

**New week's Public
Lecture, Center for
Circadian Biology (CCB)
Annual Symposium &
HALT-AD Study
Opportunity**

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!

Next week is our Public Lecture with Dr. Michael J. Corley!

Date: January 22, 2025

Time: 4:00 PM – 5:00 PM

Location: Zoom (virtual event)

Join us for an insightful lecture featuring **Dr. Michael J. Corley**, UC San Diego Associate Professor in the Division of Geriatrics, Gerontology & Palliative Care.

About the Speaker:

Dr. Corley's groundbreaking research bridges epigenetics, immunology, infectious diseases, and aging. His global research program focuses on the intricate interplay between the immune system, viruses, and the aging process. With cutting-edge discoveries, his lab is advancing novel biomarkers and therapeutics aimed at promoting longevity.

Event Highlights:

- **Lecture:** Learn from Dr. Corley's expertise in aging and epigenetics.
- **Q&A Session:** Get your questions answered directly by a leader in the field.

Register Now: Don't miss this chance to explore the science shaping the future of healthy aging.

We look forward to seeing you online!



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, moderated by Danielle Glorioso.



4pm-5pm



Wed, Jan 22



Zoom

[Register Here](#)

**The Center for Circadian Biology (CCB)
15th Annual Symposium**
"Biological Timekeeping, Aging and Disease"
March 20-21st at UC San Diego

15th Annual Center for Circadian Biology Symposium

“Biological Timekeeping, Aging, and Disease”

March 20-21, 2025 - UC San Diego



This symposium will explore the connection between aging biology and circadian rhythms, bringing together experts from both fields to cultivate new collaborations and deepen our understanding of how circadian regulation influences health, longevity, and age-related diseases.

DAY 1. Healthy Aging and Longevity

Victoria Acosta-Rodriguez • Amandine Chaix
Bruno Conti • Louise Ince • Anthony Molina
Madeline Scott • Amita Sehgal
Terry Sejnowski • Benjamin Smarr
Joe Takahashi • Jamie Zeitzer

DAY 2. Circadian disruption and Pathological Aging

Paula Desplats • Erin Gibson
Diego Golombek • Vera Gorbunova
William Joiner • Roman Kondratov
Ellen Lee • Bryce Mander
Sharon Naismith • Renny Ng • Gina Poe
William Todd • Vikki Weake

Submit
your
Abstract
by 1/31/25
to be considered for
a speaking spot and
travel assistance!

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Presentations on latest research
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Poster session with prizes
Technology showcased by industry
partners

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Many Thanks to our Sponsors



Funding for this conference was made possible, in part, by Award 1R13AG092163-01 from National Institute of Aging. 'The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention by trade names, commercial practices, or organizations imply endorsement by the U.S. Government.'

[download flier PDF](#)

[Register Here](#)

**Join the HALT-AD (Healthy Actions and
Lifestyles to Avoid Dementia) study
today!**

The Healthy Actions and Lifestyles to Avoid Dementia or *Hispanos y el ALTo a la Demencia* program (HALT-AD) study is designed to test a new online educational platform (website) that can help midlife and older adults learn how to prevent dementia via lifestyle changes.



Basic Eligibility Criteria

- Age 50-85
- Not diagnosed with dementia or Alzheimer's disease
- Proficient in English or Spanish
- Able to access the internet
- Have access to Zoom video calls
- Have sufficient vision and hearing

What happens during the HALT-AD Study?

Participation in this study will take up to 5 months. Potential participants will first go through a phone screening process to determine if they are eligible to enroll in the study. Participants will be given free access to the online platform and will be asked to:

1. Complete questionnaire by phone or email at the beginning and end of the study
2. Use the online platform as much as they'd like (up to 30 minutes per week if they choose to complete all content)
3. Participate in one-hour support sessions via zoom once a week for 18 weeks

You will receive \$50 for participating in this research.

For more information or to participate, please contact:

ENGLISH

Dr. Sara Moukarzel
(858) 432-8828
smoukarzel@health.ucsd.edu

SPANISH / ESPAÑOL

Ms. Ashley Robles
(805) 423-7454
adcs-asrobles@health.ucsd.edu

Protocol #810123 | v14 | Approved: Nov 01, 2024 | Expires: Apr 17, 2025

Why HALT-AD?

- Alzheimer's disease (AD) remains to be the single most feared disease associated with aging, having a devastating social and economic impact on patients, families, and the community.
- Experts in AD and aging now know that altering certain aspects of our lifestyle and behavior can reduce dementia risk. We want to get the message out that factors such as better nutrition, physical activity, sleep, and mindfulness can all improve our chances of maintaining our cognitive health.
- There is lots of inaccurate information available, and as clinicians and scientists, we see a need for adults to have access to good quality information in an easy-to-digest format. We created an educational tool, in Spanish and in English, to help people make these lifestyle changes

happen. We call this tool HALT-AD.

What is HALT-AD?

- HALT-AD (Healthy Actions and Lifestyles to Avoid Dementia or Hispanos y el ALTo a la Demencia) is a novel bilingual – English and Spanish- program that helps adults identify their risk factors for dementia and then learn how to reduce these factors through changes in their lifestyle.
- HALT-AD is online. It can be accessed via phone, tablet or computer.
- HALT-AD offers at least 10 courses with videos, games, and other interactive features to ensure learning is fun and engaging.
- HALT-AD is personalized. Participants learn about their own risks, set their personal goals to achieve by the end of the program, and track their progress over time.

What is the new HALT-AD study all about (*flyers attached*)?

- We're enrolling 130 participants, aged 50+, without dementia, to access HALT-AD for 18 weeks, with weekly Zoom support sessions.
- We are testing if the program helps people learn more about dementia risk reduction and if they commit to making changes in their lifestyles.
- Participants will receive a \$50 gift card as a thank you.

Join us in this vital research and take a proactive step toward a healthier future!

Download Flier in English

Download Flier in Spanish

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**

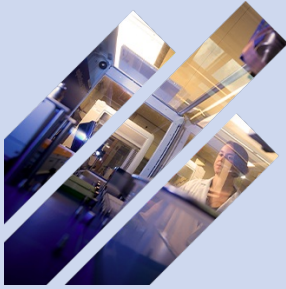


Resilience, Compassion and Self-Compassion Program available for License

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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