

Community Assessment Survey for Older Adults & October 6th Symposium Agenda

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!

Interested in being a sponsor for our upcoming Symposium??
Please email dglorioso@health.ucsd.edu for more information

The first-ever statewide Community Assessment Survey for 55+



The first-ever statewide needs assessment for Californians aged 55 years and older just launched. The Community Assessment Survey for Older Adults (CASOA) is not just another survey; it's your chance to shape the future. Designed by experts and backed by solid statistical validity, CASOA empowers you to voice your needs and preferences. We're committed to designing programs, supports, and services that are centered around the evolving needs of older Californians.

CASOA isn't just another survey – it's a gateway for you to shape the path ahead. Meticulously crafted by experts and underpinned by unwavering statistical rigor, CASOA empowers you to share your needs and preferences. Tell us what you need today and in the years ahead so that CDA can enhance or develop programs, supports, and services to help you and the millions of other Californians over the age of 55.

We understand that surveys can sometimes feel complicated or intrusive. We respect your privacy and ensure that your responses remain confidential. This survey is also a significant opportunity to gather information about sexual

orientation and gender identity, ensuring that healthcare remains patient-centered and of the highest quality across California.

Your insights matter.

[Click here to start the survey](#)

CASOA is available online in multiple languages - English, Spanish, Cantonese, Mandarin, Korean, Tagalog, Vietnamese, Hindi, and Arabic. If you need any technical support in accessing the survey, please email us at: casoa@polco.us. For any other questions about the survey, please call 916-970-9948.

Thank you for being a part of CASOA - where your insights pave the way for a better California for All.

**More details of our In-person Symposium on
October 3rd**

SYMPOSIUM AGENDA

Date: October 6, 2023

Time: 9:30 a.m. - 4:00 p.m.

Location: Park and Market, UC San Diego

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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

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 - 3:15 p.m.

PANEL 3: RESILIENCE AND AGING

Moderator: Lisa Eyer, 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 Garbanzo, MBA
AARP - CA State President (volunteer)

Irving Tragen, JD
Community Member, Distinguished Diplomat, Author

3:15 - 4:00 p.m.

CLOSING SESSION, POSTER SESSION AND BOOTH VISIT

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

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

We hope you can attend!!

[Please Register Here](#)

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)

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LA JOLLA

Registration is Full - But You May Sign Up for Virtual Attendance

[Register for Virtual Attendance here](#)



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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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