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**Please consider an end of year donation to support our work!**



Happy  
New Year

The image features a dark background with several colorful fireworks exploding in the sky. The text 'Happy New Year' is written in a light, elegant font. The word 'Happy' is in a simple sans-serif font, while 'New Year' is in a cursive script. The fireworks are in shades of yellow, orange, and purple.

CoverMyTimeline.com

Greetings!

The UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging mission has never been more relevant and necessary. We are committed to transforming lives through science and building a caring community that benefits older adults - here in San Diego and all over the world.

**As the year draws to a close, I am writing to ask you for your support to continue and extend our programs and help us to make strides in the field of healthy and successful aging.**

Here are just a few highlights of our programs from the past year.

- We started a compassion-based program for older adults to decrease stress and loneliness while increasing overall health and well-being. We've provided virtual gratitude and compassion training sessions while studying biomarkers related to aging, including inflammation and gut microbiome. Being able to research how to improve the lives of older adults in a physical and emotional way allows us to provide the foundation of knowledge and care we all need to age successfully.
- We supported students all over the country this summer for our [Medical Student Training in Aging Research \(MSTAR\)](#) program.
- Finally, we are about to launch our [SAGE Study](#), which is a longitudinal study to examine nearly a thousand community-dwelling individuals. This study, which is a first of its kind, is a lifespan aging study that includes individuals from 21 years to 100 years and older. Data from this study has been published in numerous academic journals and has been cited in major news outlets across the world. This study is funded entirely through private donations and will launch another year of data collection in early 2023.

You can learn more about what we are doing by visiting [aging.ucsd.edu](http://aging.ucsd.edu).

As you also know, the Center works hard to keep you informed on our research findings so that you can improve your own lifestyle choices.

*Please help us care for each other by supporting our work.*

Thank you and happy holidays to you and your loved ones!

Sincerely,

**Alison A. Moore, MD, MPH, FACP, AGSF**  
Interim director, Stein Institute for Research on Aging  
Center for Healthy Aging  
University of California, San Diego

[GIVE NOW](#)

