

Dr. Alison Moore in The National Geographic article, Lee Tuh-Fuh and Ruby Lee Wang  
Zu-Ming Endowed Lecture & San Diego  
Nathan Shock Center Pilot Grant

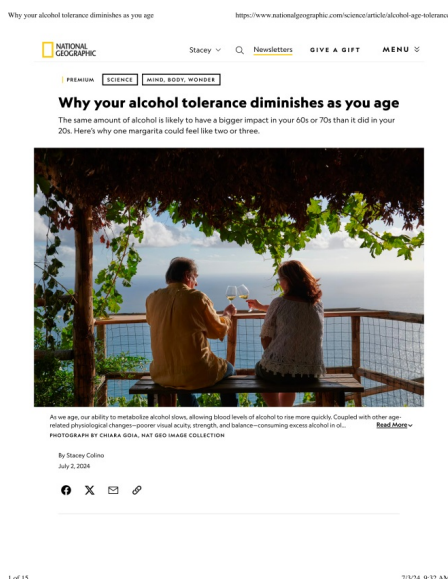
UC San Diego

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!



## Dr. Alison Moore featured in The National Geographic article "Why Your Alcohol Tolerance Diminishes with Age"



The National Geographic article discusses how alcohol tolerance decreases with age, highlighting insights from Dr. Alison Moore. As we age, our bodies undergo several changes that affect alcohol metabolism, including reduced liver function and decreased muscle mass. Dr. Moore explains that these factors contribute to higher blood alcohol concentrations and increased sensitivity to alcohol's effects. Additionally, age-related changes in body composition and enzyme activity further complicate alcohol processing, making older adults more susceptible to its adverse effects.

[Read the Article Here](#)

# The 2nd Annual Lee Tuh-Fuh and Ruby Lee Wang Zu-Ming Endowed Lecture

The 2nd Annual Lee Tuh-Fuh and Ruby Lee Wang Zu-Ming Endowed Lecture is scheduled for October 22nd at 1pm. This distinguished lecture series, hosted by the Stein Institute for Research on Aging in collaboration with the Osher Lifelong Learning Institute, promises to be an enlightening event. Attendees will gather in the new Osher event space at 8980 Via La Jolla Drive, La Jolla CA, which offers state-of-the-art facilities. This endowed lecture series was established to provide free community education to older adults on topics related to nutrition and holistic health. It is an excellent opportunity for professionals, researchers, and community members interested in the field of aging to come together and engage in meaningful discussions related to the impact nutrition has on healthy aging. More details about this event and registration to come in the near future

**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](#)

## The San Diego Nathan Shock Center Pilot Grant



**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.

Up to \$20,000 (\$50,000 for spatial-omics or longitudinal single-cell studies) will be awarded to up to six projects, to cover Core services at the SD-NSC subsidized rates. In addition, the center will provide awardees access to training workshops and career development opportunities, and cover expenses to attend and present their work at the *SD-NSC Symposium on Heterogeneity of Aging*. Awardees will also be paired with an established SD-NSC investigator, or SD-NSC affiliated investigator, who will provide feedback and help ensure project success. For junior applicants, this advisor will also serve as a mentor and be available to consult for career development.

For more information and to submit your application please visit the [SD-NSC website](#). For further questions about the program please read our [FAQ](#), email us at [sdnsc\\_rdcore@salk.edu](mailto:sdnsc_rdcore@salk.edu).

[More Info and Apply 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 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!

**Don't forget to register  
for our next Public Lecture**



Colin Depp, PhD  
Associate Director

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

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 bionformaticians, 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.

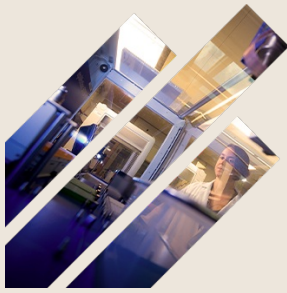
[Please Register Here](#)



**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)



## 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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