

Happy Holidays to you  
and yours!

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!



Please consider us in your end of year giving plans with a charitable donation in support of our mission to advance lifelong health and well-being through innovative research, training, and community outreach. 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 older adults, both locally and all over the world.

It is with thanks to generous gifts, like yours, that we were able to continue our mission. Our shared need is urgent. By 2030, the number of people who are 65 and older will double from 35 to 70 million. This work will benefit you, your loved ones, and future generations by shaping new treatments, interventions, and improving quality of life for all older adults.

# HOW YOUR GIFT CAN HELP



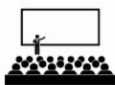
**\$25,000**

FUNDS AN AGING-RELATED PILOT PROJECT FOR A JUNIOR FACULTY MEMBER.



**\$10,000**

FUNDS A SEED RESEARCH PROJECT FOR A POSTDOCTORAL FELLOW



**\$4,000**

SUPPORTS A PUBLIC LECTURE



**\$1,000**

FUNDS 40 PARTICIPANTS IN OUR SUCCESSFUL AGING STUDY



**\$450**

FUNDS A HIGH SCHOOL STUDENT FOR A WEEK, INCLUDING A STIPEND AND ALL SUPPLIES



**\$100**

FUNDS AN ARTICLE IN OUR BI-MONTHLY NEWSLETTER

Here are just a few highlights of our programs from the past year:

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 funding 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. 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!

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.

As you also know, the Center for Healthy Aging works hard to keep you informed on our research findings so that you can improve your own lifestyle choices. This year, for the first time since the pandemic, we presented our annual all-day research symposium in person on the topic of healthy longevity. With over 250 people in attendance, this event showcased our research findings on drivers of healthy longevity, interventions for healthy longevity and the impact of resilience on healthy longevity.

*Your generosity makes all this possible.*

As the year draws to a close, we ask you for your support to continue and extend our programs. Please help us care for each other by supporting our work.

Thank you and happy holidays to you and your loved ones.

[GIVE NOW](#)

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



### NEXT PUBLIC LECTURE

UC San Diego

Center for Healthy Aging  
Stein Institute for  
Research on Aging

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"**



**"Understanding Aging in the Real World:  
What Wearable Devices Reveal About How We  
Age Differently"**

January 24, 2024

4-5pm

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](#)



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UC San Diego Center for Healthy Aging | 9500 Gilman Drive 0664, La Jolla, CA 92093

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