

Letter from our Director,
Irving Tragen Successful
Ager Update, Dr. Corley's
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Study

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!

A Letter from Our Director, Dr. Alison Moore

Dear Supporters,

I hope this message finds you well. As Director of the Stein Institute for Research on Aging, I want to share an urgent concern regarding the federal funding freeze and potential cuts to the National Institutes of Health (NIH). These actions could significantly impact aging research, limiting our ability to drive scientific discoveries, improve quality of life for older adults, and train the next generation of scientists.

Despite these uncertainties, we remain committed to advancing lifelong health and well-being through innovative aging research, training, and community outreach. As we navigate these challenges, your continued support is more important than ever in ensuring we can further research that promotes healthy longevity.

Thank you for standing with us. We deeply appreciate your support and will keep you updated as the situation unfolds.



With gratitude,

A handwritten signature in black ink that reads "Alison A. Moore".

Alison A. Moore, MD, MPH
Director, Stein Institute for Research on Aging

‘Stand Up for Science’ Rally at UCSD



Our Steering Committee Member, Dr. Lisa Eyler, recently organized the ‘Stand Up for Science’ rally at UC San Diego, uniting hundreds to protest potential federal research funding cuts that could impact

scientific progress and public health. Dr. Eyler emphasized concerns about the future of emerging scientists amid these proposed reductions. Watch on the news [here](#).

An Inspiring Update on Irving Tragen: Aging with Purpose at 102 (soon to be 103)

By Danielle K. Glorioso



For the first time in over 10 years of sharing stories of successful agers in our Stein Institute newsletter, we are thrilled to provide an update on one of our past featured successful agers—Irving Tragen. We initially spotlighted Irving at age 99, highlighting his remarkable career in the Foreign Service, his lifelong marriage to the love of his life, Ele,

and his transition into a published author. Now, as he approaches his 103rd birthday in May, Irving continues to defy expectations, demonstrating the incredible power of resilience, adaptability, and purpose.

Since we last featured Irving, he has accomplished even more than we could have imagined. In the past four years, he has published two books and is currently working on a third! Irving's passion for writing and sharing his life experiences remains as strong as ever. His autobiography, *Two Lifetimes As One: Ele and Me and the Foreign Service*, reflects on his life with his late wife, Ele, and their adventures in the Foreign Service. In 2023, at 101, he published *Manana is Yesterday*, a deeply personal book that he wrote after turning 100. As he explains, the characters in his stories kept speaking to him, which led him to start his third book, *Esperanza: Daring to Dream Beyond Borders*, which was published in March of this year.

Irving's third book, *Twilight of a Dream*, is already in the works, and he hopes to complete it this year. Despite the physical challenges of aging, he has found ways to adapt and keep pursuing his passions, ensuring his days remain full of meaning and purpose. As Irving puts it, "My legs may not be that good anymore, but I think I can still more or less hold my own intellectually."

But Irving's engagement with life extends far beyond writing. He

captivated the audience as a panelist for our *Resilience and Aging* panel discussion at the Healthy Longevity Symposium in 2023 ([VIDEO: Resilience and Aging - UCTV - University of California Television](#)).

He also remains deeply involved in his community, playing bridge once a week, participating in the World Affairs Council, and occasionally taking on a more active role than simply sitting in the audience. He also spends time on the rules committee at his senior living community, helping to write new regulations that foster better community living. As Irving reflects, "It's the sense of being part of a community—listening and learning—that is terribly important too."



Irving's philosophy of life has always been rooted in kindness and empathy. As he reflects, "The basic tenet of my life was to do unto others as you would have them do unto you. Everything I've done in my career has been to work with and help other people." This principle has guided him through decades of travel, work, and, now, his literary pursuits.



For Irving, life hasn't always been easy. He shares that losing his dear wife Ele was one of the most painful experiences of his life. He noted that grief is a deeply personal experience, but he finds comfort in knowing that Ele, who passed away 20 years ago, is always with him.

"There are occasions when I'm confused, and I'll sit on the bed and talk to Ele, and I find I can hear her talking back to me."

Irving's journey is a powerful reminder that adapting as we age can allow us to grow in ways we didn't expect. His story inspires us all to continue growing, learning, and contributing at every stage of life. Even in his 100s, he remains intellectually sharp and emotionally connected to the world around him.

Thank you for being part of our community and for your continued support as we celebrate the stories of individuals like Irving, who embody the true essence of aging successfully.

Dr. Michael Corley's Public Lecture now available on UCTV!



Michael J. Corley, Ph.D., explores groundbreaking research on aging, the role of ancient viruses in our DNA, and the impact of the gut microbiome on longevity. Corley discusses how stress, diet, and exercise influence our genetic health, highlighting the complex interplay between environmental factors and our biological systems. The conversation also touches on individualized treatment strategies and the exciting potential of microbiome science in aging research.

Upcoming Events

Spring Open House at the Osher Lifelong Learning Institute at UC San Diego!

JOIN US OSHER OPEN HOUSE

UC San Diego



Join us to explore the enriching opportunities that await you as part of our Osher community. This event is a wonderful chance to:

- Discover the range of classes and seminars available this winter, offered both on campus and via live Zoom streams.
- Learn about the benefits of our Quarterly and Annual Memberships.
- Meet our volunteer leadership team and connect with fellow members.
- Enjoy light refreshments and gather more information about our upcoming programs in modern, comfortable classrooms.

Date: Saturday, March 29, 2025

Time: 9:30 a.m. – 12:00 p.m.

Location: Osher Lifelong Learning Institute, UC San Diego, 8980 Villa La Jolla Drive, 3rd Floor

Virtual Option: Join us via Zoom (link to be provided upon RSVP)

Parking: Free parking available; please follow the signs on Villa La Jolla Drive and in the parking lot.

*Registration and information tables open at 9:30 a.m., program starts at 10 a.m.

[RSVP Here](#)

Our Next Public Lecture

"Intermittent Fasting: A Strategy to Prevent Cardiometabolic Diseases and Promote Healthy Aging"

May 14th 4pm
Zoom



Michael J. Wilkinson,
MD, FACC, FNLA

PUBLIC LECTURE



"INTERMITTENT FASTING: A STRATEGY TO PREVENT CARDIOMETABOLIC DISEASES AND PROMOTE HEALTHY AGING"



Please join us for a lecture with UC San Diego Cardiologist, Dr. Michael J. Wilkinson. Q & A to follow, moderated by Danielle Glorioso.



4pm-5pm



Wed, May 14



Zoom

Dr. Michael Wilkinson is a board-certified cardiologist and lipidologist, and directs UC San Diego Health's advanced lipid treatment program, specializing in inherited dyslipidemias like familial hypercholesterolemia and elevated lipoprotein(a). He focuses on preventing atherosclerotic cardiovascular disease through risk management and advanced therapies. As president of the Pacific Lipid Association Chapter and a National Lipid Association board member, Dr. Wilkinson advances lipidology education and research. An associate editor of the *American Journal of Preventive Cardiology*, he publishes extensively and mentors trainees. He completed his MD at Drexel University, residency at the University of Chicago, and fellowship at UC San Diego, where he was chief fellow.

[Register Here](#)

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**If interested,
please email
healthyaging@ucsd.edu**

**Join the HALT-AD (Healthy Actions and
Lifestyles to Avoid Dementia) study today!**

The Healthy Actions and Lifestyles to Avoid Dementia or **Hispanos y el ALTo a la Demencia** program (HALT-AD) study is designed to test a new online educational platform (website) that can help midlife and older adults learn how to prevent dementia via lifestyle changes.



Basic Eligibility Criteria

- Age 50-85
- Not diagnosed with dementia or Alzheimer's disease
- Proficient in English or Spanish
- Able to access the internet
- Have access to Zoom video calls
- Have sufficient vision and hearing

What happens during the HALT-AD Study?

Participation in this study will take up to 5 months. Potential participants will first go through a phone screening process to determine if they are eligible to enroll in the study. Participants will be given free access to the online platform and will be asked to:

1. Complete questionnaire by phone or email at the beginning and end of the study
2. Use the online platform as much as they'd like (up to 30 minutes per week if they choose to complete all content)
3. Participate in one-hour support sessions via zoom once a week for 18 weeks

You will receive \$50 for participating in this research.

For more information or to participate, please contact:

ENGLISH

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SPANISH / ESPAÑOL

Ms. Ashley Robles
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Protocol #810123 | v14 | Approved: Nov 01, 2024 | Expires: Apr 17, 2025

Why HALT-AD?

- Alzheimer's disease (AD) remains to be the single most feared disease associated with aging, having a devastating social and economic impact on patients, families, and the community.
- Experts in AD and aging now know that altering certain aspects of our lifestyle and behavior can reduce dementia risk. We want to get the message out that factors such as better nutrition, physical activity, sleep, and mindfulness can all improve our chances of maintaining our cognitive health.
- There is lots of inaccurate information available, and as clinicians and scientists, we see a need for adults to have access to good quality information in an easy-to-digest format. We created an educational tool, in Spanish and in English, to help people make these lifestyle changes

happen. We call this tool HALT-AD.

What is HALT-AD?

- HALT-AD (Healthy Actions and Lifestyles to Avoid Dementia or Hispanos y el ALTo a la Demencia) is a novel bilingual – English and Spanish- program that helps adults identify their risk factors for dementia and then learn how to reduce these factors through changes in their lifestyle.
- HALT-AD is online. It can be accessed via phone, tablet or computer.
- HALT-AD offers at least 10 courses with videos, games, and other interactive features to ensure learning is fun and engaging.
- HALT-AD is personalized. Participants learn about their own risks, set their personal goals to achieve by the end of the program, and track their progress over time.

What is the new HALT-AD study all about?

- We're enrolling 130 participants, aged 50+, without dementia, to access HALT-AD for 18 weeks, with weekly Zoom support sessions.
- We are testing if the program helps people learn more about dementia risk reduction and if they commit to making changes in their lifestyles.
- Participants will receive a \$50 gift card as a thank you.

Join us in this vital research and take a proactive step!

[Download flier in English](#)

[Download flier in Spanish](#)

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 to nominate them!

Resilience, Compassion and Self-



Compassion Program available for License

After nearly a decade of research led by our Executive Director, Danielle K. Glorioso, 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 at 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



[Visit our website](#)

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