

## Resilience Program, SALUD-tech study, Public Lecture Series

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!

## Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available for use in community settings.

This program was developed in response to the literature on resilience, compassion, and self-compassion which demonstrates that these traits have been associated with positive physical and mental health outcomes such as improved physical health, an increased immune system, positive psychological outcomes, improved coping abilities, and longevity. As a result, the Stein Institute for Research on Aging has developed a unique program to enhance these traits and improve overall quality of life and well-being in older adults.

This 6-week manualized program is designed to promote overall well-being. Its emphasis is on empowerment and shared learning through thoughtful discussion, reflection-oriented exercises, and reinforcement of positive ideas. This is done with mindfulness exercises and meditation, education about wisdom, resilience, and empathy, practices of savoring and gratitude in a daily gratitude diary. There are social skills training for self-compassion and compassion for others, engagement in value-based activities, exercises to build self-esteem and self-efficacy, and daily home-based practice of the skills taught during the sessions. Our research has shown that this program is



associated with a reduction in perceived stress, depression, and loneliness and an increase in resilience, self-compassion, and wisdom.

This licensed program is a great addition to programming at agencies providing services for older adults, such as community-based adult programs and senior living communities. The manual has been thoughtfully created to be administered remotely or in-person, in both individual and group settings. As part of the licensure fee, training is provided to staff interested in facilitating the program. Since the program has been designed to be delivered by anyone with experience working with older adults, there are no education requirements needed to facilitate the program.

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

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## SALUD-Tech is recruiting for Study Participants



**Can data from smartphones and smartwatches help find out if someone might get a brain disease like Alzheimer's later in life?**

Make a difference in the Latino community by participating in our study focused on answering the question above. The study, called SALUD-Tech, looks at how memory, aging, and health differences affect the Hispanic/Latinx community. You can be part of this research and make a positive impact for yourself and future generations! If you want to join or learn more about the study, contact Martha Perez at 619-373-4735 or check out our bilingual study website!

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# SALUD-Tech

Participate in a study that examines if digital markers from smartphones and smartwatches can help track brain changes in Latinos



**MAKE A  
DIFFERENCE IN THE  
LATINO COMMUNITY**

## You may qualify if you are:

- ✓ 50-70 years
- ✓ Hispanic/Latino
- ✓ English- or Spanish-speaking



**Flexible  
scheduling  
of study  
visits**



**Results of  
memory testing  
and routine  
blood tests at  
no cost to you**



**You will be  
compensated  
up to \$175 for  
your time**



**Assistance  
with  
transportation  
available**

## ALL INFORMATION IS KEPT CONFIDENTIAL

If you have any questions or are interested in participating,  
please call  
619-373-4735 or email us at [saludtech@health.ucsd.edu](mailto:saludtech@health.ucsd.edu)

 [www.facebook.com/saludtech.sd/](https://www.facebook.com/saludtech.sd/)

 [saludtech.info](http://saludtech.info)



Protocol #20200114521 Approved: Aug 11, 2021 Expires: Aug 01, 2024

[Download flyer PDF \(English\)](#)  
[Download flyer PDF \(Spanish\)](#)

¿Pueden los datos de los teléfonos y relojes inteligentes ayudar a identificar si alguien podría tener una enfermedad cerebral como el Alzheimer más adelante en la vida?

Haga una diferencia en la comunidad Latina participando en un estudio enfocado en responder la pregunta mencionada arriba. El estudio SALUD-Tec busca encontrar cómo la memoria, edad, y diferencias en salud afectan a la comunidad Hispana/Latina. ¡Puede ser parte de esta investigación y hacer una diferencia en su comunidad y generaciones futuras! Si quiere unirse u obtener más información sobre el estudio, comuníquese con Martha Perez al 619-373-4735 o visite nuestra página de internet bilingüe.

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



### NEXT PUBLIC LECTURE



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](#)

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# 2024 Upcoming PUBLIC LECTURES



Wed, Jan 24

**BEN SMARR, PHD - ASSOCIATE DIRECTOR**  
“UNDERSTANDING AGING IN THE REAL  
WORLD: WHAT WEARABLE DEVICES  
REVEAL ABOUT HOW WE AGE  
DIFFERENTLY”

Wed, March 13

**SARAH BANKS, PHD - ASSOCIATE  
DIRECTOR**  
“CAN WE AVOID COGNITIVE DECLINE  
WITH AGE?”

Wed, May 15

**MARIA ROSARIO (HAPPY) G. ARANETA  
PHD, MPH - ASSOCIATE DIRECTOR**  
TBA

Wed, July 24

**COLIN DEPP, PHD - ASSOCIATE  
DIRECTOR**  
TBA

🕒 4-5pm

📍 Zoom



## 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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