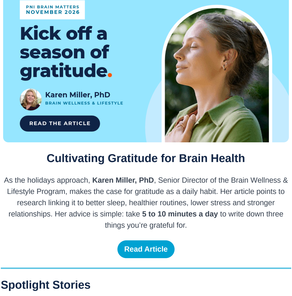
PACIFIC NEUROSCIENCE INSTITUTE®

Brain Matters Newsletter
November 2026

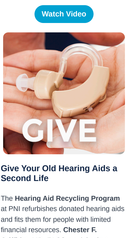


Cultivating Gratitude for Brain Health

As the holidays approach, **Karen Miller, PhD**, Senior Director of the Brain Wellness & Lifestyle Program, makes the case for gratitude as a daily habit. Her article points to research linking it to better sleep, healthier routines, lower stress and stronger relationships. Her advice is simple: take **5 to 10 minutes a day** to write down three things you're grateful for.

Read Article

Spotlight Stories



Up and Walking Two Hours After Brain Surgery

Enhanced surgical protocols mean patients can go home sooner. Neurosurgeon **Walavan Sivakumar, MD, FAANS,** removed a marathoner's **brain tumor** and she was walking two hours later.

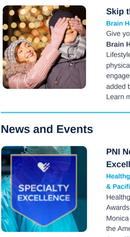
Watch Video



Multiple Sclerosis: 6 Lifestyle Recommendations

Daily habits make a real difference for people living with MS. Neurologist **Barbara Giesser, MD, FAAN, FANA, Dipl. ABLM**, covers six important areas that have the most impact.

Read Article



Give Your Old Hearing Aids a Second Life

The **Hearing Aid Recycling Program** at PNI refurbishes donated hearing aids and fits them for people with limited financial resources. **Chester F. Griffiths, MD, FACS**, explains in our new video.

Donate or apply: **310-909-0180**

Discover More



Empowered Care Partners for Parkinson's Disease

A Parkinson's diagnosis changes life for the whole family. **Sheila Moore, MSG, LCSW**, shares her top 10 tips for care partners. A family care partner talks about what has helped her cope.

Apple Podcasts | Spotify | YouTube

Watch Episode

Brain Boosters



Inside the Pacific Brain Health Center

New Video

Specialists in neurology, psychiatry, psychology and geriatric medicine work together to evaluate and treat middle-aged and older adults, with a focus on **Alzheimer's disease and other dementias**.

Watch Video ›



Skip the Stuff. Give Health This Season.

Brain Health Coaching | Gift certificates available

Give yourself or someone you love personalized **Brain Health Coaching** from the Brain Wellness & Lifestyle Program. Coaching builds practical changes in physical activity, sleep, stress, nutrition and social engagement, with cognitive training and memory strategies added based on your goals.

Learn more 213-344-2037 | Give a Gift ›

News and Events



PNI Neurosurgery and Stroke Excellence Awards

Healthgrades 2027 | Providence Saint John's Health Center & Pacific Neuroscience Institute

Healthgrades announced its 2027 Specialty Excellence Awards. Providence Saint John's Health Center in Santa Monica earned the America's 250 Best Hospitals Award™, the America's 50 Best Hospitals for Surgical Excellence Award™ and more. **PNI contributed** to two Specialty Clinical Quality Awards: the **Cranial Neurosurgery Excellence Award™** (2027, 2026) and the **Stroke Care Excellence Award™** (2027, 2026, 2025).

See Awards ›

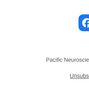


Celebrating Ryan Glatt, PhD, NBC-HWC, ACE-CMES

PhD | Concordia University Chicago

PNI's **Ryan Glatt** has earned his PhD in Leadership: Health and Human Performance from Concordia University Chicago. His dissertation studied web-based exergaming, which pairs movement with cognitive challenges, in older adults with cognitive complaints. The work builds on PNI's **FitBrain Program**. Dr. Glatt is a Senior Brain Health Coach and Director of FitBrain. Hearty congratulations.

Meet Dr. Glatt ›



2026 Head and Neck Symposium | Oral Oncology and Beyond

Sat, Nov 7 | 7:30 AM - 3 PM | Regent Santa Monica Beach

One-day focused on collaboration between dental and medical professionals in the diagnosis and management of head and neck conditions. **Course Directors: Vivian Wu, MD, MPH & Amit Kochhar, MD**

Register ›

Brain Tumor Walk & Run | BTSK 2026

Sat, Nov 7 | Crescent Bay Park, Santa Monica

The American Brain Tumor Association BTSK event plays a significant role in raising funds and awareness for brain tumor research.

Join the **PNI Gray Matters** team.

Register Today ›

17th Neuroscience Nursing Symposium

Sat, Nov 14 | 7:30 - 11:30 AM | Bergamot Station Arts Center, Santa Monica

Join us for an expert-led day of learning: Uniting Expertise, Elevating Care.

Course Director: Amy Eisenberg, MSN, ARNP, CNRN

Register ›

Neuro-Endocrine Pituitary Conference

Sat, Jan 30, 2027 | Santa Monica

Save Your Spot: An all-day course for physicians and professionals providing an extensive immersion in advanced topics led by highly experienced and recognized experts. **Course Director: Noa Tal, MD**

Register ›

Attn MDs & Therapists: 2027 Facial Nerve Symposium

Fri - Sat, Feb 26 - 27, 2027 | Santa Monica

Two days on facial paralysis care: lectures, panels, hands-on-day with a live patient demonstration and cadaver lab. Save 25% with code **2027FNS** through December 31. **Course Director: Amit Kochhar, MD**

Register ›

Pacific Rim Master Class

Fri - Sun, Mar 12 - 14, 2027 | Santa Monica

A three-day course in endoscopic endonasal and keyhole surgery, with lectures, cadaver dissection and live surgery, offered with the University of Colorado. **PNI Course Directors: Garni Barkhoudarian, MD, Daniel F. Kelly, MD**

Register ›

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View Our Locations

Accepting new patients.

PNI takes care of patients with a wide range of neurological conditions. Request a visit by calling 310-582-7640 or find a doctor at pacificneuro.org.

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