

## Giving Tuesday & Our next 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!

### It's Giving Tuesday



Giving Tuesday is today! Please consider us in your Giving Tuesday plans with a charitable donation in support of our mission to advance lifelong health and well-being through innovative research, training, and community outreach. Giving Tuesday started in 2012 with the simple idea of encouraging people “to do good”. It is touted as a global generosity movement unleashing the power of people and organizations to transform their communities and the world. Here at the Stein Institute for Research on Aging and UC San Diego Center for Healthy Aging, we believe that our work has been built upon the idea that we should do good each and every day. It is our hope that during this time of year-end giving you will remember the impact that our programs have had on you, your loved ones, and countless other older adults, both locally and all over the world.

Giving Tuesday allows our Stein Institute for Research on Aging and UC San Diego Center for Healthy Aging to advance the field of aging and healthy aging by providing much-needed support. Many of our initiatives begin with smaller pilot projects funded by individuals, allowing us to gather initial data so programs can qualify for larger grant funding. Without “seed” funding from friends and supporters like you, many of our research studies would never get off the ground.

We are proud of the many achievements we have accomplished over the past 12 months, and hope that if you found our work to be meaningful you will ensure its continuity with a charitable donation. Here is a 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 three (3) innovative pilot grants for collaborative research led by early career investigators, and two (2) development pilots on falls prevention and intergenerational programs. Pilot funds supported through your donations allow budding researchers in the field to examine novel aspects of aging and provide much-needed research development.

Donations fully supported our robust community outreach program which included 3 virtual public lectures in 2023, as well as the Inaugural LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming Endowed Education Lecture celebrating Healthy Aging Month with Dr. Anthony Lim, and the first all day, in-person symposium since COVID-19. We are proud of our commitment to provide important community programming and we hope to continue this legacy in 2024. This work has been free to the community for the past 40 years and is supported entirely through donations! If you feel that you have benefited from attending our lectures, we sincerely hope you will make a donation today.

We have finished 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.

We completed the 10<sup>th</sup> year of this important research study in 2023, and with your support will launch a larger scale evaluation in 2024.

We developed, tested, and implemented our resilience and wisdom intervention to decrease loneliness in older adults, and now have it licensed for purchase and use in community settings. This work has been published in peer-reviewed journals and has been implemented in local senior living communities in San Diego, Northern California, Tennessee, and internationally in England and Israel.

The Stein Institute for Research on Aging and UC San Diego Center for Healthy Aging strives to support older adults with the best programs possible. We need your support to keep our programs running! Please consider making a charitable gift today.

Thank you!

# Please join us for our next Public Lecture with Dr. Benjamin Smarr



## NEXT PUBLIC LECTURE



Wed, Jan 24

4-5pm

with Benjamin Smarr, Ph.D.



**"UNDERSTANDING AGING IN THE REAL WORLD:  
WHAT WEARABLE DEVICES REVEAL ABOUT HOW WE AGE DIFFERENTLY"**



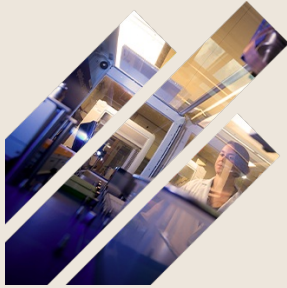
Please register below for Zoom link

About the speaker:

Dr. Smarr's research focuses on time series analysis in biological systems. He emphasizes practical information extraction for translational applications. His background in biological rhythms and neuroendocrinology gives him a rare perspective into the current challenges for data science and engineering on biological systems. His lab develops novel approaches to get more information out of data generated over time and within-individuals. Prof. Smarr's aim is to leverage his expertise in biological dynamics to increase precision in health algorithms, with a special focus on increasing equity of health tech efficacy over diverse populations. Dr. Smarr has received fellowships and funding from NSF, NIH, DoD, and many private partners, and his views have been featured by prominent media outlets, including BBC, Forbes, WIRED, and many others. He received his PhD from University of Washington and was a postdoc at UC Berkeley before joining the Shu Chen-Gene Lay

Department of Bioengineering and the Halicioglu Data Science Institute at UCSD.

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



[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 saweiss@health.ucsd.edu powered by



Try email marketing for free today!