

Donor Highlight, Successful Ager: Marcia Stanley

UC San Diego

Center for Healthy Aging
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Donor Spotlight: Dr. K.B. Lim and Linda Lee Lim



After Dr. K.B. Lim & Linda Lee Lim started their Foundation for philanthropy several years ago, one of their projects in loving memory of Linda's parents was the establishment in perpetuity of the **Lee Tuh-Fuh and Ruby Lee Wang Zu-Ming Endowment** through the University of California San Diego (UCSD) Center for Healthy Aging and Stein Institute for Research on Aging. Their mission is simply to provide objective wholistic information to the public through free public onsite and online events planned with the Center in response to evolving demand as an ongoing self-sustaining community wellness outreach legacy.

"Their vision to bring quality wellness programs to people of all ages and socio-economic backgrounds is aligned with our goals. All of us at the UC San Diego Center for Healthy Aging and Stein Institute for Research on Aging are deeply grateful for their generous gift", said Executive Director Danielle Glorioso.

"Working with Dr. K. B. and Linda Lim to bring their vision to life has been a great honor. We are thrilled to kick off the first annual lecture on September 1st as part of the Healthy Aging month of September 2023."

Dr. K.B. Lim retired at the end of 2010 from a successful private practice in Obstetrics-Gynecology-Infertility for over 30 years in Del Mar, California, with affiliation to the Scripps Memorial Hospital in La Jolla. He previously held a faculty appointment in the UCSD Department of Reproductive Medicine.

“Through our public education and community programs, our focus is to teach the principles of a healthy lifestyle, such as wholesome nutrition, regular exercise, quality sleep and relaxation techniques.”

Linda Lee Lim also retired in 2010 as an acupuncturist-herbalist from her Traditional Chinese Medicine (TCM) practice in the same clinic that she had designed, with her previous background in architecture, for her husband’s busy practice while she was raising their two sons who are now both MDs married to MDs with five children between them. True to the TCM maxim “ *Dig the well before the drought*” she believes that “*anyone at any age can benefit from self-commitment to healthier daily lifestyle habits and informed personal choice of optimal healing modalities as needed, to add years to life and life to years. It is never too early nor too late to start on this self-nurturing health journey, one step at a time .*”

A Follow-up with Successful Ager Marcia Stanley

By Victoria Osnaya



This week we spoke to one of our past Successful Agers to check in! Marcia Stanley is a 71-year-old living in San Diego, California. Marcia is a prime example of exhibiting resilience, positivity, and a growth mindset as she has been diagnosed with Parkinson’s disease and has taken many steps to extend the longevity of her health. She participates in several activity classes, maintains relationships with lifelong friends and family, stays physically active, continuously tries new things, and treats herself with kindness and grace.

A day in the life of Marcia Stanley starts with waking up, going for a walk around her apartment complex, eating breakfast, and taking her medications before sitting down and checking her plans for the day. Each day of the week offers different activities she has been a part of such as Rock Steady Boxing, SilverSneakers, swimming, square dancing, ping pong, Memory Café, among many others. Although she identifies as a “no-techer” and requires each class

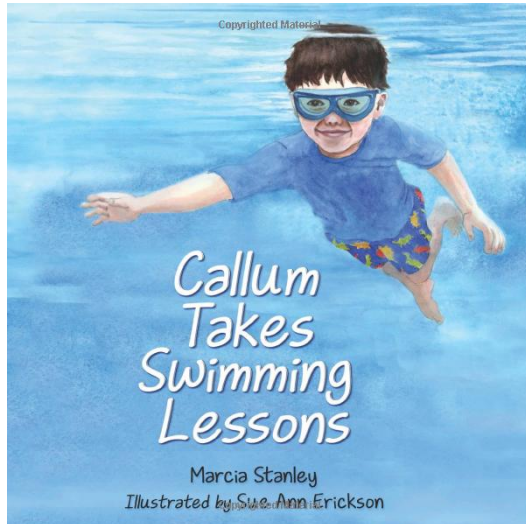
to be near her and free, she finds these activities by searching on Google, the local newspaper, or hearing about them from people she has met in other classes.

One of the most influential activities in her lifetime is swimming. She was on the swim team in high school and continued this hobby beyond by becoming a swim instructor. To instruct younger kids, Marcia has the sea animal toys talk to and play with them to avoid fearing the water. She creates a world of magic for the children through these interactions with the toys, allowing them to explore and take risks while learning. The last time we spoke with Marcia, she was writing a children's book inspired by all the children she has taught to swim. As of 2023, her book has been published! The book is called *Callum Takes Swimming Lessons*, where her style of teaching is encapsulated in a story about a child engaging in this magic she creates in her lessons. Some of the proceeds go towards a foundation in Orange County, started by the parents of a young boy who drowned. She also tries to donate copies of her book to fundraisers as a gift or prize for an auction whenever she can.

Marcia expressed that connecting with other people is an especially crucial factor in her life. Thanks to her experience as a teacher, Marcia is happy to converse with anyone with the goal of "making them laugh at least once" in the back of her mind. Staying involved in things and engaging with other people allows for human connection, for both her and the stranger she meets. In addition to those occasional "meet-cutes", Marcia emphasized the importance of keeping a few close friends in her life. She says there are days when she wakes up and does not want to do anything, feeling unmotivated. She allows herself these breaks and, due to maintaining these lifelong friendships, she has someone to call for comfort on these hard days. She says that these friendships are the ones you must put the effort into. They do not survive alone, so both parties need to try to reach out to each other. They actively call each other, go to lunch together, plan cruises, go on walks together, and much more.

Something Marcia hopes to do is start a Parkinson's support group for women. She expressed how there are Parkinson's support groups for men, and even for wives of men with Parkinson's, but she has not seen one for women. Marcia ensures she always has a "next goal" that keeps her active and determined both physically and mentally. She is aware that her Parkinson's is progressing and she is getting older, but she says, "it is a part of life, so I accept it." To those who may be struggling with the idea of aging, she says, "You have to find things you are capable of. Don't worry about if they are silly or too easy for other people. Whatever it is, you can make it challenging." The last thing she wants to leave us and our readers with, in true Marcia Stanley style, is, "Make

a date and have lunch with me.” We are so grateful to have outgoing, motivated, and friendly people like Marcia in our community, who are truly an inspiration for Successful Aging.



[Link to Marcia's book](#)

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SPEAKER

**ANTHONY
LIM, MD, JD**

Dr. Lim is the Medical Director of the McDougall Program, a lifestyle medical program based in Santa Rosa, California, that has helped thousands of patients to successfully transition to a whole-food, plant-based diet and radically improve their overall health and well-being. He also teaches the plant-based classes offered by Kaiser Permanente Santa Rosa Medical Center. Dr. Lim is a graduate of Stanford University, Harvard Law School, and Boston University School of Medicine.



He is board-certified in family medicine as well as lifestyle medicine, and completed his residency training at Santa Rosa Family Medicine Residency. He is also a bar-certified attorney in the state of California. Dr. Lim lives in Santa Rosa with his wife, Jean, and their two children, Joshua (15) and Julia (11), who bring them endless joy and laughter. His other interests include playing out in nature, learning guitar, and continually growing in his Christian faith.

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with keynote speakers

[Laura Cartensen, PhD](#)

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Professor, University of Illinois at Chicago

and many panel discussions

 **October 6, 2023**  **9.30 am - 4.00 pm**

 **Park and Market, UC San Diego**



HEALTHYAGING.UCSD.EDU

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