

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

Sunday Morning with a Successful Ager

by Danielle Glorioso



As the Executive Director of the Stein Institute for Research on Aging and UC San Diego Center for Healthy Aging, I have long said my favorite part of my job is whenever I can engage with members of our amazing community. That was certainly the case when I recently had the opportunity to visit with one of our Successful Agers, Eugene H. Kunitake and his

wife Yutaka, at their home in Carmel Valley. They graciously invited me to experience their backyard garden, a masterpiece of ingenuity which they have cultivated, expanded and meticulously cared for since the start of their retirement in 1999. Eugene believes that the key to his personal successful aging journey involves keeping busy in his garden, moving his body, and eating healthy, homegrown produce. Having the opportunity to witness this first-hand was a true delight! During our visit we exchanged ideas about healthy aging, the importance of nutrition and aging, and how important our children are in our lives. Eugene and Yutaka were so generous in sharing their garden with me, I even had the honor of harvesting my own produce of cucumbers, zucchini, tomatoes, lemons, grapes and peaches.

I learn so much from our community, and I am always so appreciative when you share your stories with us. If you are interested in reading Eugene's and other Successful Agers' stories, you can visit our website's Successful Ager

page [here](#).

And please consider nominating a Successful Ager for publication on our website: please email Sasha Weiss at saweiss@health.ucsd.edu to nominate them!

We love hearing and learning from you!

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!

Public Lecture "Diabetes and Cardiovascular Disparities Among Black, White, and Filipino Women: What's Fat Got to Do with It?" with Associate Director Dr. Maria Rosario "Happy" G. Araneta is now available to watch on UCTV



Maria Rosario (Happy) G. Araneta, Ph.D., M.P.H., highlights the significant impact of prenatal and childhood malnutrition on later health outcomes, including coronary heart disease and diabetes. She emphasizes the importance of physical activity, strength training, and the need for inclusive research to address health disparities. Future research directions include understanding cognitive impairment related to diabetes and developing effective interventions for diverse populations.

[Watch it on UCTV](#)

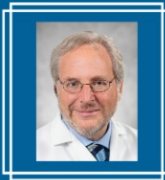
Registration Open for The 2nd Annual Lee Tuh-Fuh and Ruby Lee Wang Zu-Ming Endowed Lecture

JOIN US FOR THE 2ND ANNUAL LEE TUH-FUH & RUBY LEE
WANG ZU-MING ENDOWED EDUCATION LECTURE

**ANCIENT WISDOM, MODERN
SCIENCE, AND THE EMERGING KEYS
TO HEALTHY AGING AND LONGEVITY**

This lecture will examine how what we eat and how we live can promote wellness, enhance immunity, combat age-related diseases, and promote longevity. Drs. Saxe and Lim will share a timeless perspective, supported by their own research and clinical experience, on how optimal nourishment, purposeful reflection, healthy movement, and generosity of spirit can improve age-related conditions and slow the aging process. They will present evidence-based recommendations for diet and lifestyle, as well as a practical and simple framework to help foster extending healthy aging behavioral changes.

GORDON SAXE, MD, PHD, MPH



Dr. Gordon Saxe is Chair of the Krupp Endowed Fund and Executive Director of the UCSD Krupp Center for Integrative Research and the Center for Integrative Nutrition. He oversees more than 20 clinical trials on diet and natural therapeutics for a range of health conditions. He received his MD from Michigan State University, PhD in Epidemiology from the University of Michigan, and MPH in Nutrition from Tulane School of Public Health.

ANTHONY LIM, MD, JD



Dr. Anthony Lim is the Medical Director of the McDougall Program, a virtual nutrition and lifestyle wellness program that has helped countless individuals worldwide to radically improve their overall health and well-being through medically-supervised and personalized dietary and lifestyle coaching. He is a graduate of Stanford University, Harvard Law School, and Boston University School of Medicine, and is board-certified in family medicine and lifestyle medicine, as well as bar-certified in the state of California.

OCTOBER 22ND

1PM - 3PM

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UC San Diego
Center for Healthy Aging
Stein Institute for
Research on Aging



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Join us for the The LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming Endowed Education Fund for Healthy Aging lecture to examine how what we eat and how we live can promote wellness, enhance immunity, combat age-related diseases, and promote longevity. Drs. Saxe and Lim will share a timeless perspective, supported by their own research and clinical experience, on how optimal nourishment, purposeful reflection, healthy movement, and generosity of spirit can improve age-related conditions and slow the aging process. They will present evidence-based recommendations for diet and lifestyle, as well as a practical and simple framework to help foster extending healthy aging behavioral changes.

Space is limited. Pre-registration is required.

Register Here

Speaker Bios

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Dr. Anthony Lim is the Medical Director of the McDougall Program, a virtual nutrition and lifestyle wellness program that has helped countless individuals worldwide to radically improve their overall health and well-being through medically-supervised and personalized dietary and lifestyle coaching. He is a graduate of Stanford University, Harvard Law School, and Boston University School of Medicine, and is board-certified in family medicine and lifestyle medicine, as well as bar-certified in the state of California.



Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available for use in community settings.

If you are interested in learning more about the program, please contact us at healthyaging@health.ucsd.edu

Registration open for "Molecular and Cellular Aging"

The upcoming event will take place on September 10-11 in La Jolla, CA, immediately following the NIH SenNet meeting. Registration for this event closes on August 12, and participants are encouraged to submit an abstract for a short talk or poster presentation. Please note that registration is limited.

Molecular and Cellular Aging

September 10-11, 2024

Estancia Hotel, La Jolla, CA

Confirmed Speakers

Vera Gorbunova, Univ of Rochester
Jan Karlseder, Salk Institute
Shelley Berger, UPenn
Gerry Shadel, Salk Institute
Morgan Levine, Altos Labs
Peter Adams, SBP

Kun Zhang, Altos Labs
James Chen, UT Southwestern
Vittorio Sebastiano, Stanford
Congcong He, Northwestern
Alex Cagan, Univ of Cambridge
Nancy Zhang, UPenn



Organizers :
Morgan Levine, Peter Adams, Bing Ren



[Register 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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