

**'The Living Lab' Grand  
Opening at Belmont  
Village Senior Living**

**UC San Diego**

Center for Healthy Aging  
Stein Institute for  
Research on Aging

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

## Grand Opening of The Living Lab



*Dr. Alison Moore (Interim Director of Stein Institute), Danielle Glorioso (Executive Director of Stein Institute), James Arp (Senior Executive Director of Belmont Village, La Jolla), and Paula Lemkuil (Director of Business Development of Belmont Village, La Jolla)*

"Our event today marks the realization of a big and audacious goal that the Center for Healthy Aging leadership team, along

with members of our Steering Committee, notably Dr. Ramesh Rao and Dr. Geert Schmid-Schoenbein, sketched out back in 2015. We wanted to dream up what we believed the future of senior housing and healthy aging research could look like,” said UC San Diego Center for Healthy Aging Executive Director Danielle Glorioso. “Our vision was clear. We wanted to remove barriers to healthy aging research and bring the renowned expertise of UC San Diego’s multi-professional aging researchers to where older adults live; we wanted to be embedded in a community so that we could address and solve real life issues related to older adults; we wanted to partner with these older adults in our research development and find innovative solutions; and we wanted to create a partnership to foster world-class, real world training and mentoring for students interested in pursuing a career in aging. We wanted to bring programs and interventions that support resilience, wisdom, compassion, and longevity; and provide a space for longitudinal data collection as well as behavioral, biological, and technological interventions that promote healthy aging. I am happy to say that 8 years later we have taken a giant step towards accomplishing that audacious goal”.



Dr. Alison Moore and Danielle Glorioso



Danielle Glorioso

The Living Lab, located within a studio apartment at Belmont Village Senior

Living – La Jolla, will put researchers right in the heart of the groundbreaking work of which they are in pursuit. Hearing directly from residents about desired improvements and what matters to them is a unique and valuable asset. “We are creating a model for healthy aging research that we hope to replicate in diverse communities throughout San Diego County and beyond. Our work here is our first step in creating a home for scientific research and interdisciplinary partnership that can impact residents right where they live—which removes difficult barriers for both researchers and older adults,” said Interim Director Dr. Alison Moore.





*UC San Diego medical students Elizabeth Timple, Emma Rice, and Anastasia Ryhanych*



# INSIDE THE LIVING LAB



[More about The Living Lab](#)

**Anthony Lim, MD, JD at Belmont  
Village on September 1st**

**Registration is Full - But You May Join Our Waiting List and/or  
Sign Up for Virtual Attendance**

JOIN US FOR THE INAUGURAL LEE TUH-FUH & RUBY LEE WANG ZU-MING ENDOWED  
EDUCATION LECTURE CELEBRATING HEALTHY AGING MONTH

**LET FOOD BE THY MEDICINE  
THE MIRACULOUS HEALING POWER OF FOOD**

**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.

**SEPTEMBER 1ST**

**3PM-5PM**

**AT BELMONT VILLAGE SENIOR LIVING  
LA JOLLA  
3880 NOBEL DRIVE**

**REGISTRATION REQUIRED**  
**AT [HTTPS://CONTA.CC/3NF4IT1](https://conta.cc/3NF4IT1)**

**UC San Diego**  
Center for Healthy Aging  
Stein Institute for  
Research on Aging

**BELMONT Village**  
SENIOR LIVING  
LA JOLLA

**CLICK HERE TO JOIN THE WAITLIST**

**CLICK HERE TO ATTEND VIRTUALLY**

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.

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# In-person Symposium on October 6th

UC San Diego  
Center for Healthy Aging  
Stein Institute for  
Research on Aging

REGISTRATION OPEN

## SYMPOSIUM OF THE UC SAN DIEGO CENTER FOR HEALTHY AGING

with keynote speakers

Laura Cartensen, PhD

Director, Stanford Center on Longevity

S. Jay Olshansky, PhD

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

[Register Here](#)



## We Need Your Support!

When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support **the pursuit of a healthier, longer life for you and your loved ones**. Please **make a gift** to help sustain and expand our successful aging programs.

[GIVE NOW](#)



[Visit our website](#)

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