

Town Square visit, March Public Lecture

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!

Know a Successful Ager?



At the Stein Institute for Research on Aging we like to highlight the stories and lives of successful agers in our community. Successful agers are those that continue to engage in activities that are meaningful and have found ways to adapt to challenges as they age. If you know of someone that you think we should spotlight please email Sasha Weiss at saweiss@health.ucsd.edu to nominate them!

Dr. Alison Moore visits Town Square at George G. Glenner Alzheimer's Family Centers, Inc. with Joy Glenner

In 1982, Dr. George G. Glenner and Joy Glenner created the nation's first adult day care program specifically for individuals with Alzheimer's disease.

TOWN SQUARE® is the Glenner Centers' adult day center located in Chula Vista, CA. Town Square® is the first Reminiscence Therapy Day Center for individuals with dementia in the US.

The center has been designed on the interior to facilitate immersive Reminiscence Therapy and bring its participants back to a time where

their memories are the strongest. Reminiscence Therapy has been shown to reduce agitation, improve mood and improve sleep quality.

Watch the video below to see more about Town Square.



Joy Glenner and Dr. Alison Moore at Town Square in Chula Vista



[More about Glenner Centers](#)

Please join us for our next Public Lecture with Dr. Sarah Banks



NEXT PUBLIC LECTURE

Wed, March 13

4-5pm

with Sarah Banks, Ph.D.

"CAN WE AVOID COGNITIVE DECLINE WITH AGE?"

March 13, 2024

4-5pm

Please register below for Zoom link

About the speaker:

Dr. Sarah Banks is Associate Professor in Neurosciences and Psychiatry, and Director of the Neuropsychology Program of the UCSD Health Center for Brain Health and Memory Disorders. Her research focuses on Alzheimer's disease, with specific interest in sex differences and how to modify risk. She co-leads three labs: The Human Memory Lab emphasizes neuroimaging and multimodal characterization of Alzheimer's; The Women Inflammation and Tau Study dedicated to studying risk factors for Alzheimer's in women (<https://www.witsucsd.org>); and the Healthy Actions and Lifestyles to Avoid Dementia (HALT-AD) study works to educate and empower participants on avoiding cognitive decline with aging through modifiable factors such as sleep, diet and exercise. Her clinical program helps with the diagnosis and care of patients with suspected memory conditions. She is also active in teaching and mentoring clinicians and researchers.

Please Register Here



2024 Upcoming PUBLIC LECTURES



Wed, March 13

SARAH BANKS, PHD - ASSOCIATE DIRECTOR
“CAN WE AVOID COGNITIVE DECLINE WITH AGE?”

Wed, May 15

**MARIA ROSARIO (HAPPY) G. ARANETA
PHD, MPH - ASSOCIATE DIRECTOR**
TBA

Wed, July 24

COLIN DEPP, PHD - ASSOCIATE DIRECTOR
“SOCIAL CONNECTION AND HEALTHY AGING”

🕒 4-5pm

📍 Zoom



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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