

**Public Lecture with Dr. Shadyab,
The Living Lab to host Australian
American Leadership Dialogue,
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Research**

UC San Diego
**SAM AND ROSE 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!

Don't forget to register for our first Public Lecture of 2026

We are pleased to launch our 2026 Public Lecture Series with Dr. Aladdin Shadyab, UC San Diego Associate Professor of Medicine and Public Health, presenting *“Slowing the Clock: Longevity Science Meets Alzheimer’s Prevention.”* This virtual talk will highlight emerging research connecting longevity science with strategies to reduce Alzheimer’s risk and will conclude with a live Q&A moderated by Executive Director Danielle Glorioso, LCSW. We are excited to begin another year of dynamic, evidence-based discussions on healthy aging with our community.

[Register Here](#)

PUBLIC LECTURE

**“SLOWING THE CLOCK: LONGEVITY SCIENCE
MEETS ALZHEIMER’S PREVENTION”**

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

Wed, Jan 28  **4-5pm**  **Zoom**

 Aladdin Shadyab, PhD

UC San Diego
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Dr. Aladdin H. Shadyab is an Associate Professor at the University of California San Diego, where he holds joint appointments in the Herbert Wertheim School of Public Health and Human Longevity Science and the Division of Geriatrics, Gerontology, and Palliative Care in the Department of Medicine. A leading expert in the science of aging and longevity, Dr. Shadyab's research spans the

epidemiology of aging, exceptional longevity, women's health, geroscience, and multi-omics approaches to understanding human health and longevity across the lifespan. Dr. Shadyab is a prolific and internationally recognized researcher, with over 300 publications in top-tier scientific journals. Through his research, Dr. Shadyab is helping to unlock the secrets of healthy aging and translate cutting-edge science into insights that can extend healthspan among older adults.

More about our Public Lecture Series

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 to nominate them!

The Living Lab to host Australian American Leadership Dialogue

The Stein Institute for Research on Aging is proud to host The Australian American Leadership Dialogue (AALD) meeting at our Living Lab at Belmont Village next week. Bringing together senior leaders from business, government, and academia across Australia and the United States, the Dialogue fosters collaboration on the shared challenges and opportunities which shape the future.

Hosting this meeting at our Living Lab highlights the distinctiveness of this model, where research, innovation, and daily life intersect in a real-world setting. The Living Lab at Belmont Village is designed to accelerate learning by

testing ideas alongside its residents, staff, and partners -- creating insights that are both rigorous and immediately relevant. We hope this meeting will spark new ideas, encourage collaboration, and inspire its leaders to explore how similar living lab models might be adapted and replicated in other communities.

[More about the AALD](#)

Donor Support in Action: Emerging Scholar Publishes New Research on Resilience



Thanks to the generosity of our donors, Stein Institute Emerging Scholar Miya Gentry, M.A., M.S., has published her manuscript, *“From Adversity to Purpose: How Self-Compassion and Age Influence Meaning in Life Among Adults with Adverse Childhood Experiences”* in the Journal of Adult Development. Using data from the UC San Diego Successful Aging Evaluation (SAGE) Study, Miya’s research highlights how psychological strengths like self-compassion can foster meaning, resilience, and well-being across the lifespan—even in the face of early adversity.

Miya is a fourth-year doctoral student in the SDSU/UC San Diego Joint Doctoral Program in Clinical Psychology, mentored by Dr. Barton Palmer. Her work focuses on social functioning, traumatic stress, and resilience, with a special emphasis on aging and trauma-exposed populations. Through rigorous, trauma-informed research and clinical training, Miya is helping advance evidence-based approaches that promote healthier aging and improved quality of life for vulnerable communities.

This publication is a powerful example of how donor support for the Emerging Scholars Program directly fuels impactful, peer-reviewed research and helps train the next generation of leaders in aging science.

[Read it here](#)

Participate in Research at the Stein Institute

MiTEA (Mitochondrial and Exogenous Ketones in Aging)

Join a Study on Ketone Supplementation and Healthy Aging

Dr. Anthony Molina is leading a study to better understand the effects of ketone supplementation on healthy aging. The product being studied is MiDR1V3 TM by Mitargos, Inc.

About the study:

- Involves a brief in-person screening and an additional 3 in-person visits over 3 weeks.
- Includes physical health assessments (like height, weight, blood pressure, grip strength, and body composition)
- Includes cognitive and sensory assessments
- A small blood sample will be collected at each visit.

Eligibility:

- Age 55 – 75 years
- BMI between 20 and 30kg/m²
- Stable weight for the last 6 weeks
- Normal cognition and blood sugar
- Willing to consume a supplement drink daily for two weeks and adhere to the 3-week study regimen that includes 3 in-person study visits.

NOT ELIGIBLE if: pregnant, have diabetes, uncontrolled hypertension, heart condition, cancer, dementia, certain sensory, physical, or neurological conditions, allergies to any of the drink ingredients, or are using certain supplements.

Compensation: Participants will receive compensation of \$25-50 after each in-person visit is completed, for a total of up to \$150.

Interested? Please contact the study coordinator(s) at the UCSD Division of Geriatrics, Gerontology and Palliative Care and reference the Ketone Drink study.

By email: Iseow@health.ucsd.edu

By phone: (858) 534-5752

MiMIC (Multivitamin and Mineral Supplementation Impacting Cellular Metabolism)

Dr. Anthony Molina has started a new study to better understand the effects of multivitamin and mineral supplementation on healthy aging when taken during middle age. The multivitamin being studied is from the makers of Centru.

What will be measured? You will be asked to complete pre-screening in person. If you are eligible, you will be asked to come in person four more times over a 14-week period. We will be measuring all kinds of interesting things!

Physically: Assessments of height, weight, heart rate, blood pressure, resting metabolic rate, aerobic fitness, strength, gait, balance, and body composition.

Mentally: You will be asked to complete a number of questionnaires regarding your dietary information, medical history, sleep, mood, level of physical activity, and feelings about life.

From your body: You will be asked to provide a blood sample.

Who is eligible?

- Between 40 – 60 years of age
- Have a BMI ≥ 18.5 and $\leq 32\text{kg}/\text{m}^2$
- Weight stable for the last 6 weeks
- Willing to consume a multivitamin and mineral supplement and adhere to the 14 week study regimen that includes 5 in-person study visits.

NOT ELIGIBLE if: pregnant, have dementia, have an existing heart condition, diabetes, untreated hypertension, respiratory disease, cancer, or drug interactions to the multivitamin supplement.

Compensation: Participants will receive compensation of \$40-60 after each in-person visit is completed and \$5 after each electronic questionnaire is received, for a total of up to \$320.

Interested? Please contact the study coordinator(s) at the Exercise & Physical Activity Resource Center (EPARC) at UCSD. Please reference the Multivitamin and Mineral Supplement study.

By email: eparc@ucsd.edu

By phone: (858) 534-9315



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

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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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