

# Successful Ager: July(ie) Galper & Public Lecture this Wednesday

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!

## Successful Ager: July(ie) Galper

written by Riva Rainier



Beautifully spirited July Galper just celebrated yet another trip around the sun. She happily recounts her Birthday at the Lawrence Family Jewish Community Center, affectionately dubbed the JCC, alongside her friend where they shared cake and celebrated in the senior lounge. With her brimming optimism and infectious energy, one would never guess that her parents and sister escaped from Romania to

Lima, Peru just 3 months before the Second World War. Born and raised in Peru, July expressed the difficulty of losing her remaining family. Yet, despite the loss of her family July lives by the motto “Live every day like it's the last day of your life.” July is motivated by her desire to enjoy her life, the JCC being an integral component of her social community. “The JCC is open to everyone not just Jewish people” she explains, and that “interacting with people is one of the most important parts of her aging.”

With her son in Australia across the globe, July builds her support system through the JCC and by connecting with her kindergarten classmates on WhatsApp. She explains, “Lima is different from here, you are with the same people from kindergarten to high school so the bonds are strong.”



July is excited about her upcoming trip to San Francisco with one of those very friends, who are smiling together in the picture above.



Social contact is among her three tenets of healthy aging, which she emphasizes alongside exercise and nutrition. July asserts “Number one is exercise” and that “exercise is my religion.” To July exercise is about physical, emotional, and psychological well-being. She advises anyone struggling with age to “look around, interact with people, and do the three most important things.” She recommends the elderly get a trainer and try

to go to the gym at least twice a week because of its potent benefits on mood and socializing. July voices the key role of exercise in her life: “If you are not active it is easy to get depressed unless you have family close by.”

True to her own words July leads a very active lifestyle, spending her mornings in the gym facility at the JCC, interacting with fellow gym goers, and fostering a sense of community. She believes it is impossible to be 100% and yet though “everyone has something” to age successfully you should “do everything you can to be in good health.” July’s morning exercise ritual is a must, however, the rest of her day can be filled with various activities. July is a member of the UCSD Osher Lifelong Learning Institute where she spends her time meeting wonderful people, making incredible friends, and attending lectures that spark her interest from medicine to music. To July, Osher “is a gift” and with her dynamic personality, Osher allows her to continue seeking new experiences with others. She explains “It’s my personality, I don’t like to sit at home, I like to talk to people.”



Among her many interests, July has a passion for classical music. She recounts learning piano as a child at the Lima Conservatory. She loves buying tickets for the symphony and La Jolla Music Society a favorite piece of hers: the Mendelssohn Violin Concerto. July marries her deep love for music with her strong Jewish Identity by helping to bring Israeli classical musicians from all over to San Diego. Her altruism extends further through her involvement

with the United Jewish Federation and Jewish Family Service where she helps to support “everybody in need.” In her free time, she volunteers with the children at the JCC expressing how she misses them when she can not. July is pictured on the right with world renowned violinist Asi Mattathias who will be performing at the JCC on November 8, 2024. Above she stands alongside Tal Haim’samnon a talented pianist and shares a happy moment with Avi Avital a classical mandolinist.

Looking back, July reflects that her biggest regret is not asking her mother and father more questions. She explains “It is so important to talk to older people, they will tell you many important things about life.” July finds respect to be of the utmost importance and exclaims how it is very concerning how young people’s values have shifted. July believes it is critical to “not dismiss people because they are older—you can learn a lot from older people.” Something that could never ring more true when there is so much to learn from the speaker herself.

July is the epitome of successful aging, her vibrant personality reflecting her spirited life. From how she cultivates her passion and nurtures her strong community to her dedication to all aspects of aging: physical, mental, and emotional July does it all! She is an inspiration to the growing aging population and the upcoming youth. A representation of resilience, committed to the growth of herself and others even through hardship. She is a message to “live every day the best that you can” because July Galper sure does.

---

## "Social Connection and Healthy Aging" Public Lecture this Wednesday, July 24th



The graphic features a circular portrait of Dr. Colin Depp on the left, with his name and title below it. The central text reads: "Please join us for our next PUBLIC LECTURE 'SOCIAL CONNECTION AND HEALTHY AGING'". Below this, it says "Please join us for a talk with one of our associate directors, with Dr. Colin Depp Q & A to follow." At the bottom, there are icons for a clock (4-5PM), a calendar (WED, JULY 24), and a location pin (ZOOM). The UC San Diego logo and the Center for Healthy Aging Stein Institute for Research on Aging are in the top right. The background has a blue and white striped circular pattern.

Colin Depp, PhD  
Associate Director

UC San Diego  
Center for Healthy Aging  
Stein Institute for  
Research on Aging

Please join us for our next  
**PUBLIC LECTURE**  
"SOCIAL CONNECTION AND  
HEALTHY AGING"

Please join us for a talk with one of our  
associate directors, with Dr. Colin Depp  
Q & A to follow.

4 - 5PM WED, JULY 24 ZOOM

[Please Register Here](#)

As a clinician scientist, Colin Depp's research has focused on technology-based longitudinal assessment and real-time interventions in mental health, in particular mobile technology applications in serious mental illnesses. Dr. Depp has been fortunate to receive as PI several NIMH and VA grants, each concerned with evaluation of technology enhanced assessments and cognitive and behavioral real-time interventions. He is a co-investigator on several other NIH and foundation-funded projects that deliver multi-component behavioral interventions and incorporate use of technology to assess and modify suicide risk, cognitive ability, and other mental health outcomes. Dr. Depp is also the Director of Research Education and Training at the Clinical and Translational Research Institute at the University of California, San Diego and is active in the role of mentoring clinician scientists in multiple training programs. This position has led him to be increasingly involved in inter-disciplinary education programs, and developing team science in collaboration with clinicians, engineers, and bioinformaticians, as well as in creating novel training opportunities in entrepreneurship in medical devices. Clinically, he is a practicing clinical psychologist in the VA San Diego where he mentors and clinically supervises residents, fellows, graduate students, and interns.

---

### 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!

---

## The San Diego Nathan Shock Center Pilot Grant is still open for applicants



salk  
Where cures begin.

Sanford  
Burnham  
Prebys

UC San Diego  
School of Medicine

Supported by the National Institute On Aging  
NIH - P30 AG068635

The San Diego Nathan Shock Center (SD-NSC) is requesting applications for its Pilot Grant program. The goal is to support projects that explore the heterogeneity of aging by taking advantage of the scientific services offered by the SD-NSC Research Resource Cores.

Application Deadline: Proposals are due on or before August 22, 2024 at midnight through the **Salk Institute Competitions Portal**. Please create a user profile in the portal to submit your application by following **these instructions**.

[More Info and Apply Here](#)



### 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.

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

## Save the Date

### THE 2ND ANNUAL LEE TUH-FUH AND RUBY LEE WANG ZU-MING ENDOWED LECTURE

SAVE THE DATE

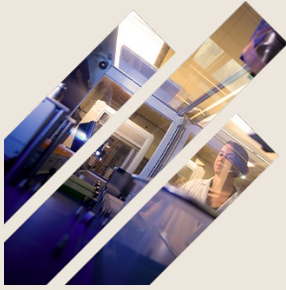
OCTOBER 22, 2024

1PM

8980 VIA LA JOLLA

MORE DETAILS TO FOLLOW

More Upcoming Events



## 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](#)

UC San Diego Center for Healthy Aging | 9500 Gilman Drive 0664 | La Jolla, CA 92093 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!