

**New Museum Event, Next  
Public Lecture & Video  
available of Lee Tuh-Fuh  
and Ruby Lee Wang Zu-  
Ming Endowed Lecture**

**UC San Diego**

Center for Healthy Aging  
Stein Institute for  
Research on Aging

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

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## **Aging Creatively in the Museum of Contemporary Art San Diego**

January 30th, 2024  
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

**UC San Diego**  
SAM AND ROSE STEIN INSTITUTE  
FOR RESEARCH ON AGING



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## Our Panelists:

**Kathryn Kanjo** is The David C. Copley Director & CEO of the Museum of Contemporary Art San Diego. Concurrent with her appointment to Director in 2016, the Museum launched a major expansion that quadrupled the gallery space. Designed by Selldorf Architects, the expanded campus reopened to the public in April 2022. Kanjo served as Executive Director of Artpace San Antonio (2000-2006) and



Director of the University Art Museum at the University of California, Santa Barbara (2006-2010). She returned to MCASD in 2010 as Chief Curator and Deputy Director Art and Programs, organizing exhibitions of Isaac Julien, Ed Ruscha, and Jack Whitten, among others. Kanjo serves as the President of the Board at the Linda Pace Foundation in San Antonio, Texas. She received her M.A. in Art History and Museum Studies at the University of Southern California and her B.A. in Art History and English Literature from the University of Redlands.

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**Khai Nguyen, MD**, is a board-certified internal medicine doctor and geriatrician who specializes in caring for older adults. He provides primary care to patients, with an emphasis on health maintenance, disease prevention, treatment of acute and chronic illnesses and preservation of function. As a geriatrician, Dr. Nguyen aims to keep seniors healthy and high functioning as they transition through the stages of aging. His

expertise includes providing therapeutic and rehabilitative care for conditions or health concerns that are common among the elderly such as frailty, falls, incontinence, memory and cognitive problems, and medication-related side effects. He also has expertise in end of life care and advance care planning. Dr. Nguyen is clinical services chief of senior medicine at UC San Diego Health, where he oversees efforts to help ensure quality patient care and provides leadership management of clinical functions and staff. As a former instructor in the Division of Geriatrics, Dr. Nguyen has taught internal medicine residents and geriatric medicine fellows at UC San Diego School of Medicine. He has coauthored numerous abstracts and was a speaker at the 2015 annual meeting of the National Association of Managed Care Physicians. Prior to joining UC San Diego Health, Dr. Nguyen was the medical director of VITAS Healthcare and Hospice. He was also a geriatric home-based primary care physician at VA Healthcare System San Diego, and a physician in the Department of Continuing Care Services at Kaiser Permanente San Diego. Dr. Nguyen completed a fellowship in geriatric medicine at UC San Diego School of Medicine and a residency in internal medicine at Scripps Green Hospital in La Jolla. He earned his medical degree from University of Vermont College of Medicine in Burlington, Vermont. Dr. Nguyen also holds a master's degree in

health policy and certification in health finance and management from Johns Hopkins Bloomberg School of Public Health. He holds the hospice medical director certification (HMDC) credential. Dr. Nguyen is a member of the American Academy of Hospice and Palliative Medicine.

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## Our Moderator:



**Danielle K. Glorioso** is a Licensed Clinical Social Worker with extensive experience in aging, community health, and clinical research. Since joining UC San Diego in 2001, she has taken on a leadership role as the Executive Director of the Center for Healthy Aging and the Stein Institute for Research on Aging. In this capacity, Ms. Glorioso oversees a wide range of operations including strategic planning, organizational development, community outreach, training, philanthropy, communications, and marketing. She is also a certified therapist in prolonged grief disorder, specializing in manualized interventions. One of her major accomplishments includes leading the research

and development of a licensed, evidence-based six-week program designed to enhance resilience, compassion, and self-compassion among older adults. This intervention, which has undergone nearly a decade of research, has been tested and validated in various community settings, including among older adults in group and individual settings. Through her work, Danielle has made significant contributions to improving the mental health and well-being of older adults

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## Our Next Public Lecture

January 22, 2025

4pm



Michael J. Corley, PhD

## PUBLIC LECTURE

### "DECODING THE DARK SIDE OF THE HUMAN GENOME: HOW ANCIENT VIRUSES SHAPE AGING"

Please join us for a lecture with UC San Diego Associate Professor in  
Medicine, Dr. Michael J. Corley. Q & A to follow.



4pm-5pm



Wed, Jan 22



Zoom

## "Decoding the Dark Side of the Human Genome: How Ancient Viruses Shape Aging"

Dr. Michael J. Corley is an Associate Professor in Medicine within the Division of Geriatrics, Gerontology, & Palliative Care. He received his undergraduate degree from UCSD and a MA and PhD in Behavioral Neuroscience from the University of Hawaii and completed postdoctoral training at the John A. Burns School of Medicine in epigenetics, immunology, and infectious diseases. Dr. Corley leads a global epigenetics research program focusing on understanding the interplay between the immune system, viruses, and aging. His laboratory is at the forefront of generating critical data to advance the development, validation, and implementation of novel biomarkers and therapeutics aimed at promoting longevity.

[Register Here](#)

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## Video now available! Ancient Wisdom, Modern Science, and the Emerging Keys to Healthy Aging and Longevity

Gordon Saxe, M.D., Ph.D., and Anthony Lim, M.D., J.D.





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

[View on UCTV](#)

### 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](mailto: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**

UC San Diego  
SCHOOL OF MEDICINE  
Stein Institute for Research on Aging  
Center for Healthy Aging

**Aging  
is  
*Beautiful***

**If interested,  
please email  
[healthyaging@ucsd.edu](mailto: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](mailto:dglorioso@health.ucsd.edu)

If you are interested in learning more about the program, please contact us at [healthyaging@health.ucsd.edu](mailto: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](#)



[Visit our website](#)

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