

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 Attends UCSD Health Sciences New Women Faculty Event



Dr. Alison Moore, our newly appointed Director of the Stein Institute for Research on Aging, recently attended the UCSD Health Sciences New Women Faculty event, where her new position was celebrated with great enthusiasm. Dr. Moore's appointment marks a significant milestone for our institute, and her participation in this event underscores her dedication to fostering a supportive and inclusive environment for women in the scientific community.

The UCSD Health Sciences New Women Faculty event is an annual gathering that brings together female faculty members from various disciplines within the health sciences. This event serves as a platform for sharing insights, fostering collaboration, and promoting the advancement of women in academia. Dr. Moore's attendance this year was particularly special, as it provided an opportunity to recognize her remarkable achievements and her new leadership role.

Dr. Moore's leadership extends beyond her research and administrative roles. She is a passionate advocate for gender equity in academia, tirelessly working to support women faculty through mentoring, promoting work-life balance policies, and advocating for equitable opportunities in research funding and professional development. Her efforts have already made a substantial impact, inspiring many within the academic community.

We are proud to have Dr. Alison Moore at the helm of our institute. Her vision and leadership will undoubtedly drive our mission forward, advancing the science of aging and fostering a more inclusive and supportive academic environment. We look forward to the exciting developments and achievements that will come under her direction.

More about the 11th Annual New Women Faculty  
Celebration

### 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!

## Center for Healthy Aging & Osher Life Long Learning Institute Master Class

Osher is pleased to continue its partnership with the UC San Diego Center for Healthy Aging. This Master Class will feature five distinguished speakers from the Center addressing longevity research, insights from a geriatrician, the benefits of social engagement and Alzheimer's Disease studies on-going at UC San Diego.



**July 17: Optimizing Cellular Energy and Metabolism to Promote Healthy Aging**  
**Professor Anthony Molina**

Mitochondria are responsible for generating the chemical energy that powers virtually all cellular functions. These organelles use the nutrients that we eat

and the oxygen that we breathe to generate ATP (adenosine triphosphate), the molecule that provides energy for our cells. Changes in mitochondrial function are among the biological hallmarks of aging and play a central role in the development of numerous age-related diseases and conditions. These include changes in physical, cognitive and sensory abilities that impact the functional independence of older adults. This lecture will review factors that influence mitochondrial function, the consequences of age-related mitochondrial alterations and the research being undertaken to advance mitochondrial diagnostics and therapeutics.

**July 31: How to Live to Age 90 and Beyond in Good Health**  
**Professor Aladdin H. Shadyab**

The population is rapidly aging. Older adults will outnumber the young by 2030 and will be able to contribute their wisdom to their communities and the economy for more years. Yet, years of unhealthy living have increased concomitantly with increasing lifespans, posing a daunting challenge to our society to maximize the numbers of years lived in good health. This lecture will present a peer-reviewed, evidence-based overview from Professor Shadyab's research on the determinants of how to live to age 90 and beyond in good health.

**August 14: Live Your Healthiest Life: Practical Tips for Healthy Aging from a Geriatrician**  
**Professor Alison A. Moore**

Given the tremendous growth in the population of individuals over age 65 throughout the world, a significant need exists for specialists who are trained in aging. A geriatrician is a primary-care doctor who specializes in the health and care of older adults. This lecture will provide practical tips and takeaway points to improve overall quality of life and well-being as we age.

**August 28: Making Friends and Staying Involved: The Benefits of Social Engagement**  
**Professor Annie Nguyen**

A recent U.S. Surgeon General Advisory calls attention to the growing disconnection in the U.S. and refers to it as an epidemic of loneliness and isolation. Social and civic engagement levels are on the decline and the resulting impacts on health are well documented. This lecture will examine the evidence linking social engagement to social, physical and mental health, discuss the factors driving the erosion of connection in the U.S. and present

strategies for enhancing connections and engagement in our lives and communities.

## August 28: Healthy Actions and Lifestyles to Avoid Dementia (HALT-AD)

Professor Sarah Banks

Alzheimer's disease (AD) remains the single most feared disease associated with aging, having a devastating social and economic impact on patients, families and the community. In San Diego County alone, over 84,000 individuals have AD, which disproportionately affects Hispanics/Latinas/Latinos. Experts in AD and aging now know that altering certain aspects of our lifestyle and behavior can reduce dementia risk. This lecture will discuss the development of HALT-AD at UC San Diego, a bilingual online educational tool that helps adults identify their risk factors for dementia and learn how to reduce these factors through changes in their lifestyle. Participants learn about their own risks, set their personal goals to achieve by the end of the program and track their progress over time. The lecture will also discuss the various interventional studies (clinical trials) and observational studies for which Osher members may wish to volunteer.

[More about Osher Master Class II](#)



### 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)

**Please register for our next Public Lecture on  
July 24th with Colin Depp, PhD**



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](#)



## 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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