

Happy 4th of July  
Wise Elder Changemaker Award  
2025 Symposium Registration  
Open

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!

Happy 4th of July from all of us at the Stein Institute! Wishing you a holiday filled with sunshine, celebration, and plenty of reasons to smile



## Wise Elder Changemaker Award

presented by UC San Diego's Life Course Scholars Program

The Wise Elder Changemaker Award, supported in part by the Stein Institute for Research on Aging, and the UCSD Life Course Scholars Program, celebrates extraordinary San Diego community leaders aged 65+ whose lifelong contributions have driven positive change across justice, equity, sustainability, health, inclusion, and cultural preservation. Now in its fourth year, the program welcomes nominations of elders whose work, from artistic endeavors and community healing to activism, advocacy, and intergenerational bridge-building, reflects enduring impact and inspires a more just, connected region. Each spring, awardees are honored in a virtual ceremony where they share their stories, insights, and advice with students and changemakers of all ages, reinforcing UCSD's commitment to healthy aging, civic engagement, and intergenerational learning.

[Learn more about this program and the honorees for 2025 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!

## Registration now open for our 2025 Resilience and Healthy Aging Symposium on September 25th



### RESILIENCE & HEALTHY AGING

SYMPOSIUM OF THE UC SAN DIEGO  
CENTER FOR HEALTHY AGING

**with keynote speakers**

**John Newman, MD, PhD**  
University of California, San Francisco

**Heather Whitson, MD**  
Duke University

**and 3 expert panel discussions exploring resilience  
across cognitive, physical, & mental health**

 **September 25, 2025**     **9.30 am - 4.00 pm**

 **Park and Market, UC San Diego**  
1100 Market Street  
San Diego CA 92101

**UC San Diego**  
SAM AND ROSE STEIN INSTITUTE  
FOR RESEARCH ON AGING

**This event is FREE**  
- including food  
and parking!

HEALTHYAGING.UCSD.EDU

[Register Here](#)

[Read more about our Symposium here](#)

## Don't forget to register for our next Public Lecture on July 16th



**PUBLIC LECTURE**

**"NAVIGATING GRIEF: WHAT THE SCIENCE OF RESILIENCE TEACHES ABOUT ADAPTATION TO LOSS"**

Please join us for a lecture with UC San Diego Stein Institute Executive Director, Danielle Glorioso. Q & A to follow, moderated by Dr. Alison Moore.

 4pm-5pm  Wed, July 16  Zoom

**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.

[Register Here](#)



# Our #AgingIsBeautifulEverywhere Campaign is on social media

Aging  
is  
*Beautiful*



Age beautifully,  
wherever life takes you  
**#AgingIsBeautifulEverywhere**

## **Spotlight: Howard Phang, controller in hand and ready for the next level**

"People often consider gaming to be a juvenile activity — my parents' Candy Crush hours would like a word with you! For me, gaming (both table-top and video) is a fun way to keep my mind sharp outside of work.

Games often require a lot of decision-making, strategizing, and creativity. Most importantly, it can be a social activity or experience that's shared with friends, family, and loved ones!"

Engaging the brain through play isn't just fun—it's powerful. Whether on a screen or around a table, gaming brings joy, connection, and cognitive challenge at any age. Howard reminds us that healthy aging can mean staying curious, competitive, and connected.

Thank you, Howard, for showing us there's no age limit on leveling up.

Get your own "Aging is Beautiful" t-shirt for a \$35 donation - and share your **#AgingIsBeautifulEverywhere** photos with us!

**please email [healthyaging@ucsd.edu](mailto:healthyaging@ucsd.edu)**



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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 [dglorioso@health.ucsd.edu](mailto:dglorioso@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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