

**Aging is Beautiful Everywhere  
Spotlight,  
Participate in Research,  
Our Next Public Lecture**

**UC San Diego**  
SAM AND ROSE 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 is Beautiful Everywhere Spotlight**

# Aging is *Beautiful*

Age beautifully,  
wherever life takes you  
#AgingIsBeautifulEverywhere



## Spotlight: Peggy Furst, ziplining in Mexico — soaring high and embracing adventure

“Whether it’s finding a new love or ziplining in Mexico, I find my life enriched by stepping beyond my comfort level. And what a high - literally! - when it all comes together.”

Embracing new experiences — especially the ones that feel just a little bit daring — can spark confidence, resilience, and joy. Growth happens when we stretch ourselves, and those moments of courage often become our most treasured memories.

Thank you, Peggy, for reminding us that healthy aging is about staying curious, courageous, and open to life’s next adventure.

Get your own “Aging is Beautiful” t-shirt for a \$35 donation - and share your #AgingIsBeautifulEverywhere photos with us!

**please email [healthyaging@ucsd.edu](mailto:healthyaging@ucsd.edu)**



## Participate in Aging Research

Research happens in partnership with our community. The Stein Institute currently has two aging research studies seeking participants. By taking part, you can help advance discoveries that support healthier aging for generations to come.



Interested in getting involved?

[Learn more 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 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!

## Register for our next Public Lecture

"SEXUAL WELL-BEING: HOW IT EVOLVES AS WE AGE"

Wednesday , March 18, 2026

4pm - 5pm

# PUBLIC LECTURE

## SEXUAL WELL-BEING: HOW IT EVOLVES AS WE AGE

Please join us for a lecture with UC San Diego Associate Professor, Dr. Annie Nguyen. Q & A to follow, moderated by Executive Director, Danielle Glorioso, LCSW.

**Wed, March 18**

 **4-5pm**

 **Zoom**



**Annie Nguyen, PhD MPH**

Dr. Annie Nguyen is an associate professor at the University of California, San Diego in the Herbert Wertheim School of Public Health and Human Longevity Science. She is also the Director of the School of Public Health's Healthy Aging and Longevity Science Research Program. Prior to joining the faculty at UCSD, she spent nearly 10 years on the faculty at the University of Southern California, School of Medicine in the Department of Family Medicine. Dr. Nguyen received her PhD in Public and Community Health from the Medical College of Wisconsin and her MPH from Dartmouth College. Her federally-funded research portfolio focuses on promoting multiple aspects of healthy and resilient aging, with particular emphasis on priority populations facing structural disadvantage, including people living with HIV and people who have been incarcerated. Her work is grounded in community-based participatory research (CBPR) and she is committed to engaging communities as research partners and centering their voices in the research process.

[Register Here](#)

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## 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)

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## 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.

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