

## Symposium Keynote Speakers & Healthy Aging stories

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!

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## Healthy Longevity Symposium is 2 weeks away - meet our Keynote Speakers!

### S. Jay Olshansky, PhD

S. Jay Olshansky received his Ph.D. in Sociology at the University of Chicago in 1984. He is a Professor in the School of Public Health at the University of Illinois at Chicago, Research Associate at the Center on Aging at the University of Chicago, and Chief Scientist at Lapetus Solutions, Inc. – a company that he co-founded. The focus of his research is on estimates of the upper limits to human longevity, exploring the health and public policy implications



associated with individual and population aging, forecasts of the size, survival, and age structure of the population, pursuit of the scientific means to slow aging in people (The Longevity Dividend), and global implications of the re-emergence of infectious and parasitic diseases. During the last 39 years, Dr. Olshansky has been working with colleagues in the biological sciences to develop the modern "biodemographic paradigm" of mortality – an effort to understand the biological nature of the survival and dying out processes of living organisms. Dr. Olshansky is the first author of *The Quest for Immortality: Science at the Frontiers of Aging* (Norton, 2001); *A Measured Breath of Life* (2013); *The Rise of Generians* (2020); *Pursuing Wealthspan* (2020); and co-editor of *Aging: The Longevity Dividend* (Cold Spring Harbor Laboratory Press, 2015). An updated version of this book will be published in 2024. Dr. Olshansky's recent work is focused on linking the scientific study of aging with investments in longevity and mortality related products. Dr. Olshansky is a board member of the American Federation of Aging Research (AFAR) and he served on the Board of Scientific Advisors at PepsiCo. In 2016, Dr. Olshansky was honored with the Donald P. Kent Award from the Gerontological Society of America, the Irving S. Wright Award from the American Federation for Aging Research, he was named a Next Avenue's "Influencers in Aging;" and in 2017 he received the Alvar

Svanborg Award. Dr. Olshansky received the Glenn Award from the Glenn Foundation for Medical Research in 2018. In 2022 Dr. Olshansky testified before the U.S. House Committee on Science, Space, and Technology on the topic of aging and Geroscience and how advances in aging biology are about to transform what it means to grow old.

## Laura Carstensen, PhD

Laura L. Carstensen is Professor of Psychology at Stanford University where she is the Fairleigh S. Dickinson Jr. Professor in Public Policy and founding director of the Stanford Center on Longevity. Her research on the theoretical and empirical study of motivational, cognitive, and emotional aspects of aging has been funded by the National Institute on Aging without interruption for more than 30 years. Dr. Carstensen is an elected member of the National Academy of Medicine and the American Academy of Arts and Sciences. She served on the MacArthur Foundation’s Research Network on an Aging Society and was a commissioner on the Global Roadmap for Healthy Longevity. Dr. Carstensen’s awards include a Guggenheim Fellowship, the Kleemeier Award, The Richard Kalish Award for Innovative Research and distinguished mentor awards from both the Gerontological Society of America and the American Psychological Association. She is the author of “A Long Bright Future: Happiness, Health, and Financial Security in an Age of Increased Longevity.” Dr. Carstensen received her B.S. from the University of Rochester and her Ph.D. in Clinical Psychology from West Virginia University. She holds an honorary doctorate from the Katholieke Universiteit Leuven, Belgium.



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

### with keynote speakers

**Laura Carstensen, 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

Please Register Here

## A Detailed Agenda for our In-person Symposium on Friday, October 6th

### HEALTHY LONGEVITY SYMPOSIUM AGENDA

Date: October 6, 2023

Time: 9:30 a.m. – 4:00 p.m.

Location: Park and Market, UC San Diego

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

9:30 - 10:30 a.m.

#### OPENING SESSION

**Welcome**

John M. Carethers, MD  
Vice Chancellor, UC San Diego Health Sciences

**Opening Remarks**

Alison A. Moore, MD, MPH, FACP  
Interim Director, UC San Diego Center for Healthy Aging

**Healthy Longevity**

Anthony J.A. Molina, PhD  
Interim Scientific Director, UC San Diego Center for Healthy Aging

10:30 - 11:15 a.m.

#### KEYNOTE LECTURE 1

**Social and Societal Implications**

S. Jay Olshansky, PhD  
Professor, University of Illinois at Chicago

11:15 - 11:30 a.m.

#### BREAK AND BOOTH VISIT

11:30 - 12:15 p.m.

#### PANEL 1: DRIVERS OF HEALTHY LONGEVITY

**Moderator:**

Suzi Hong, PhD  
Professor, UC San Diego Herbert Wertheim School of Public Health and Human Longevity Science

**Panelists:**

Cheryl Anderson, PhD, MPH  
Professor and Dean, Hood Family Endowed Dean's Chair in Public Health & Herbert Wertheim School of Public Health and Human Longevity Science

Andrea La Croix, PhD  
Distinguished Professor of Epidemiology, UC San Diego Herbert Wertheim School of Public Health and Human Longevity Science

Nicolas Musi, MD  
Vice Chair, Translational Research Cedars-Sinai, Medicine

12:15 - 1:00 p.m.

#### BREAK - LUNCH BUFFET

Visit Sponsor Booths & Posters by UC San Diego Students, Trainees, and Junior Faculty

1:00 - 1:45 p.m.

**KEYNOTE LECTURE 2****The New Map  
of Life**

Laura Carstensen, PhD  
 Founding Director, Stanford Center on Longevity,  
 Professor of Psychology, Stanford University

1:45 - 2:30 p.m.

**PANEL 2: INTERVENTIONS FOR HEALTHY LONGEVITY****Moderator:**

Alison A. Moore, MD, MPH, FACP

**Panelists:**

Steve Cummings, MD  
 Executive Director, San Francisco Coordinating Center, CPMC  
 Research Institute Professor of Medicine, UC San Francisco

Steve Hornberger, MSW  
 Director of Social Policy Institute and Co-Director of the Center of  
 Excellence in Aging & Longevity (CEAL), San Diego State University

Judy Pa, PhD  
 Co-Director, Alzheimer's Disease Cooperative Study, Professor of  
 Neurosciences, UC San Diego

2:30 - 3:00 p.m.

**BREAK - SNACKS AND POSTER SESSION**

Poster Presentations by UC San Diego Students, Trainees,  
 and Junior Faculty

3:00 - 3:45 p.m.

**PANEL 3: RESILIENCE AND AGING****Moderator:**

Lisa Eyler, PhD  
 Professor of Psychiatry, UC San Diego

**Panelists:**

Colin Depp, PhD  
 Director of Research Education and Training at the Clinical and  
 Transitional Research Institute  
 Professor of Psychiatry, UC San Diego

Joe Garbanzos, MBA  
 AARP - CA State President (volunteer)

Irving Tragen, JD  
 Community Member, Distinguished Diplomat, Author

3:45 - 4:00 p.m.

**CLOSING SESSION****Announce Poster  
Awards and  
Closing Remarks**

Danielle Glorioso, LCSW  
 Executive Director, UC San Diego Center for Healthy Aging

**We hope you can attend!!**

**Please Register Here**

**Happy Healthy Aging Month!**



A "Healthy Aging" Story submitted by one of our readers:

"In 2004, I started a supper club with 5 couples. As an RN, I heard repeatedly in conversation that only a few people in middle age had really close friends to laugh with and lean on in times of need. I wanted to change that outcome in my life, and knew the relationships are built on regular communication. That thought provided the birth place of my project to build better "Life long relationships". Almost 2 decades later, we have built a community of friends to laugh, play, and sometimes cry with. I love them all; and they love each other. Our gatherings aren't fancy and through lock down, we met on Zoom. We have walked together through health crisis, retirements, and losses; yet our collective gains and gratitude are abundant. It's one of the best decisions I have ever made. " - Maureen Martin, RN

As we celebrate this month, we want to hear from you! What are the things you are currently doing to support healthy aging, either in your own life, with your friends and family, or in your community? We will share some of your comments in future newsletters.

Please email [saweiss@health.ucsd.edu](mailto:saweiss@health.ucsd.edu) and share your healthy aging stories!



## 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



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