

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

Stein Institute Focuses on Building Collaborations with Centers on Aging

by Danielle Glorioso

Since Dr. Alison Moore was appointed Interim Director of the Stein Institute for Research on Aging and Center for Healthy Aging in July of 2022, we have begun to develop collaborations with other Centers on Aging across the country. Collaborations such as these allow us to learn from other experts, share wisdom and experience, and build strength to promote interdisciplinary work with other researchers and clinicians to make a bigger impact in the field of healthy aging.

An example of this collaborative work includes a recent visit from Jodi Waterhouse, MHA, Director, Outreach of The Multidisciplinary Center on Aging at the University of Colorado Anschutz Medical Campus. Her visit included a tour of our innovative "Living Lab" in Belmont Senior Living La Jolla, located just up the street from UC San Diego Campus. This living lab occupies a studio apartment in the 180-unit community and allows us to deepen our connection with residents right where they live. The goal of our work in the living lab is to study ways to improve quality of life and well-being by being very intentional with research that is meaningful to residents.



Jodi Waterhouse and Belmont's Director of Business Development, Paula Lemkuil stand next to the elevator sign that includes our Living Lab.

This space is setting a new standard for aging research, and we are thrilled to be able to share our vision with other Centers on Aging so that this model may be replicated and brought to diverse communities throughout the nation.



Jodi Waterhouse and Danielle Glorioso outside The Center for Resilience, a group activity center tributed to our published study on Resiliency in Older Adults which included participants from Belmont Village Senior Living.

[More about the "Living Lab"](#)

Dr. Alison Moore interviewed by American Medical Association about "Cannabis Side Effects for Senior and Older Adult Patients"

Cannabis use among seniors is on the rise, but so are visits to the emergency department as a result. Joining to discuss the risks of cannabis for seniors and how doctors can talk to their older patients about them is Alison Moore, MD, MPH, professor and chief of geriatrics, gerontology and palliative care at the University of California San Diego. American Medical Association CXO Todd Unger hosts.

Watch the video below!



[View on YouTube](#)

**Don't forget to register for our next
Public Lecture Series
Barton W. Palmer, PhD on Wednesday, July 26th**

A promotional poster for a public lecture. On the left is a circular portrait of Barton W. Palmer, a man with grey hair wearing a blue shirt. Below the portrait is a yellow banner with the text 'Barton W. Palmer, PhD' and 'Professor, Psychiatry' in white. To the right of the portrait, the text 'Save the Date' is in a dark blue font, followed by 'PUBLIC LECTURE' in large, bold, yellow letters. Below this, the lecture title is in dark blue: '"WHAT DO WE KNOW ABOUT HOW TO FOSTER MENTAL WELLBEING AS WE AGE?"'. In the top right corner, the UC San Diego logo is shown, along with the text 'Center for Healthy Aging' and 'Stein Institute for Research on Aging'. At the bottom, there are three icons with text: a clock icon for '4-5pm', a calendar icon for 'Wed July 26', and a location pin icon for 'Zoom'. The background features abstract blue and yellow geometric shapes.

4-5pm

Wed July 26

Zoom

Register Here!

In case you missed the last one...



Engaging in everyday physical activity can influence brain and cognitive health. Zvinka Z. Zlatar, Ph.D., shares how physical activity can potentially reduce risk for Alzheimer's disease and other cognitive issues. She reviews the current exercise recommendations for older adults and how digital devices can help us reach our goals.

Watch it on UCTV



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](#)

UC San Diego Center for Healthy Aging | 9500 Gilman Drive 0664, La Jolla, CA 92093

[Unsubscribe dglorioso@ucsd.edu](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by healthyaging@health.ucsd.edu powered by



Try email marketing for free today!