In less than one century, life expectancy has increased by an average of 30 years in developed regions of the world. Quite suddenly, there are more people living longer in the world than ever before in human history and they are accounting for an increasingly greater percentage of the world population. Improved longevity is, at once, among the most remarkable achievements in all of human history and one of our greatest challenges.

Learn more about how the Stanford Center on Longevity combines scientific and technological discoveries with swift entrepreneurial action to address the challenges of aging societies.

longevity.stanford.edu
MESSAGE FROM THE DIRECTOR

The mission of the Stanford Center on Longevity is to redesign long life. The Center studies the nature and development of the human life span, looking for innovative ways to use science and technology to solve the problems of people over 50 and improve the well-being of people of all ages.

The Stanford Center on Longevity has completed our sixth year, and we have created and nurtured a vibrant community of longevity scholars on campus. Research is our most potent tool in the quest to help our culture adapt to the phenomenon of more people living longer than ever before. We are determined to make sure that research findings do not stay locked away in academia but reach the people who can most benefit from them. We work closely with policymakers and business leaders to disseminate and apply research findings.

Over the last year, with the generous help of Marsh & McLennan Companies, we initiated a new Center on Financial Security. With former Secretary of Housing and Urban Development Henry Cisneros, we edited a book about aging in place, entitled Independent for Life: Homes and Communities for an Aging America (University of Texas Press.) We developed a new video about the Center’s work (see left) and had a busy winter as we hosted three visiting scholars; Professor Dana Goldman from USC, Science Editor Barbara Strauch from the New York Times, and Professor Jack Rowe from Columbia University. Professor Robert Lustig from UCSF Medical School was this year’s distinguished lecturer.

We are grateful and appreciative of the support of Stanford University and our donors, collaborators and friends. Particular thanks go to Jack Rowe, Founding Chair of our External Advisory Council, who this year turned leadership of the Council over to Jim Johnson, Vice Chairman of Perseus. We could not do the work that we do without leaders like Jack and Jim.

Sincerely,

Laura L. Carstensen, PhD – Founding Director

Learn more about the work of the Stanford Center on Longevity. This short film describes how the Center combines scientific and technological discoveries with swift entrepreneurial action to address the challenges of aging societies.

Watch “Redesigning Long Life” at:
http://longevity.stanford.edu/video
In less than one century, life expectancy has increased by an average of 30 years in developed regions of the world. Quite suddenly, there are more people living longer in the world than ever before in human history and they are accounting for an increasingly greater percentage of the world population. Improved longevity is, at once, among the most remarkable achievements in all of human history and one of our greatest challenges. These added years can be a gift or a burden to humanity depending upon how they are used.

The mission of the Stanford Center on Longevity is to redesign long life. The Center studies the nature and development of the human life span, looking for innovative ways to use science and technology to solve the problems of people over 50 and improve the well-being of people of all ages.

Meeting these challenges includes changing our public policies as well as personal behavior. Redesigning long life means appreciating the unique challenges of aging, as well as the great value older people contribute to a society.

The Center aims to use increased life expectancy to bring about profound advances in the quality of life from early childhood to old age. To inspire change of this scale, the Center works with academic experts, business leaders and policy makers to target important challenges and opportunities for aging societies. By fostering dialogue and collaboration among these typically disconnected worlds, the Center aims to develop workable solutions to urgent issues confronting the world as the population ages.

Over 140 Stanford faculty members are Center affiliates. Their research foci include a broad range of topics, including behavioral economics and decision making, age-related changes in cognition, assistive robotics, the potential of stem cells, and technology developments that reduce cost and improve healthcare delivery.

The Center was founded by two of the world’s leading authorities on longevity and aging. Laura Carstensen PhD, is the founding director. A professor of psychology at Stanford, she has won numerous awards, including a Guggenheim Fellowship, and her research has been supported for more than 20 years by the National Institute on Aging. Thomas Rando MD, PhD, professor of neurology and neurological sciences, is deputy director. His research on aging has demonstrated that it is possible to identify biochemical stimuli that can induce stem cells in old tissues to repair injuries as effectively as in young tissues. This work has broad implications for the fields of regenerative medicine and stem cell transplantation.
DIVISIONS & PROGRAMS

MIND DIVISION
The mission of the Mind Division is to harness the human capital represented in a growing number of mature and talented older citizens. Absent significant disease, aging is associated with an increase in knowledge and expertise, emotional stability and heightened motivation to engage in meaningful work. At the same time, the speed and efficiency of new learning typically declines with age, as does sensory functioning affecting hearing and vision. Such changes can hamper the effectiveness with which people engage with work, families and communities.

MOBILITY DIVISION
The mission of the Mobility Division is to focus on challenges to physical movement across the lifespan. The goals of the Division are first, to address fundamental issues by supporting research in areas ranging from biology to the design of the built environment and second, to help translate the fruits of that research into products and policies that sustain or enhance mobility or develop accommodations for those individuals with limited mobility.

FINANCIAL SECURITY DIVISION
In an age of unprecedented longevity, a focus on lifelong individual financial security has never been more crucial. The mission of the Financial Security Division is to bring a unique interdisciplinary perspective to financial security issues facing our society by rethinking the perceived problems around an aging population, especially retirement planning and the need to work longer. By understanding the role that research, education and policy can play in solving these issues and by looking at the problems from multiple perspectives, we will drive the dialogue forward in order to facilitate a healthier state of long-term financial security for the individual and society.

GLOBAL AGING PROGRAM
The Global Aging program focuses on the economic and political implications of population aging around the world as people live longer and have fewer children. Large variations in the timing and pace of fertility declines and longevity gains create dramatic differences across countries. Understanding these developments and trends is critical for addressing them wisely. Through its research and publications, the program stimulates public discourse on the challenges and opportunities associated with population aging.

POLITICS, SCHOLARS AND THE PUBLIC PROGRAM
The Politics, Scholars and the Public program aims to inform policy decisions that impact longevity with empirical findings and research-driven proposals. The program brings together political experts, scholars and voters in a search for sensible solutions to current societal challenges. Work to date has focused on health care issues facing the United States, and on the issues facing individuals and communities as greater numbers of Americans “age in place.”
The mission of the Mind Division is to harness the human capital represented in a growing number of mature and talented older citizens. Absent significant disease, aging is associated with an increase in knowledge and expertise, emotional stability and heightened motivation to engage in meaningful work. At the same time, the speed and efficiency of new learning typically declines with age, as does sensory functioning affecting hearing and vision. Such changes can hamper the effectiveness with which people engage with work, families and communities.

CURRENT PROJECTS

RESEARCH NETWORK ON DECISION NEUROSCIENCE AND AGING
The National Institutes of Health (NIH) network grant on Decision Neuroscience and Aging (www.srndna.org) was funded in the Fall of 2010. Faculty Affiliate Sam McClure (Stanford, Psychology) is leading the project. The scientific leadership team also includes David Laibson (Harvard, Economics), Laura Carstensen, and Camelia Kuhnen (Northwestern, Finance).

In September 2011, the network hosted a training workshop focused on multilevel regression at the Kellogg School of Management at Northwestern. In early February 2012, two $15,000 pilot grants were awarded to research teams new to the decision neuroscience of aging. With these grants, a group from UCLA is exploring the neural systems that support motivational manipulations of memory and applications to real world economic decision making and a group from Temple University is developing a set of laboratory tasks to measure aspects of complex economic decisions such as decumulation behavior. Additional Year 2 activities included publishing a review volume in the Annals of the NYAS and publishing a research topic in Frontiers in Neuroscience.

Next Steps: Over the remaining years of this grant, the network will convene a series of conferences, workshops, and will award additional pilot grants.
SANTA CLARA COUNTY VOLUNTEERING STUDY
Mounting evidence suggests that volunteering confers substantial psychological and physical benefits to older volunteers, along with obvious gains for communities. The Center has established a partnership with the leadership of the County of Santa Clara, California that will enable research with a large and diverse workforce to better understand volunteering preferences.

With funding from the MacArthur Research Network on an Aging Society, the Center is measuring individuals' preferences for volunteer opportunities via an internet-based survey of county employees. Results of this survey will inform the subsequent design of programs aimed at increasing volunteerism in older adults. The project is in the data collection and analysis phase, with two preliminary survey waves already completed.

**Next Steps:** Once survey data collection is complete, we will conduct data analysis, and communicate findings with the County of Santa Clara. Work will continue with the County to develop plans for implementing a volunteer recruitment effort to test the incentives identified.

MUSIC AND MEMORY PROJECT
With the help of a grant from the Shensen Trust, which supports the Music Department, and spurred by the 2010 Conference on “Longevity, Music and Memory”, the Center is continuing its research on music and memory. Postdoctoral Fellow Andy Reed, a member of Laura Carstensen’s lab, is heading up a study designed to investigate age differences in preferences, attention and memory for emotion-inducing music and sounds. The study is intended to fill gaps in our understanding of age differences related to positive versus negative sounds and music. Findings from this research will inform the acoustic design of older adult environments (e.g., senior living facilities and nursing homes) to optimize emotional benefits.

**Next Steps:** The project will continue through academic year 12-13, culminating in a research report/paper.
EVENTS & FORUMS

April 2012 · Humanizing Healthcare: Why Reform is So Essential
February 2012 · “You’re Looking at Me Like I Live Here and I Don’t”
February 2012 · The Developing Brain: Neuroscience from Womb to Death

LECTURES & TALKS

A Sampling of Professor Laura Carstensen’s Talks and Awards:

A Long Bright Future
Columbia School of Journalism, New York, NY

Honorary Doctorate in recognition of social and scientific research commitment in the field of aging
Catholic University of Leuven, Brussels, Belgium

Testimony at Senate Hearing on the Future of Our Aging Society
Washington, DC

“Emotion and Aging”
UCSF Mini Medical School, San Francisco, CA

“Living Longer and Better”
Center for Vital Longevity, Dallas, TX

“Rebirth, Longevity & Aging”
TEDx Event, New York, NY

“Long Life in the 21st Century”
CASA Network (Christian Association Serving Adult Ministries: National Organization for Church Workers), Anaheim, CA

LOOKING FORWARD

Future topics in the Mind Division include:

Intergenerational issues - how can interactions between generations can be enhanced, supported and nurtured?

Decision-making about end of life issues – how can families be assisted with communication, decisions and planning?
MOBILITY DIVISION

The mission of the Mobility Division is to focus on challenges to physical movement across the lifespan. The goals of the Division are first, to address fundamental issues by supporting research in areas ranging from biology to the design of the built environment and second, to help translate the fruits of that research into products and policies that sustain or enhance mobility or develop accommodations for those individuals with limited mobility.

CURRENT PROJECTS

THE SCIENCE OF SEDENTARY BEHAVIOR
The Center is excited to move forward with practical research on sedentary behavior, based on the outcome of our July 2010 launch conference on the topic. In 2013, we will be involved in a pilot study examining the potential for reducing sitting in the workplace.

The time since the Center’s conference has been an active one for the field of sedentary behavior. There have been a number of significant studies published in the field, including several from our partners at the conference. These studies have reflected a consistent theme that emerged at the meeting. Less sitting clearly is better, but how much is too much? How much movement is necessary to break a sedentary episode? Is simply standing up enough? Is it necessary to have light movement? These questions have been difficult to pin down scientifically.

Here at the Center, we are trying to answer these questions, along with a team of key faculty led by Faculty Affiliate Dr. Cathy Heaney. As with most population-wide health-related issues, the path to scientifically sound data is not short. The health effects of long-term sedentary behavior are by nature only revealed over an extended period of time. What is needed is a large-scale longitudinal study to follow subjects over several years while periodically measuring physical parameters and objectively recording (and changing) sedentary behavior. This type of research usually is funded by a federal agency such as the National Institutes of Health. But such organizations do not commit significant money to this type of study without proof that the hypothesis is sound, the research team has sufficient expertise, and the process for the study is proven. To create this proof, the Stanford team is initiating a pilot study on sitting in the workplace. The goals are to show that sitting can effectively be measured in a real workplace, that we can reduce the amount of sitting by intervening with employees, and that doing so does not negatively impact productivity. After all, no company
will want to host a long-term study if they expect that it will be bad for business. It also is possible that productivity will IMPROVE by getting people moving more during their workdays. To perform the pilot in an actual workplace, we were fortunate to find a teammate in Blue Shield of California, which will partner with us by allowing the study to be performed in call centers where Blue Shield employees spend their days sitting while fielding insurance-related phone calls. The initial pilot study will occur early in 2013.

**Next Steps:** *Over the remaining years of this grant, the network will convene a series of conferences, workshops, and will award additional pilot grants.*

PAUL F. GLENN LABORATORIES FOR THE BIOLOGY OF AGING

The Glenn Laboratories for the Biology of Aging, directed Center on Longevity Deputy Director Thomas Rando, MD, completed its first full year of operation. The Glenn Labs represent the core of biomedical aging research at Stanford and integrates scientists from the Schools of Medicine, H&S, and Engineering to address the very nature of the aging process and to understand the increased risk of so many diseases, including heart disease, neurodegenerative diseases such as Alzheimer’s disease, and cancer, in the elderly. In addition to supporting research in the core labs directed by Dr. Rando and Center on Longevity faculty affiliates Drs. Steve Artandi and Anne Brunet, the Glenn Labs program also sponsors the monthly Frontiers in Aging seminar series, bringing researchers from around the world to Stanford, and a seed grant program to expand the breadth and depth of aging research at the University.
EVENTS & FORUMS

January - June, 2012 - Paul F. Glenn Labs Inaugural Symposium: “Frontiers in Aging”
May 2012 - Distinguished Lecture Series: “Darwin, Diet, Disease, and Dollars” – Dr. Robert Lustig

LECTURES & TALKS

A Sampling of Dr. Thomas Rando’s Talks and Awards:

“Regenerative Rehabilitation”
The Rehabilitation Institute and the McGowan Institute for Regenerative Medicine, University of Pittsburgh, Pittsburgh, PA

“The Biology of Human Aging”
Aging Colloquium, Brown University, Providence, RI

“Stem Cells and Ageing”
XIX Wilksede Meeting, German Cancer Foundation, Hamburg, Germany

Miles Alpern Levin Memorial Lecture
Knight Cancer Institute and the Pediatric Cancer Biology Program, Oregon Health & Science University, Portland, OR

“Development, Function and Repair of the Muscle Cell”
Society for Developmental Biology, New York, NY

“Aging and Basic Bioscience”
Babraham Institute, Cambridge, UK

Keystone Symposium - “Aging and Diseases of Aging”
Tokyo, Japan

A Sampling of Ken Smith’s Talks and Awards:

“Aging Demographics Overview”
Alzheimer’s Prediction and the Law conference, Stanford, CA

“You’re Looking at Me Like I Live Here and I Don’t”
Panel Moderator, Stanford, CA

LOOKING FORWARD

Future topics in the Mobility Division include:

Sarcopenia (Translated literally from Greek as “poverty of the flesh” - refers to age-related loss of muscle mass) – The Center is planning a faculty workshop in this area in January 2013, to define research next steps.
In an age of unprecedented longevity, a focus on lifelong individual financial security has never been more crucial. The mission of the Financial Security Division is to bring a unique interdisciplinary perspective to financial security issues facing our society by rethinking the perceived problems around an aging population, especially retirement planning and the need to work longer. By understanding the role that research, education and policy can play in solving these issues and by looking at the problems from multiple perspectives, we will drive the dialogue forward in order to facilitate a healthier state of long-term financial security for the individual and society.

CURRENT PROJECTS

NEW CENTER ON FINANCIAL SECURITY
With funding and partnership from Marsh & McLennan Companies, Inc., we announced a new Center on Financial Security in August 2012. The Center’s vision is to raise awareness and preparedness around lifetime financial security. Michele Burns, who previously served as Chairman and CEO of Mercer, a subsidiary of Marsh & McLennan Companies, is leading this new Center, together with Senior Research Scholar Martha Deevy.

The Center on Financial Security will be informed by insights discussed at the Center’s May 2012 conference, Retirement Planning in the Age of Longevity, which was a collaboration of Halbert Hargrove™ and Marsh McLennan. Materials from the conference are available at “Retirement Planning in the Age of Longevity.”

FINRA PROJECT ON FINANCIAL FRAUD
The Financial Fraud Research Center, the Center’s collaboration with the FINRA Foundation, was officially launched in the early summer of 2011. The goal of the center is to catalyze interest in research on financial fraud prevention, publicize the research findings of work being done on fraud prevention, generate interest in funding fraud prevention research and create a community of policy makers, practitioners and researchers who are interested in the study of fraud prevention. The Center’s first conference, held in Washington, DC was convened Nov. 3 and 4, 2011 with 120 attendees. The conference’s proceedings were published in December, 2011.
EVENTS & FORUMS

May 2012 - “Retirement Planning in the Age of Longevity”

LECTURES & TALKS

Martha Deevy, Director of the Financial Security Division, provided a longevity briefing to the Stanford Investment Group, Panel Moderator, Stanford, CA

LOOKING FORWARD

The Financial Fraud Research Center will award a seed grant in the coming year and will publish a white paper “Scams, Schemes & Swindles – A Review of Consumer Financial Fraud” in Fall, 2012. The Center will host a faculty workshop in October, 2012 with the objective of engaging a broader Stanford audience in issues of fraud and to evangelize the research opportunities that are possible.
GLOBAL AGING PROGRAM

The Global Aging program focuses on the economic and political implications of population aging around the world as people live longer and have fewer children. Large variations in the timing and pace of fertility declines and longevity gains create dramatic differences across countries. Understanding these developments and trends is critical for addressing them wisely. Through its research and publications, the program stimulates public discourse on the challenges and opportunities associated with population aging.

CURRENT PROJECTS

UNDERSTANDING CALIFORNIA’S DEMOGRAPHICS
Under the direction of Senior Research Scholar Adele Hayutin, the Center produced a study of California’s changing demographics. The 2011 report includes demographic profiles of more than 200 communities in California, illustrating shifts in age structure and changes in ethnic and racial composition. The project was developed for the California State Library to facilitate greater understanding of how demographic characteristics differ across the state and to help inform decisions regarding changing needs of local communities. Each profile incorporates data from the 2010 Census to illustrate the ten-year population shifts, and data from the five-year American Community Survey, 2005-09, for other variables, including education, income and immigration.

“Changing Demographic Realities,” Independent for Life: Homes and Neighborhoods for an Aging America, April 2012
This chapter of SCL’s book on “aging in place” describes critical demographic shifts that must be understood to effectively meet the housing needs of an aging society.

“California’s Aging Population, Not Forever Young,” June 2012
Analysis of population aging in California, showing how the unexpectedly slower growth in the young population combined with the relatively large baby boomer cohort will make the coming age shift even more challenging.
LECTURES & TALKS

A Sampling of Dr. Adele Hayutin’s Talks and Awards:

“Global Population Aging: Background or Foreground?”
Presentation to the Stanford University Alumni Class of 1951, Panel on Longevity, Stanford, CA

“Global Demographics of Longevity”
Bay Area Chapter of Women Presidents’ Organization, Annual Meeting, San Francisco, CA

Financial Planning Association of San Francisco, San Francisco, CA

“Global Population Aging: Economic and Social Implications”
Presentation to the Financial Women’s Association of San Francisco, San Francisco, CA
The Politics, Scholars and the Public program aims to inform policy decisions that impact longevity with empirical findings and research-driven proposals. The program brings together political experts, scholars and voters in a search for sensible solutions to current societal challenges. Work to date has focused on health care issues facing the United States, and on the issues facing individuals and communities as greater numbers of Americans “age in place.”

CURRENT PROJECTS

AGING IN PLACE
In collaboration with Henry Cisneros, the Center has edited a book, Independent for Life: Homes and Neighborhoods for an Aging America, (UT Press, 2012), in which twenty-six authors assess the current state of housing for older Americans and present new possibilities that realistically address the interrelated issues of housing, communities, services and financial concerns. Next Steps: Over the remaining years of this grant, the network will convene a series of conferences, workshops, and will award additional pilot grants.

INDICATORS FOR SUSTAINABLE AGING IN PLACE
The Center, together with the University of Michigan School of Social Work and with funding from the Met Life Mature Markets Institute, is working to develop a practical and easy to use indicator system to measure the ability of a community to enable sustainable aging in place. We are defining aging in place as the ability of individuals to remain in their own home and community if they choose to do, in spite of potential changes in later life.

The goals for this project are: first, to research and identify the consensus among experts about which are the most important strategies for successful aging in place and second, to select or develop indicators to measure progress toward these strategies. The end product will be white paper that outlines the indicator system, describing the ways in which the system is most critical in measuring aging in place.
SURVEY GAME
Over the last year, with funding from the S.D. Bechtel Jr. Foundation, the Center created an educational game, “Save the USS/USA” designed to help Americans better understand policy trade offs in solving the nation’s fiscal crisis. The game was a collaboration with the Stanford Center on Health Policy, with valuable contributions from Professor Dana Goldman Of USC, and the Kaiser Family Foundation. In an interactive game format, the player is Captain of the ship, the USS/USA. As Captain, the player makes value based choices about defense and domestic spending. However, these choices will not save the ship of state from economic peril unless the player Captain also makes difficult decisions about federal spending on health care.

EVENTS & FORUMS
APRIL 2012 - Launch of “Independent for Life: Homes and Neighborhoods for an Aging America”

LECTURES & TALKS
A Sampling of Jane Hickie’s Talks:
Proposal reviewer for MacArthur Foundation’s “How Housing Matters” project.
Provided commentary to be published in the American Senior Housing Survey.

A Sampling of Margaret Dyer-Chamberlain’s Talks:
Panelist speaking on aging in place issues
Asia-Pacific Economic Cooperation (APEC) Health Working Group meeting
Speaker on aging in place
Medical Exchange and Discovery Program (a part of Volunteers in Asia)

LOOKING FORWARD
Indicators Project: The indicators paper will completed by the end of December 2012, and will be published and disseminated by the Met Life Mature Markets Institute in February 2013.

Aging in Place: In December 2012, the Center will convene a research summit of experts designed to develop federal priorities for aging in place. The summit will result in a white paper to be included in MacArthur Network materials for the new administration in Washington, D.C.

Survey Game: The first iteration of the game was completed in August, 2012 and will be tested with key policy organizations and experts in the fall of 2012.
FACULTY SEED GRANTS

The Center provides awards of up to $50,000 to faculty researchers across the Stanford campus. Projects are selected through a competitive process open to all faculty, and proposals have encompassed a wide range of solutions to improve life at all ages. Seed grants are intended to back new areas of study that might not be funded through traditional sources. The Center’s goal is that these studies will then win support from external sponsors or have tangible impacts in the private or public sector.

SCIENTIFIC RESEARCH NETWORK ON DECISION NEUROSCIENCE AND AGING SEED GRANTS, 2012

NEURAL MECHANISMS OF VALUE-DIRECTED REMEMBERING IN YOUNGER AND OLDER ADULTS

Michael Cohen – PhD student in Psychology, UCLA
Alan Castel – Assistant Professor of Cognitive Psychology, UCLA
Jesse Rissman – Assistant Professor of Cognitive Psychology, UCLA
Barbara Knowlton – Professor of Behavioral Neuroscience, UCLA
Aimee Drolet – Professor of Marketing, UCLA

Summary: The ability to use memory effectively requires one to focus on more important to-be-remembered information at the expense of less important information. Previous studies have shown that, at least in certain contexts, older adults are able to successfully prioritize the encoding of valuable information. Still, relatively little is known about the cognitive and neural mechanisms that underlie the ways in which high-value items are processed differently from less valuable items, particularly in healthy older adults. In this research project, an fMRI study will adapt Castel et al.’s behavioral paradigm to characterize neural correlates of value-directed remembering in young and older adults. In addition, to provide a stronger connection between the laboratory measure of value-incentivized remembering and real-world economic outcomes, the project will relate individual differences in selectivity on the word memory task with more traditional measures of economic decision-making.
This project examines complex decisions like annuities and accumulation of retirement investments in older adults using a multi-methodological approach that involves behavioral, eye tracking, and neuroscience experiments. A major emphasis will be on the development and validation of decision-making tasks that represent the complexities of real-world decisions and yet are suitable for experimentation using all three methodologies. This research will be carried out in two phases. The first will be an exploratory phase where the researchers will design and validate complex decision-making tasks that are suitable for laboratory evaluation using eye-tracking and fMRI. In phase 2, the researchers will obtain pilot data about the effects of aging on decision preferences in this task.
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Thomas Rando – Deputy Director
M. Michele Burns – Center Fellow and Strategic Advisor

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Margaret Dyer-Chamberlain – Senior Research Scholar and Managing Director
Adele Hayutin – Senior Research Scholar and Director, Demographic Analysis
Jane Hickie – Senior Research Scholar and Director, Communities Project
Ken Smith – Senior Research Scholar and Director, Mobility Division
Michelle Wachs – Director, External Partnerships

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SCHOOL OF EARTH SCIENCES
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Pamela Matson

ADDITIONAL AFFILIATES
Wesley Alles
Dena Bravata
Karen Eggleston

VISITING SCHOLARS, WINTER 2012

Dana Goldman
Professor and the Norman Topping Chair in Medicine and Public Policy, University of Southern California

Jack Rowe
Professor, Department of Health Policy and Management at the Columbia University Mailman School of Public Health; Chairman of the Stanford Center on Longevity External Advisory Council

Barbara Strauch
Science Editor of The New York Times
ON CAMPUS

STUDENT PRACTICUM

GRADUATE SCHOOL OF BUSINESS STUDENT PRACTICUM
In the winter term of 2012, two students from the Graduate School of Business, Christine Luby and Henry Davis, completed a practicum with the Center. The culmination of their work was a paper, “Working Beyond Retirement: Professional Paths for an Aging Workforce.” In the paper, the Luby and Davis took on the task of analyzing the state of the market for older workers from the perspectives of both the individual and the employer. They sounded a hopeful note regarding the capabilities of older workers and were able to point to several corporate success stories. For example, CVS drugstores have implemented a “snowbird” program in which their older workers migrate south for the winter along with their main customer base. They contrasted these positives with concerns over sectors such as technology and entertainment/hospitality, where older workers are significantly under-represented. An analysis of entrepreneurial opportunities revealed highly capable individuals, but a less than welcoming investment community. Luby and Davis closed with a number of key takeaways and recommendations for future studies. For a copy of the full paper, please contact the Stanford Center on Longevity.

YOUR LIFE, STARTING NOW
The Stanford Center on Longevity’s student practicum helps Stanford undergraduates explore different aspects of longevity. Students choose a particular area of concentration, and the Center connects them with experts from academia, industry and government. Students also draw on their personal experiences and contacts. The students challenge their own preconceptions about growing old, get the true implications of an extended lifespan, and take us along for the ride through weekly blog postings.

Spring 2012

Emma Makoba: Chronic Disease in the Developing World – “What I want to do in these next series of blogs is provide a more nuanced picture of an incredibly charged and complicated issue: how to increase the life expectancy of those in the Third World with health interventions addressing both chronic and infectious diseases.”

Tess Rothstein: Designing Our Lives – “One of the most valuable things I’ve learned is that many people live outside of America’s mainstream model of life. Instead of working forty-plus hours a week from their 20’s till their 60’s, and then landing in full-time retirement, these people follow some other path. The stereotype about the typical life-course is that adults are dissatisfied with how much they work and retirees are dissatisfied with what little they have to work on.”
Steven Crane: Aging in Community – “...as I look beyond Stanford into my young adult years and even well into old age, I ask myself, ‘What else is out there? What's next?’ And therein lies my motivation for learning about aging in community.”

Leslie Johnson: Ageism and Cultural Norms – I believe in the power of positive thinking, thus I am curious about the interaction between self-beliefs and the aging process. I am interested in exploring our society’s norms and beliefs to see how they might limit the elderly in their physical, mental, and social activities.

UNDERGRADUATE COURSE ON LONGEVITY

Center on Longevity Director Laura Carstensen and Deputy Director Tom Rando co-teach the Longevity course at Stanford. In this course, more than 140 students learn about the personal and societal implications of people living longer. The course explores myths and misconceptions surrounding the aging process and provides students with an informed grasp of the conceptual issues, empirical findings and current controversies in the field.

The course has three central aims:

Help students understand why, from a biological/biomedical perspective, the population is aging and what to expect in the coming decades. Will current trends continue? How long can future generations expect to live? How are lifestyles, families and work likely to change?

Provide students with a more realistic vision of their own futures so they can make informed life choices and plans.

Educate future generations of citizens, who will live out their lives when people outnumber children and who will have a central hand in shaping the consequences of these unprecedented changes.

The course’s multidisciplinary approach helps students understand new challenges to health care, financial markets, families, work and politics as they relate to aging and longevity. It includes lectures by Carstensen, a psychologist and life-span developmentalist, Rando, a neurologist and biogerontologist, and a range of faculty affiliates of the Center on Longevity.
The remarkable speed with which the Stanford Center on Longevity was established reflects a generous founding gift from Stanford alumnus Richard Rainwater, who recognized one of the most urgent needs of our time: adapting our society to a rapidly aging population. His gift enabled the Center to begin immediately with a core staff and with key programs in place.

Going forward, the Center’s work continues to benefit from individuals and organizations that recognize the importance and urgency of redesigning long life. During 2011-2012, the Center received generous funding from individual donors as well as from the MacArthur Network on an Aging Society, Marsh & McLennan Companies, the FINRA Investor Education Foundation, and the National Institute on Aging.

Gifts help the Center embark on new research projects, develop educational programs, collaborate with faculty and disseminate research findings so they can be put into practice. To discuss opportunities for partnering with the Center, please contact:

Margaret Dyer-Chamberlain, Managing Director

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The challenge of reinventing old age may be the greatest social revolution the baby boom generation ever faced.

Laura Carstensen, from A Long Bright Future: Happiness, Health, and Financial Security in an Age of Increased Longevity