

**Happy Giving Tuesday!**

**UC San Diego**

Center for Healthy Aging  
Stein Institute for  
Research on Aging

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Giving Tuesday is today! Please consider participating in this global giving movement which occurs the Tuesday after Thanksgiving in support of organizations making an impact, like our Stein Institute for Research on Aging and the Center for Healthy Aging at UC San Diego. During the time you consider your end-of-year giving, we hope you will remember the impact our programs have had on you, your loved ones, and countless older adults locally and all over the world.

Giving Tuesday has provided us with much needed support that allows us to advance the field of aging and healthy aging by enhancing our research, training, and community outreach programs. We are so proud of the many achievements over the past 12 months. Here is a quick look at what we have been able to accomplish this year due to your support:

- Thanks to seed funding from our generous donors, we have been able to fund 4 innovative pilot grants for collaborative research on wisdom focused on biology, technology and interventions. Pilot funds supported through your donations allow budding researchers in the field to examine novel aspects of aging and provide much needed research development.
- We launched our public lecture series with our newly appointed interim director, Dr. Alison Moore presenting on "Global Healthy Aging: A Review of Efforts to Support Healthy Aging from around the World". This lecture, produced in partnership with UC-TV, was viewed by hundreds of attendees at the live event and will be available to the public online by

the end of the year.

- We have begun the large undertaking of another round of our one of a kind UC San Diego Successful Aging Evaluation Study (SAGE study), which is a large scale, longitudinal study of residents in San Diego County who are twenty-one years of age and older. This study will continue to follow over 800 participants in early 2023 and will focus on aspects of successfully aging across the lifespan.
- We developed, tested, and implemented our resilience and wisdom intervention to decrease loneliness in older adults. This 6-session program has been utilized not only in San Diego county, but also in Israel and recently has been launched for older adults through in partnership with Kings College London.

We strive to support older adults with the best programs possible, but we need your help to keep our programs running. Many of our initiatives begin with smaller pilot projects funded by individuals like you, allowing us to gather initial data so programs can qualify for larger grants. Without “seed” funding from friends and supporters, many of our research studies would never get off the ground. Please consider making a gift today.

Thank you!



## 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.

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