

## Thank you for attending & 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](mailto:dglorioso@health.ucsd.edu) for more information

## Thank you for attending "Let Food Be Thy Medicine" last week!



Thank you to those who were able to attend our inaugural Lee Tuh-Fuh and Ruby Lee Wang Zu-Ming Endowment lecture with Dr. Anthony Lim titled "Let Food By Thy Medicine: The Miraculous Healing Power of Food" on September 1<sup>st</sup> for healthy aging month! It was a great event and we all learned so much. We appreciate all of you that attended both in person and virtually! For those that were unable to make it, the video will be available on UCTV in the next month. We will be sure to share the link in the newsletter when it becomes available. Thanks again to Dr. Anthony Lim for his fascinating talk which provided many practical tips on how to incorporate a plant based diet along with great research to support the healing powers of going plant based. A huge thank you to Belmont Village for hosting us! A very special thank you to Linda and Dr. KB Lim for establishing an endowment that is dedicated to creating community education programs that would impact the lives of older adults and promote complimentary alternative medicine and holistic health and healing.

Their vision to bring quality wellness programs to people of all ages and socio-economic backgrounds is perfectly aligned with the Center for Healthy Aging and Stein Institute for Research on Aging's goals and we are deeply grateful for their generous gift. Through the generosity of their gift, their endowment ensures that we can put on free events to the community in perpetuity which is part of what makes this collaboration so meaningful.



Dr. Alison Moore, Linda Lee Lim, Dr. Anthony Lim, Danielle Glorioso, Dr. KB Lim, Dr. Anthony Molina



The Lim Family - Dr. Johnathan Lim, Linda Lee Lim, Dr. KB Lim, Dr. Anthony Lim

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**If you attended (in-person or virtually) and can take the time to complete this survey,  
it would be much appreciated.  
Thank you!**

[Complete the survey here](#)

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September is  
**Healthy Aging**  
Month

We want to wish you all a very happy and healthy, healthy aging month! Healthy Aging month is observed every September and is a way to recognize and promote the positive things associated with aging, or the things that go right with aging. 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!

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## **Open House at UC San Diego Osher Lifelong Learning Institute on Sept 30th**

Osher Lifelong learning institute will host its quarterly open house (in-person and via zoom) for New and Prospective Members. Learn about the highly acclaimed UC San Diego Osher Lifelong Learning Institute: a membership program for individuals 50 years of age and older who are interested in pursuing intellectual interests and enriching their lives through lifelong learning. Join us for this Open House experience to learn about the upcoming quarter classes and seminars (which will be offered on campus and streamed LIVE online via Zoom), the benefits of membership, and meet the volunteer leadership team. You can attend on campus in person or join us virtually via Zoom.

We hope you can join us for an Osher Lifelong Learning Institute Open House on September 30, 2023 at 10am with refreshments and information booths.

RSVPing for the event is quick and easy, right on the [Osher website](#).

RSVP for Osher's Open House



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

## 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

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](#)



## 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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