

Happy New Year &
Upcoming Events of 2025

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!



Events to look forward to in 2025...

Our Public Lecture Series 2025

PUBLIC LECTURES 2025

Save the dates



Wednesday, January 22nd 4-5pm



“Decoding the Dark Side of the Human Genome: How Ancient Viruses Shape Aging”

with Michael J. Corley, PhD

Tuesday, March 11th 4-5pm



“Mindfulness-based mental training to enhance well-being and healthy aging”

with Fadel Zeidan, PhD

Wednesday, May 14th 2025 4-5pm



“Intermittent fasting: a strategy to prevent cardiometabolic diseases and promote healthy aging”

with Michael J. Wilkinson, MD, FACC, FNLA

Wednesday, July 16th 4-5pm



“Navigating Grief: What the Science of Resilience Teaches about Adaptation to Loss”

with Danielle Glorioso, LCSW



[Click for more Details and Registration](#)

Aging Creatively in the Museum of Contemporary Art San Diego

January 30th, 2025

4pm



WHEN: JANUARY 30TH 2025
BEGINS AT 4:00PM

WHERE: MCASD
700 PROSPECT ST
LA JOLLA, CA 92037

Please join us for this unique event presented in collaboration between the UC San Diego Stein Institute for Research on Aging and the Museum of Contemporary Art San Diego. This event will feature a thought-provoking panel discussion on the intersection of art, aging, and the museum experience, followed by a tour of the Museum and a reception. The panel will showcase the meaningful work being done by both organizations, supported by the Vitality Arts Program, to explore how art can engage, empower, and enrich the lives of older adults.

SCHEDULE OF EVENTS

4 PM - 4:10 PM WELCOME AND INTRODUCTION
4:10 PM - 5 PM PANEL CONVERSATION

PANELISTS:

KHAI NGYUEN MD, MHS CLINICAL SERVICES CHIEF, HEALTH SCIENCES – CLINICAL PROFESSOR, AND UCSD DIVISION OF GERIATRICS, GERONTOLOGY, & PALLIATIVE CARE

KATHRYN KANJO, THE DAVID C. COPLEY DIRECTOR AND CEO AT THE MUSEUM OF CONTEMPORARY ART SAN DIEGO

MODERATOR:

DANIELLE GLORIOSO, LCSW

5 PM - 5:15 PM Q AND A
5:25 PM - 6 PM TOUR MCASD GALLERIES
6 PM REFRESHMENTS

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m c a s d
Museum of
Contemporary Art
San Diego

[Register Here](#)

All Day Healthy Aging Symposium

September 25th, 2025
UC San Diego Park & Market

ANNOUNCEMENT

Our all day Symposium is back by popular demand in Fall 2025!

Resilience and Healthy Aging
September 25, 2025
UC San Diego Park & Market
more details to follow

UC San Diego

SAM AND ROSE STEIN INSTITUTE
FOR RESEARCH ON AGING

[See details of past symposiums here](#)

The 3rd Annual Lee Tuh-Fuh and Ruby Lee Wang Zu-Ming Endowed Lecture

Fall 2025 (date & title TBA)



The Lim Family & Stein Leadership: Dr. Alison Moore, Dr. KB Lim, Dr. Anthony Lim, Linda Lim, Danielle Glorioso, Dr. Anthony Molina

See more about the annual lecture here

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!

Announcement: Our "Aging is Beautiful" t-shirts are back!

**Back by
popular
demand!!!**

"Aging is Beautiful" T-shirts for a \$35 donation



**If interested,
please email
healthyaging@ucsd.edu**

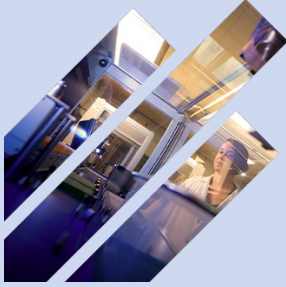


Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and development led by our Executive Director, Danielle K. Glorioso, LCSW, we are pleased to announce that Resilience Intervention is now licensed and available for use in community settings as well as for further research. This manualized evidenced-based 6-week program is designed to enhance resilience, compassion, and self-compassion among older adults, and has been tested and validated with numerous

community dwelling older adults as well as a variety of other settings and populations. For more information, please contact Danielle Glorioso at dglorioso@health.ucsd.edu

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



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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