garrett MD & Baldrige D.** (2003). Summary of Results from the USRDS Network 5: Virginia, West Virginia, Maryland & District of Columbia. NICOA's Monograph Series, Vol. 5, No. 5.

- Garrett MD** & Baldrige D. (2003). Summary of Results from the USRDS Network 4: Delaware & Pennsylvania. NICOA's Monograph Series, Vol. 5, No. 4.
- Garrett MD** & Baldrige D. (2003). Summary of Results from the USRDS Network 3: New Jersey, Puerto Rico & Virgin Islands. NICOA's Monograph Series, Vol. 5, No. 3.
- Garrett MD** & Baldrige D. (2003). Summary of Results from the USRDS Network 2; New York. NICOA's Monograph Series, Vol. 5, No. 2.
- Garrett MD** & Baldrige D. (2003). Summary of Results from the USRDS Network 1: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island & Vermont. NICOA's Monograph Series, Vol. 5, No.1.
- Garrett MD**. (2003). USRDS Users Guide. NICOA's Monograph Series, Vol. 6, No. 1.
- Garrett MD** & Menke KA. (2002). The Continued Disappearance of Indians in Medicaid. NICOA's Monograph Series, Vol 3, No. 4.
- Garrett MD**, Menke KA, Baldrige D & Inglis M. (2002). American Indians and Alaska Natives in the 2000 U.S. Census Part 1. NICOA's Monograph Series, Vol 3, No. 3.
- Garrett MD**, Menke KA, Inglis M, & Baldrige D. (2002). Where and How Indians Die: Context of American Indian and Alaska Native Deaths. NICOA's Monograph Series, Vol 3, No. 2.
- Garrett MD** & Menke KA. (2002). Indian No More: Inconsistent Classification of American Indians and Alaska Natives in Medicare. NICOA's Monograph Series, Vol 2, No. 2.
- Garrett MD** (2000). The Mapping of Gerontological Data. BOLD. Vol 10, No. 2. UN-INIA, Malta.
- Garrett MD**. (1997). New Mexico American Indian Elders: A Demographic and Services Profile. New Mexico Office for Indian Affairs/Indian Area Agency on Aging, February 1997.
- Baldrige D, Baros S , Campos B, **Garrett MD**, Henriksen L & Inglis M. (1996). Mapping Indian Elders...An initiative of the National Indian Council on Aging. National Indian Council on Aging, July 1996.
- Garrett MD**. (1994). Indigenous Elderly People: First Global Estimates. BOLD. Vol 4, No. 4. UN-INIA, Malta.
- Garrett MD**. (1994). Ageing in East and Southeast Asia: Is family support a viable policy? BOLD. Vol 4, No. 3. UN-INIA, Malta.
- Cuscheri A, Delia L, **Garrett MD** & Troisi J (1993). Evaluation of Existing Services for the Elderly and their Implications in Planning for Future Services in the light of Economic Realities and Demographic Trends. White Paper, Government of Malta, Parliamentary Secretary for the Care of the Elderly.
- Garrett MD**. (1993). Emerging Trends and Needs: A scenario for change. New Series of Papers in Gerontology, University of Liverpool, UK.
- Garrett MD**. (1993). Emerging Needs in Developing Countries: Two scenarios. BOLD. Vol.4 No.1. UN-INIA, Malta.
- Garrett MD**. (1992). Changing Patterns of Responsibility: East and Southeast Asia as an accelerated microcosm. In United Nations Population Division. Proceedings of the Expert Group Meeting on Population and Demographic Structure, UNFPA, New York.
- Garrett MD**. (1991). Life Expectancy: A Global Analysis and Critique. BOLD, Vol.1 No.2. UN-INIA, Malta.

Garrett MD & Allerton M. (1989). Methodology and Initial Statistics of the YOUTHSCAN Longitudinal Survey - Part I. International Centre for Child Studies. Bristol, U.K.

Blanchflower DG, Oswald AJ, **Garrett MD** & Deeks AJ. (1987). Entrepreneurship and Self-Employment in Britain. UK Department of Employment Working Paper. London, U.K.

MASTER OF SCIENCE THESIS CHAIRPERSON

- 2020 Why will Social Security Collapse. Tony Wing Tai Chan
- 2013 Luck, Control and the Holocaust. Katrine Teplitsky
- 2011 An exposition of irregularities in Residential Care Facilities For The Elderly (RCFE) in San Diego and Imperial Counties. Christine M. Murphy
- 2009 Elder abuse and oral healthcare providers: an intervention to increase knowledge and self-perceived likelihood to report. Julie Ann Sugita
- 2009 Job satisfaction and the Shared Care Model as compared with the Traditional Model of hospice care. Carolyn Mae Stevenson
- 2008 An evaluation of the local needs assessment process and its ability to represent minority elders in San Diego County. Annette S. Quinata
- 2008 Maximizing Medicaid's continuum of care: an analysis of assisted living facilities and nursing home residents. Christina LeBlanc Selder
- 2007 The effects of structured educational programming of RCFE residing elderly with cognitive impairments: an evaluation of program participation, quality of life and behavior management. Lindsey Beth Cornwell
- 2006 How San Diego religious leaders support their congregant members at end of life. Stacy L. Sampson
- 2006 A survey of caregiving characteristics. Iris Diaz Canapi
- 2005 Comparison of activity of daily living (ADL) impairments between urban and rural elderly nursing home residents in San Diego and Imperial County. Debbie A. Petrocco
- 2005 Cultural competency in geriatric case management: promoting the use of primary care. Sonia L. Castro Negron
- 2005 Existing and potential health promotion services in San Diego: a survey of religious institutions. Lisa Randall
- 2005 The exploratory analysis of mental health services in San Diego County's long term care continuum. Gisella Stonier
- 2005 Perceptions of elder abuse and help-seeking patterns among different ethnic and age groups. Scott William Code
- 2005 The usage of complementary and alternative medicine (CAM) for treatment of hypertension among Chinese and Taiwanese elderly in Southern California. Shih-Fan Lin
- 2005 With friends like these who needs enemies: a study of financial abuse of older adults by caregivers and family members. Kandi Kayne Lee
- 2004 Building a dementia care network: a community-based service delivery system for Latino families in San Diego County. Roberto E. Velasquez
- 2004 HIV/AIDS epidemiologic trends of the over age 50 population in San Diego County. Norman Douglas Jackson
- 2004 Predictors of unsubsidized employment for older workers in a senior community service employment program. Cynthia Lee Hansen

2004 What are the real-life issues regarding conservatorships in California today?
Jacqueline Santangelo-Herman

COMMUNITY INVOLVEMENT

2012-Present Director/Founder/Curator, Coming of Age film festival on Aging. Annual festival of films at the San Diego Museum of Photographic Arts.
2012-2021 Board Member, The Glenner Memory Care Centers, Medical and Scientific Board.
2007-2021 Secretary, Board of Directors, Center for Social Advocacy San Diego County.
2009-2016 Board Member, Alzheimer's Association San Diego and Imperial County Chapters, Medical and Scientific Board (2009- present)
2007-2015 Consultant, Tierrasanta Village, a Naturally Occurring Retirement Community initiative.
2006-2012 Chair, Commission on Aging, La Mesa City Council, Mayoral Nominee.
2005-2007 Chair, Council on Minority Aging.
2001-2004 Citizen Action, Founding Member, Albuquerque, NM
1999-2001 Board Member, Albuquerque City Air Quality Board, NM

GRANTS & CONTRACTS

PI: M. Garrett 2009-2010
Amount: \$26,000
Agency: California HealthCare Foundation
Title: Southern Caregiver Resource Center

PI: M. Garrett 2009-2011
Amount: \$1.24 million
Agency: National Institutes of Health: National Institute of General Medicine
Title: Caregiver Resilience Among American Indians

PI: James Crouch, Co-PI M. Garrett 2009-2010
Amount: \$1.35 million
Agency: National Institutes of Health
Title: NARCH: California Native American Research Center on Health

PI: M. Garrett 2004-2006
Amount: \$75,000
Agency: Aging and Independence Service, County of San Diego
Title: Review of Caregiver Services

PI: M. Garrett 2005-2006
Amount: \$15,000
Agency: Riverside/San Bernardino County Indian Health Inc.
Title: Developing Diabetes Models

PI: D. Baldrige, Co-PI M Garrett 2005-2013
Amount: \$4.5 million

Agency: Centers for Disease Prevention and Control/Healthy Aging Program.
 Title: GIS data repository and Monograph Series on AIAN

PI: D. Baldrige, Co-PI Mario Garrett 2006-2009
 Amount: \$1.5 million.
 Agency: US-DHHS-Indian Health Service. Co-Principal Investigator.
 Title: Developing a GIS Atlas of American Indian Health.

PI: H. Kerschner, Chief Researcher M. Garrett 2004-2005
 Amount: \$165,000.
 Agency: US-Administration on Aging. Primary researcher.
 Title: American Indian Aging in Pueblos, University of New Mexico, USA

PI: UN-INIA, Team Leader M Garrett 1989-2004
 Agency: United Nations-UNFPA
 Amount: \$5.2 million.
 Title: Support Systems in Aging in the People's republic of China.

PI: N. Kinnie, Chief Researcher M. Garrett 1986-1987
 Amount: £45,000. School of Management, University of Bath.
 Agency: Economic and Social Research Council
 Title: Workplace and Industrial Relations (WIRS) data analyses.

TEACHING EXPERIENCE

Postgraduate

2016 Programs for the Aging
 2012-Present Psychology of Aging
 2014-2016 Research Methods and Concepts
 2012-2018 Statistics for Gerontology and Social Work
 2004-2008 Theories in Gerontology

Undergraduate

2016 Images of Aging
 2014-Present Introduction to Gerontology
 2013-2016 Research Methodology
 2013-Present Diversity and Aging
 2012-2016 Research Methods
 2012-2016 Statistics for Social Sciences
 2010-2016 Aging and Policy
 1996 American Indian Aging

Teaching Assistant

1980 Psychology of Emotions, Bristol University UK
 1987 Statistical Programs in Economics, Surrey University UK
 1987 Macro Economics, Surrey University UK
 1989 Economics of Labor, Surrey University UK

INTERNATIONAL/NATIONAL SHORT UNIVERSITY COURSES:

- 2023 Killing with Statistics. University of Costa Rica, postgraduate course in the School of Social Work.
- 2020 Psychology of Aging. Social Work School, University of Costa Rica. Month postgraduate course in the School of Social Work.
- 2016 Psychology of Aging. Psychology Department, Bogazichi University, Istanbul, Turkey. Summer upper-level Course
- 2015 Psychology of Aging. Psychology Department, Bogazichi University, Istanbul, Turkey. Summer upper-level Course
- 2014 Psychology of Aging. Psychology Department, Bogazichi University, Istanbul, Turkey. Summer upper-level Course
- 2013 Psychopathology and Aging, Department of Gerontology, University of Malta. Three lectures in a postgraduate course.
- 2011 Indigenous Aging, Melbourne University, Australia. Seminar Series.
- 2004 International Demography, University of Malta. Short Course in the Department of Public Policy
- 1995-96 Implemented five two-week aging educational courses for the University of New Mexico Center on Aging across all of the nineteen Pueblos in New Mexico.
- 1994 Interpretation of Results. China Research Center on Aging, Beijing, People's Republic of China.
- 1993 Survey Logical Checks. China Research Center on Aging, Beijing, People's Republic of China.
- 1992 Statistical Analysis of Survey Data. China Research Center on Aging, Beijing, People's Republic of China.
- 1991 Computer Graphics and Presentation of Data. China Research Center on Aging, Beijing, People's Republic of China.
- 1990 Support Ratio and Employment. Civil Service Update. Kuala Lumpur, Malaysia.
- 1989 International Demography and Aging, INSEA, Rabat Morocco.

MAIN PRESENTATIONS (abbreviated last 6 years):

- 2023 Plenary Speaker. Psychopathology of Dementia. University of Costa Rica, Congress of Gerontology, San Jose, Costa Rica.
- 2019 Plenary Speaker. Dementia and Care. University of Malta National Conference, Malta
- 2016 Alzheimer's Disease and Confusion of Research. Southern Gerontological Society Annual Meeting, Charlottesville, VA.
- 2015 Alzheimer's Disease and Confusion of Research,
- 2014 Sex, Drugs and Baba Karam, Association of Iranian-American Professional Annual Meeting, San Diego, CA.
- 2013 Geography of Aging, International Geography Annual Meeting, Helsinki, Finland.
- 2012 Pandemics, Aging and Immortality, United Nations Organization, San Diego, CA.
- 2011 Advanced Care Planning and Emergency Preparedness, CDC's Healthy Aging Program, Atlanta, GA.
- 2010 Alzheimer's Disease and caregiving, La Raza Annual Meeting, San Diego, CA

iAGING BLOGS (online):

Fallacy of Fluid/Crystalized Intelligence in Older Adults

Fluid and Crystalized intelligence are a remnant of an old eugenicist legacy that have no practical or clinical use today. Is it time to discard them?

Suicide: Not All in the Head

The reason why suicide is going up is because we are ignoring its social component. A hundred years of research and we need to revisit Durkheim's suicide theory.

Witness My Life

How witnessing--the act of affirming one's presence and passage in time--can be the love we seek.

If Alzheimer's Disease Was Treated Like Cancer

Translating The Blue Ribbon Panel of expert advisers basic steps in research applied for dementia. A real set of guidelines for the malady of the 21st century.

The Death of Biological Determinism

A new study shows that genetics are not the sole factors that determine disease.

How Mild Is "Mild Cognitive Impairment"?

Is memory loss the slippery slope to Alzheimer's disease?

Reversible Alzheimer's Disease

Normal-pressure hydrocephalus mimics Alzheimer's disease and is likely to be diagnosed as such. But this syndrome can be reversed in most cases.

Early Emotional Trauma and Alzheimer's Disease

Trauma in childhood, including emotional trauma are prime candidates for epi-genetic changes that seem to contribute to Alzheimer's disease.

Wrong on So Many Fronts: The Amyloid Cascade Hypothesis

Intellectual honesty is knowing that we do not know. Only then can we let go of long-held beliefs and explore alternatives.

Complexity Theory and Alzheimer's disease: A Call to Action

Another way out of the research cul de sac

Piaget's Missing Cognitive Stage

Why did Jean Piaget stop at 11 years when he was developing his theory of cognitive development. Did ageism determine that he saw aging as simply a decline?

Are We Ready to Throw Out Epidemiological Transition?

Our knowledge of infectious diseases is changing how we view emerging pandemics and how we deal with diseases of old age.

A New Paradigm for Alzheimer's disease Research

The zeal to find some biological marker for Alzheimer's disease has been unfounded.

Emerging studies are now focusing more on the public health context of the disease.

Too Many Bad Drugs for Older Adults

What type of medications are dangerous for older adults?

Death of Happiness is Greatly Exaggerated

Is happiness really not important are we just itching for some dramatic results?

The Preservation of Human Energy Through Aging

What does aging teach us about how the body preserves energy?

Is Research Entering Into a New Eugenics Period?

The illusion that Alzheimer's disease is a purely neurological disease has given birth to a new wave of biological determinism promoted by RDoC classification of mental disease

The Politics of Anguish

Celebrating a century of research in Alzheimer's disease we still find the disease a conundrum. A new book argues that this has been brought about because of politics.

We Are Becoming Gods

While we are behaving more like gods, we are learning that we are less human.

Older Adults Care More

Two main thoughts in modern history: Freud's psychoanalytic theory and Heidegger's philosophy of being both hinge on the concept of death. why is death necessary to explain living?

God, Mathematics and Psychology

This discussion focuses on mathematics as a creation of psychology. Sophisticated, complex and ever evolving, but nevertheless psychology.

Lost With Dementia

What is the best strategy for finding people with dementia who get lost?

Legal Consequences of Dementia

In addition to the personal changes that come with being diagnosed with dementia there are other broader consequences including medical, legal and financial considerations. A diagnosis is a crude awakening that changes your life.

The Psychology of Physics

Perhaps Classical Mechanics was more a Treatise on Psychology rather than Physics

Ontological Questions

Why is Dasein--being in the present-- so important for Heidegger? Being a contrary, why not live in "they-selves" if the "our-selves" is so painful? If I was designing a new way of existing, would I elect to be aware of "being" and why?

Geography of Aging and the Illusion of Self

My body is a fusion of the outside world and an internal reality. The distinction between me and them is purely a creation of my mind.

Ménage à Trois: Sex, Dementia and the Law

The law will need to re-evaluate the legal standing of someone with dementia. Crude laws cannot deal with the fragile nature of relationships, and sexual relationship, among patients diagnosed with dementia.

Lifespan

Why do people confuse lifespan, with life expectancy, with average years of life and years expected to live?

Genetics of Longevity

There is a schism between lifespan and theoretical lifespan...human behavior.

Life Expectancy

Check a dictionary and the entry for Life Expectancy is wrong...no wonder so many people misunderstand the concept.

Reclaiming Senile

A collection of my Psychology Today Blogs.

Is Gut Bacteria Designed to Kill Older Adults?

There are 10 times more bacterial cells in your body than human cells. We have an ostensibly symbiotic relationship with bacteria. But is this relationship the same when we get older, or is bacteria trying to kill us?

How You Accept Other's stereotypes.

The word senile has become associated with dementia, although its earlier meaning was "pertaining to old age." Such stereotypes pervade our social life and we need to start eroding this negativity.

Social Security: Supreme Court Denies Fifth Amendment

The US Constitution protects citizens from seizure of property. Our Social Security contributions are an investment for our retirement. Protected under the Fifth Amendment such property cannot be denied. Or can it?

Robin Williams's Autopsy Report

Why do we find it so comforting to identify a biological disease as the cause of a trauma? Is this science or are we finding psychological excuses to not face the reality of an individual's pain and anguish?

Is Cancer the Cure for Alzheimer's disease?

The finding that cancer is inversely associated with Alzheimer's disease has the biochemists in a frenzy to understand this relationship. The search for single biomarkers is yet again exposed as a holy grail.

Having Children Beneficial to Living Longer?

Are we to take a new study seriously that having children increases our life expectancy, or is there a more simple explanation for the results of this new study from Denmark?

Are Humans Heading for Extinction?

A perfect storm is brewing, with women having fewer children, sperm count declining and the obesity rate increasing making it harder for women to conceive. All point towards the extinction of the human race. Were we so wrong in the 60s? Can we make it right?

Is Castration the Answer to Living Longer?

Is castration one way to cheat the body to stay around longer, or are there better ways to do that? Centenarians can show us a more pragmatic way to live longer.

Grieve Alone, Your Way

How come grief therapists got it so wrong with older adults? There are no stages.

Are We Meant to Live Longer?

Our bodies are built to last longer than we are currently living to. Our cells can replicate for more than a few lifetimes, while stem cells can replace dying cells. So why are we using them up so quickly?

How Old Are You?

If our body is in a constant frenzy of renewal how come we look so old?

Heart to Heart Talk

Heart transplant recipients report that they acquire characteristics and desires of their heart donors. Sometimes specific memories as well. Perhaps our heart does hold the secrets of love after all.

Oldest Boldest Strongest

Older adults are exceptional human beings...some are exceptional athletes at older age. There is a lot of variance in older adults' capacity and we need to start appreciating this diversity.

Our Own Virtual Reality Box: The Brain

If our brain is designed to make a model of reality, can we use this to explain older adults' behavior?

Financial Elder Abuse by Banks, Casinos and Lawyers

Why are we going for the low hanging fruits in financial elder abuse? We need to go for perpetrators that are quietly doing more financial harm to older adults: Banks, Lawyers and Casinos. This level of institutional abuse we can prevent.

No Pissing Joke

Why does urinating become more problematic the older you get?

Is Dementia Caused by Aluminum Through Fluoridation?

In some states where fluoridation is mandated like Kentucky, 41 percent of older adults have lost their teeth, why are these people drinking fluoridated water?

Collecting Problems

Why do older adults hoard?

Fluoridation and Dementia

If the beta-amyloid deposits are truly the cause of dementia then why do we allow fluoride in our water that causes them?

Sleep Is the Best Medicine for Older Adults

Why older adults have difficulty sleeping and why this could accelerate negative outcomes.

Traveling With Dementia

There is increasing friction caused by passengers with dementia (even early stage) when they have to maneuver the labyrinth of air travel.

Death By Numbers

How many years will you gain at 87 if you eliminated all the main killers such as Cancer, Diabetes, Cardiovascular Disease, Stroke, Influenza and Pneumonia, and chronic obstructive lung disease? Is 5.7 years enough? So why are we so fixated on a cure and not in finding better CARE.

Dating at Older Age

Although ostensibly looking for different qualities on online dating sites, men and women share one common need--not to become caregivers (again).

Our Subconscious Internal Reality

Our complex brain develops a very detailed reality simulation. We live in this simulated world more than we are conscious of. Until we face a trauma. Then the simulation is shown for what it is, an illusion.

Kafkaesque Government Guidelines on Dementia

If the government guidelines on dementia are designed to stimulate research why did they leave out psychology? Why are the guidelines geared up exclusively for organic diseases? Is the pharmaceutical industry running the science of dementia?

Down Syndrome and Aging

As people with intellectual and developmental disabilities age, they experience ill-health earlier and faster. They are also predisposed to get early onset dementia. Since most of their caregivers are aging parents, we are witnessing the disconnect between policy and needs of older adults.

Following Your Spouse to Death

Overall male survivors were more likely to die than females. For both male and female, the risk of death was the highest when their spouse died of dementia compared to other causes (20 and 16 percent higher mortality for males and female respectively).

Complexity of Our Brain

How can we map the brain's 125,000 trillion switches?

Dementia and Gambling

If gambling disorder is a pathology as defined by the DSM-V, why is it that sick people are not protected?

Casinos Preying on Older Adults

Casinos target older adults and their specified intention is to forge alliances that allow them to extend their reach into that community. Financial Elder Abuse laws might be their downfall.

Cholesterol and Our Aging Brain

The brain is obese, more than 60 percent fat, hardly moves, and thrives on a diet of cholesterol which it produces itself. You will be surprised why the brain produces so much cholesterol and why reducing cholesterol might not benefit all.

Leaving Behind the Victim of Dementia

Although our focus always goes to the victim of dementia, in our peripheral vision we forget to notice the detrimental effect dementia has on the caregiver.

Fascination with Obituaries

Why do older adults like to read the obituaries? Is it a morbid fascination or is this a strategy for surviving?

If I Were to Be Young Again

What lessons would you pass to yourself in the past?

Death Experience

How we experience death is in contradiction to our fear of it.

Children are Already Demented

If dementia is due to neuropathology, to some disease, then all of us should get dementia because most of us have some disease, some scarring in our brain. Even young adults have been found with such disease. The new guidelines from the National Institute on Aging makes everyone with such brain injuries demented. Is this a new biological determinism ignoring psychology?

Cougar Sex

There are diverse articles written about older women having sex with younger men. Blame the biology which continues conspiring to match the sexual needs of older women with those of younger men.

Children Killing their Parents

Why is there an increase in the number of children killing their parents? Fathers are twice as likely to be killed rather than mothers--by their 18 year old sons. Younger children use guns, while older ones use knives and other instruments.

Dying to be Born

Dying cells are necessary for the development of specific organs, they are like the scouts in a new territory. So what does it say about cancer cells that never die?

Aging Plastic Surgery

How will cosmetic surgery look on you when you become much older?

Intergenerational Conflict: An American Artifact

When we spend so much on children and older adults why are our outcomes so poor compared to other OECD countries? Is the intergenerational conflict a product of political incompetence?

Radical Wisdom of Older Adults

A radical thinker has pertinent meaning about the role older adults need to adopt to become wise.

Epigenetics and Dementia: The Role of the Environment

Our predisposition to dementia, on the basis of family history, is only 10-5% of cases of dementia. This variance in dementia might be mediated or moderated by a mechanism controlled through epigenetic.

Faith Leaders and End-Of-Life

Faith leaders become subservient to health care providers in the end-of-life debate. We need faith leaders to become better informed so that they can contribute intelligently to the debate.

Diversity in Elder Abuse

There is no culture that allows for the derogation of our elders. And there is an urgency to elder abuse cases. The victims have a high--natural in most cases--mortality.

Dementia and Sex in Nursing Homes

The variability of how we deal with sexual activity in a nursing home is indicative of the ambivalence we have about both sex and people with dementia. What is consent among people with diminished capacity?

Happiness and Living Longer

The ultimate secret to living to extremely older age is how you communicate with your body. Being happy tells your body that you are still part of life and want to be here.

Happiness is how we communicate that we accept where we are and grateful for it.

Fibs, Puffery, Lies and Immortality

We die not because we are doing something wrong. Exercise, diet and self-awareness through meditation is an excellent way to improve the quality of our life. But it will not reverse or stop aging. Telomerase activity is not the fountain of youth it is a promoter of cancer.

Crying For Humanity

Sometimes, when I am teaching young students, about the value of older age I am lost for words. We know, intuitively for ourselves how we have become wiser, but what "Is it all about?" This is what it is all about.

Longevity and Religion/Spirituality

Religion is not the same as spirituality, but what do they contribute to living longer.

Studies show that older people are more likely to be religious or spiritual. What causes what and how does it affect how older adults are treated.

Depression without Sadness

How can we detect depression among older adults if they do not express sadness? This is why depression is the silent killer among older adults and the problem is not just the patient.

Painful Death

Why do Americans still die in pain? When there should be outrage that older adults are subjected to inhumane treatment, what we see instead is posturing. How will you guarantee that you will not die in pain?

Hospice and Religion at the End of Life

Most faith leaders are ill-equipped to deal with end of life issues. Religious leaders often receive little formal training in dealing with end-of-life issues; devote very little time to dying congregational members; and most surprisingly, are not comfortable talking about death.

Minority Older Adults

U.S. residents are less healthy than their European counterparts. Despite being the most lavish health care spender, the United States is falling farther behind other industrialized countries. Minority older adults fare much worse.

Last Will and Testament

Is it better to leave our children money or values?

Ageless Animals

Ageless animals have taught us that there are two ways to live longer: increasing the lifespan and slowing down the aging process. Individually all we can do for now is to try to not accelerate aging by excessive negative behaviors.

Conceptual Solution to Elder Abuse

With a growing older adult population it is predictable that elder abuse will increase. What is needed is a program of prevention but very little effort is directed at this.

Homeless Older Adults

The sad part of our economic depression is seeing older adults that have lost everything and become homeless. It's not that poverty is more difficult for some people than it is for others, but older adults often have less resilience to change their plight.

The Old Age of Psychology

Death from Alzheimer's disease are on the rise. Today is the age of "old age" and psychology is the science of gerontology.

Older Tourists

Boomers are the wealthiest generation in history, and even though only 9 percent are truly affluent—defined as having pre-tax incomes of \$150,000 or more if working, or \$100,000 or more if retired—they will transform travel as we know it.

Aging and Pandemics

Although we have entered a tranquil and stable stage in our population—with an aging population where we are mainly dealing with long-term diseases—we do have the threat of pandemics that will dramatically affect this equilibrium.

We Are All Becoming Demented

The new NIA Alzheimer's disease guidelines miss out on the full picture of other mediating and moderating factors that control the expression of Alzheimer's disease. Why are the guidelines so skewed?

Body Symphony: My personal experience of aging

Ill health is more than an inconvenience, it creates an imbalance.

Body Music: My Personal Experience of Aging

Kepler believed that music is the language of cosmology, but I believe music is also how our body communicates with us and our constant internal narrative.

Aristotle and Cool Old Age

In the Baltimore Longitudinal Study of Aging, men with a core body temperature below the average (median) lived significantly longer than men with body temperature above the average.

Taoist Orgasms Among Older Adults

With women surviving longer than men, Taoist teachings ignored females in order to make their assertions about longevity hold true.

Pet Therapy For Older Adults

Training your pet for Animal Assisted Therapy (AAT) is a long term commitment for both you and your pet. Becoming part of the therapy for frail older adults.

Aging Teeth

Oral health is not just about good hygiene but also about good healthy habits. The mouth tells us a lot about the overall health of an individual. Maintaining good gum health reduces speed of aging.

Caregiving: What Harm Can It Do?

Caring for someone you love is, or will be, one of the most stressful events in your life. By recognizing this and managing your obligations so that you give yourself respite, you will go some way to not becoming ill or harming yourself.

Anti-Aging : A New Windmill for Don Quixote

In 2009, the American Medical Association (AMA) assessed the risks and benefits of growth hormone, testosterone, estrogen, and DHEA for anti-aging. The AMA concluded that the risks outweigh the potential benefits.

The Big Lie

Why is it that economists, psychologists and gerontologists cannot get this message out to the public? The big lie involves social security and how USA government expropriated an insurance program out of \$2.7 trillion

Plastic Surgery: Vanity in Older Age

Why are more and more older adults reverting to surgery to make them look younger?

Loving Your Brain

There is more to Empathy—the human ability to feel the pain that others experience. It also predisposes understanding, attachment, bonding and love

How Physicians Die

Physicians know their prognosis more than the general public. So when they know that they are dying how do they deal with it. The answer might surprise you.

Aging Prisoners

The USA has 2,304,115 people incarcerated, which is more than the population of 83 countries in the world. As prisoners age, who is responsible for them? The parallel is with our own aging. Are we taking responsibility for our aging? This article exposes how aging is a taboo.

Gerontocracy, Plutocracy, Oligarchy and the Aging Revolution

The aging revolution has some unintended consequences in politics...is it time to have a health check for our politicians?

Are Older Adults Lonelier?

A general assumption exists that older people are lonelier than other age groups, but this is not the case. The issue with loneliness among older adults is that it might reflect other more serious changes.

Fear of Dementia

After cancer, dementia is looming its ugly head as a fearsome monster. How can modern men and women conquer the fear?

Sex, Romance, and Relationships of Older Adults

Sex and romance are important for all adults, including older adults. Does sex change with age and is it due to medication?

Ageism and Modern Variants

What are the different ways that we treat older adults differently?

Older Adults' Guns Killing Our Children

Although older adults might be the owners of guns, and tend to have guns in their household, the victims are children—theirs and others'.

Crying Older Adults

Does crying serve a function? And who benefits most?

Sex, Drugs and Rock & Roll

What are the issues surrounding recreational drug use among older adults?

Aging Tattoos

More than a third of 18-25 year olds in the USA have a tattoo. What happens when their tattoo starts aging?

America's Obligated Deficit

What no one wants to touch, Medicare and Social Security in the USA is known as the third rail, an electrified rail. This post touches on some of those electrifying issues.

Happiness and Dementia

Why are older adults happier and can people suffering dementia experience happiness as well?

Sense of Smell and Dementia

Is there a way to predict the early stages of dementia? Perhaps your sense of smell provides a clue.

LGBT Frail Older Adults

How is aging a different experience for most LGBT frail older adults?

Preparing for Death

Similar to the Victorians, we shy away from talking about death, our eventual demise. But communicating our wishes is the only way to ensure that our wishes might be honored.

Assisted Living

The emerging cottage industry of providing assisted living for frail older adults is fraught with problems that politicians do not want to address because they see it as an alternative to nursing homes.

Dementia

The demographic facts of dementia are worrisome.

Aging in Place

What are NORCs? Naturally Occurring Retirement Communities. See how they impact aging in place in San Diego.

Elder Abuse

Often called the quiet violence elder abuse is on the increase.

Sex in Older Age

Sex has been shown to promote longevity, but what are the issues?

The Cost of Dying

Pricing death out of health insurance. Is this the solution to how we manage the end of life?

Live Long and Prosper

What ever happened to all those people preaching immortality?

Dying to Live Longer (2)

Science has many strange beginnings and the final frontier in humanity is the question of immortality.

Dying to Live Longer (1)

These stories might seem strange but they created the science of endocrinology.

Brain Plasticity in Older Adults

Ever wonder what it takes to learn, even in older age?

Dying for Real

It is estimated that 100 billion people have died since humans emerged on earth, but do we know when someone is dead?

Cemeteries as Toxic Landfills

Our final legacy to the world is how we are buried or cremated, but what is a greener way of burial?

NEWSPAPER ARTICLES (online):**Times of Malta**

Older but happier

Can elderly care standards be enforced?

Dementia caregivers need to de-stress

How burying the dead is polluting the living

Fooled by Alzheimer's cures

Protect yourself from elder abuse

Fearing memory lapses

Expiry date stamped on our genes

When the Lord wants to take me...

The way we die: elderly need end-of-life options

The ageing body

Medication is major problem affecting sex among Older Adults

San Diego Union Tribune

Jing debunked; sexual activity shown to aid life expectancy

Choose age vocabulary carefully

Brain cells of older adults can grow when pressed

Few older adults in film and television

Attitude on aging matters

When it comes to sex, knowledge is power

Dig it: we become cooler with age

Cell phones a convenient link between caregivers, patients

Dealing with end-of-life issues requires support and guidance

Older adults are the backbone of volunteerism

Dangers of the sexual revolution continue in old age

Incidence — and fear — of dementia increase with life expectancy

Study links aging with increase in positive thoughts

Death still mystery for the living

Technology is changing intensive care

Help is out there for those facing depression, loneliness

Dying to live longer, part 1

Dancing keeps body and brain limber

Feeling of well-being among older adults is on the decline

Homelessness up among seniors

More older adults opt for the surgical illusion of youth

Excesses can devastate older gamblers

Life span is a moving target

Health care inequity is a sad fact of life

Don't let hearing loss lead to isolation

Increase in aging population means challenges to transportation

Emotional maturity means loving your brain

As we age we become more practical, wise

Luck plays part in longevity, but don't discount attitude

Pet therapy provides benefits for everyone

Rich or poor, older adults like to give

Nation's youth trending toward diverse majority
You need sleep, no matter how old you are
Aging prison population looks destined to be a costly care issue
Prevent blindness with early detection
Federal poverty level comes up short for elderly
Cost of health care late in life can vary widely
The graying of the drug generation
Most older adults seek independence
Call center, website can provide support
Dying to live longer
Need for dental care increases with age
Dementia appears to be a pandemic in the making
Musical interaction key to emotion and, perhaps, longevity
Many shy away from planning their exit
Prevent elder abuse by staying in touch
The brain can grow and be flexible for life
Attitude on aging matters
Few older adults in film and television
Travel tops the dream list for boomers
Anti-aging products can have side effects
Shop wisely for residential care
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Cost of health care late in life can vary widely
Older adults are the backbone of volunteerism
Fall-related injuries are a growing threat
As we age we become more practical, wise
Dance as journey of discovery
Planning for fewer cars
Clean living will only get you so far
Getting too old for our neighborhoods
Musical interaction key to emotion and, perhaps, longevity
Need for dental care increases with age
Boomers make 50 nifty
Senior-related issues getting a lot of ink these days
Is our population sustainable?

MEDIA HONORS (online):

Most Popular UCSD-TV Program for 2013 generated 1,782,270 hits. Brain Fitness: Social Aspects of Dementia and Mild Cognitive Impairment – Research on Aging
