

Congratulations,  
Director's Column,  
New Symposium Video Available,  
Optimizing Resilience Conference,  
SDSU Certificate in Aging Leadership

UC San Diego  
SAM AND ROSE 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!

## Congratulations to Anthony Molina & Kelly Kusche!



We're excited to share that their project, *Chemical Exposures in the U.S. Armed Forces and Veteran Resilience*, has been selected for funding as part of UC San Diego's 2026 Accelerating Innovations to Market (AIM) program.

Their faculty-led venture was chosen among a highly competitive cohort for its innovation, potential impact, and translational promise. The award includes \$50,000 in funding to help move this work toward real-world application.

[Read more about the 2026 AIM Award cohort](#)

## Director's Column

We're pleased to share the latest edition of our Director's Column—a recurring feature highlighting perspectives from leadership at the Stein Institute for Research on Aging and UC San Diego Center for Healthy Aging. This month, we are delighted to feature insights from Dr. Anthony Molina, whose leadership and vision continue to advance our mission of promoting healthier aging through research, education, and community engagement.

Clinical trials are essential to advancing aging research, allowing us to translate scientific discoveries into real-world approaches that support



healthier, longer lives. While many randomized clinical trials are designed to test treatments for specific diseases, our trials are unique in that they focus on identifying and evaluating strategies that promote healthy aging itself. By applying rigorous, gold-standard clinical trial methodologies to questions of health span, resilience, and functional well-being, we are helping build the evidence base the field needs to deliver effective, proactive interventions for older adults.

As an institute, we are strengthening our infrastructure, partnerships, and research capabilities to become a leading hub for aging-focused clinical trials, ensuring that older adults have access to innovative, evidence-based strategies to support lifelong health. We invite you to learn more and consider participating in our ongoing studies.

[See Current Recruitment Opportunities](#)

#### 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 who 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](mailto:saweiss@health.ucsd.edu) to nominate them!

## New Video Available: Resilience and Healthy Longevity

A new video from our September 2025 Healthy Aging Symposium is now available on UCTV! In *“Resilience and Healthy Longevity,”* Anthony Molina, PhD, explores how biological resilience supports healthy aging—from life-

course trajectories of cognition and physical function to molecular markers linked to mitochondrial health. Drawing on decades of data from the Rancho Bernardo Study and innovative lab and clinical research, Dr. Molina shares how resilience can be measured, understood, and strengthened to promote longer, healthier lives.



[Watch on UCTV](#)

---

## Optimizing Resilience Conference — Applications Now Open

Scientific Director Dr. Anthony Molina has been invited to serve as Co-Chair of the 2026 R13 *Optimizing Resilience* conference on resilience. Sponsored by the National Institute on Aging (NIA) and the American Geriatrics Society (AGS), this national meeting brings together researchers to explore key outcomes, multimodal interventions, and critical gaps in resilience research in older adults. More information can be found on the photo of the conference flyer below. (Please download the flyer [here](#) for clickable links)

We are excited to announce that the third [R13 Bedside-to-Bench](#) conference in the three-part series, “**Optimizing Resilience**,” will be held at the [Hyatt Regency Hotel](#) in Bethesda, MD from Tuesday, March 3 to Wednesday, March 4, 2026. A preliminary agenda for the conference can be accessed [here](#).

The goal of this conference, sponsored by the National Institute on Aging (NIA) and the American Geriatrics Society (AGS), is to focus on how to optimize, maximize, and enhance resilience in older individuals. Some of the key focus areas will include defining outcomes to optimize resilience, identifying lowest hanging fruit, and the role of multimodal interventions. A major goal of this conference series is to define gaps and opportunities and to prioritize key questions for future research.

**The application for the conference is now available and can be accessed [HERE](#).** Applications are due by **Monday, December 22**, and applicants will be notified if they are invited to participate by the second week in January 2026.

Please review the following eligibility criteria, which applicants must meet, before applying:

1. At least 1-2 years of research experience in a related field.
2. Hold a doctorate-level degree (e.g., MD/DO, PhD, PharmD, DPT, etc.)
3. Have an academic appointment as a research fellow, instructor or faculty member.

A special thank you goes out to the Conference Program Committee Co-Chairs, Drs. Lenise Cummings-Vaughn and Anthony Molina, and all Conference Program Committee members for the generous amount of time and resources each has contributed to this conference.

If you are interested in participating or learning more about the conference please contact Erin Obrusniak, Assistant Director ADGAP & Special Projects at [eobrusniak@americangeriatrics.org](mailto:eobrusniak@americangeriatrics.org) or 212-308-1414.

**Scan the code to apply now!**



*Please note, this conference will take place in-person only.*

Applications to attend are now open.

[Apply to Attend Here](#)

---

**San Diego State University Center for Excellence in Aging and Longevity's Certificate in Aging Leadership**

# Certificate in Aging Leadership



## JOIN US!

Our 4-course, online Global Campus Certificate in Aging Leadership is anchored in the core competencies needed to lead in today's aging and longevity landscape:

- Age-Friendly Systems Thinking
- Equity & Inclusion in Aging
- Collaborative Leadership
- Innovation in Practice
- Community & Organizational Impact
- Effective Communication & Advocacy

## MEET THE FACULTY



**Scott Tardé, MBA**  
Chief Executive Officer  
George G. Glenner Alzheimer's Family Centers, Inc.



**Jennifer Sinnott, MSW**  
VP Health & Social Services  
Serving Seniors



**Michelle Matter, EdD**  
Chief Operating Officer  
SDSU CEAL



**Joe Garbanzos, MBA**  
CA State President  
AARP



**Steve Hornberger, MSW**  
Director  
SDSU CEAL

**SDSU | Global Campus**

Today's aging-services professionals are navigating rapid change and increasing demands for visionary leadership.

The Global Campus **Certificate in Aging Leadership**, created in collaboration with SDSU's CEAL, helps leaders build stronger skills, reflect on their practice, and drive meaningful change. Ideal for those looking to elevate their role and influence in the field.

### KEY COMPONENTS

- Courses led by innovators and leaders in the aging field
- Mentorship and guided professional development
- Applied projects connected to real-world aging challenges
- Networking with peers across sectors
- Opportunities to build leadership confidence and career readiness
- A university-issued certificate to elevate your professional profile

### PROGRAM STRUCTURE

- **Program Modality:** Online
- **Course Duration:** 4 eight-week courses, plus ongoing mentorship discussions.
- **Time to Completion:** 1 year (spring and fall term, with time over summer for mentorship)
- **Cost:** \$1,500/class or \$6,000 for the 4-class certificate



**Are you ready to step up to the challenge and advance your career?**

**Apply now! Classes begin  
March 17, 2026.**

[download flyer \(pdf\) here](#)

**Apply Here**



## Resilience, Compassion and Self-Compassion Program available for license

After nearly a decade of research led by our Executive Director, Danielle K. Glorioso, LCSW we are thrilled to announce that our Resilience Intervention is now officially licensed through UC San Diego and available for implementation in community settings. This evidence-based, six-session program is specifically designed to enhance resilience, compassion, and self-compassion in older adults. It has been studied in various community settings across the United States, as well as in England and Israel, with results showing improvements in resilience and self-compassion, along with reductions in perceived stress, depression, and loneliness.

For more information about our intervention, please contact Danielle K. Glorioso, LCSW at [dglorioso@health.ucsd.edu](mailto:dglorioso@health.ucsd.edu)

### Find us and Follow us on:

[LinkedIn](#)

[Facebook](#)

[Twitter/X](#)

[BlueSky](#)



### 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](#)

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!