

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

Welcoming the 2026 MSTAR (Medical Student Training in Aging Research) Students

This summer, the Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging are excited to welcome a new cohort of students to the Medical Student Training in Aging Research (MSTAR) program. Funded by the National Institute on Aging, the MSTAR program provides medical students from across the country with an immersive summer research experience focused on aging and age-related conditions. Through faculty mentorship, hands-on research, clinical experiences, and weekly educational sessions, students gain valuable insight into careers in geriatrics and aging research.

Please join us in welcoming this year's MSTAR students! Throughout the summer, they will work alongside UC San Diego faculty mentors to advance innovative aging research while building the skills and relationships that will help shape the next generation of physician-scientists dedicated to improving the health and well-being of older adults. We look forward to following their progress and celebrating their accomplishments at the conclusion of the program.

Student	Medical School	UCSD Mentor
Jolina Bui	Touro University California of Osteopathic	Dr. Laura Crotty Alexander
Madeline Forgey	Stritch School of Medicine at Loyola University Chicago	Dr. Benjamin Han
Chloe Bell	University of Arizona College of Medicine - Tucson	Dr. Susan Bukata

Nicole Nashed	University of Arizona College of Medicine - Tucson	Dr. Rodney Gabriel
Celeste Ng	Albany Medical College	Dr. Shang I. Brian Jiang
Natalie Wang	University of Arizona College of Medicine - Tucson	Dr. Rebecca Rakow- Penner
Nathaniel Zona	UC San Diego	Dr. Susan Bukata
Cailin Callahan	Western University of Health Sciences College of Osteopathic Medicine of the Pacific	Dr. Lisa Eyler
Matyas Hanna	UC San Diego	Dr. Alison Moore & Dr. Jennifer Anger
Therese Recidoro	UC Riverside	Dr. Steven Nguyen
Kaitlyn Chan	UC San Diego	Dr. Shang I. Brian Jiang
Jamie Foo	University of Miami Miller School of Medicine	Dr. Ryan Moran
Neha Iyer	UC San Diego	Dr. Shyamanga Borooah
Liana Chinen	University of Hawaii John A. Burns School of Medicine	Dr. Erin Sundermann
Mika Ishii	University of Hawaii John A. Burns School of Medicine	Dr. Raeanne Moore
Kacie Sumikawa	University of Hawaii John A. Burns School of Medicine	Dr. Sarah Banks
Vera Arenas	UC San Diego	Dr. Benjamin Han

[More about MSTAR](#)

Former MSTAR Students Earn 2026 Jackuelyn Harris Award

The Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging are pleased to recognize former MSTAR students, Emma

Rice and Elizabeth Timple as recipients of the 2026 Jackuelyn Harris Award for Excellence in Aging Research.

This award honors graduating students who demonstrate exceptional dedication to aging research while embodying the compassion, generosity, and commitment that are essential to advancing the health and well-being of older adults.



Dr. Alison Moore presented the awards in person during the UC San Diego Class of 2026 Senior Awards Luncheon on May 30. Emma Rice and Elizabeth Timple were recognized for their outstanding contributions to aging research and their promise as future leaders in the field.

Congratulations to Emma and Elizabeth on this well-deserved recognition. We look forward to following their continued achievements and impact in the years ahead.

[More about the Award](#)

Don't forget to register for the 4th Annual LEE tuh-fuh & Ruby LEE Wang Zu-Ming lecture

October 20th
1pm - 3pm
Osher Lifelong Learning Institute

JOIN US FOR THE LEE TUH-FUH & RUBY LEE WANG ZU-MING
ENDOWED EDUCATION LECTURE

**“The Changing Landscape of Cancer: Prevention, Emerging Therapies,
Survivorship, and Healthy Aging”**

As cancer rates continue to rise and advances in treatment reshape outcomes, this timely discussion will explore prevention, emerging therapies, survivorship, and strategies for healthy aging.

SAMIR GUPTA, M.D.



Samir Gupta, MD, is a board-certified gastroenterologist specializing in colorectal cancer screening, prevention, and the care of patients at increased risk for colorectal cancer. His expertise includes hereditary cancer syndromes such as Lynch syndrome and familial adenomatous polyposis, as well as the management of complex colorectal polyps. Dr. Gupta's research focuses on improving colorectal cancer screening and prevention through clinical trials and population-based studies. His work aims to increase screening rates and identify new approaches to risk assessment and early detection. He earned his medical degree from the University of Michigan and completed training in internal medicine and gastroenterology at UCSF and the University of Pennsylvania.

RANA R. MCKAY, M.D.



Rana R. McKay, MD, is a board-certified medical oncologist specializing in genitourinary cancers, including bladder, kidney, prostate, and testicular cancer. She leads UC San Diego Health's multidisciplinary prostate cancer clinic, providing coordinated, specialized care for patients with advanced disease. A professor in the Departments of Medicine and Urology at UC San Diego School of Medicine, Dr. McKay conducts clinical research focused on developing innovative therapies and biomarkers for genitourinary cancers. She serves as principal investigator on several kidney and prostate cancer clinical trials and has published extensively in leading medical journals, including Nature, The Lancet, and the Journal of Clinical Oncology. Before joining UC San Diego Health, Dr. McKay was on the faculty at Harvard Medical School and a medical oncologist at Dana-Farber Cancer Institute.

DANIELLE K. GLORIOSO, LCSW



Danielle K. Glorioso is a Licensed Clinical Social Worker with extensive experience in aging, community health, and clinical research. Since joining UC San Diego in 2001, she has taken on a leadership role as the Executive Director of the Center for Healthy Aging and the Stein Institute for Research on Aging. In this capacity, Ms. Glorioso oversees a wide range of operations including strategic planning, organizational development, community outreach, training, philanthropy, communications, and marketing. She is also a certified therapist in prolonged grief disorder, specializing in manualized interventions. One of her major accomplishments includes leading the research and development of a licensed, evidence-based six-week program designed to enhance resilience, compassion, and self-compassion among older adults. This intervention, which has undergone nearly a decade of research, has been tested and validated in various community settings, including among older adults in group and individual settings. Through her work, Danielle has made significant contributions to improving the mental health and well-being of older adults.

OCTOBER 20TH

1PM - 3PM

**OSHER LIFELONG LEARNING INSTITUTE
8980 LA JOLLA VILLAGE DRIVE
3RD FLOOR
LA JOLLA, CA 92037**



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to Register

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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 dglorios@health.ucsd.edu

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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.

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