

**Dr. Alison Moore elected
President-Elect at AGS,
Symposium Talk Titles, 2025
Spring TRELS Quarterly
Awards, Aging is Beautiful
Everywhere Campaign**

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!

Dr. Alison Moore elected President-Elect of the American Geriatrics Society (AGS)



Huge congratulations to our director, Dr. Alison Moore, for being elected President-Elect of the American Geriatrics Society (AGS)! This well-deserved recognition reflects her exceptional leadership, dedication, and contributions to the field of aging research and clinical care. Dr. Moore's commitment to advancing geriatric medicine, mentoring the next generation of aging researchers, and improving the lives of older adults will undoubtedly shape the future of the field. We are proud to celebrate this achievement and excited to see the impact of her leadership at AGS!

AGS Congratulates New Board of Directors and Nominating Committee Members

Thank you to all the AGS members who voted in the recent Board and Nominating Committee elections. We are pleased to welcome the new AGS Board of Directors and Nominating Committee members below.

The following AGS members were elected by the membership:

Alison Moore, MD, MPH, FACP, AGSF, AGS President-Elect

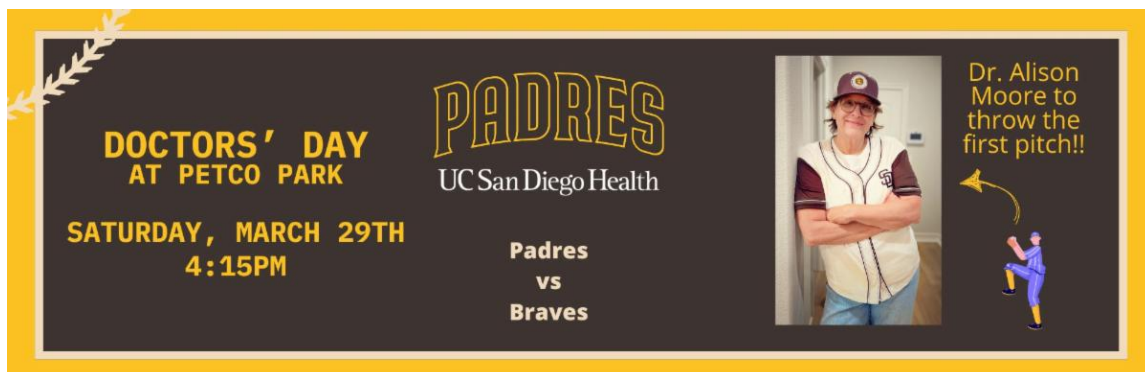
Alison is a geriatrician and a public health researcher whose work focuses principally on older adults who use alcohol, cannabis and other substances. A Professor of Medicine and Chief of the Division of Geriatrics, Gerontology and Palliative Care at the University of California, San Diego (UCSD) School of Medicine, she is also Director of the Sam and Rose Stein Institute for Research on Aging and the Center for Healthy Aging and holds the Larry L. Hillblom Chair of Geriatrics Medicine. Alison has a passion for research training and mentorship and in 2019, she was awarded the UC San Diego Health Sciences Faculty Excellence in Mentoring Award. She is deeply committed to caring for older adults and mentoring others to do the same as seen in her regular contributions as an AGS mentor. She has been a member of the AGS Research Committee, the Diversity in Research Subcommittee and founded the Alcohol, Tobacco and Other Drug Use among Older Adults Special Interest Group. Previously she served on the AGS Board as Treasurer.

[Read More Here](#)

Dr. Moore to throw first pitch at Saturday's Padres Game!

Exciting news! Dr. Alison Moore will be throwing the first pitch at the Padres game on Saturday, March 29, in honor of Doctors' Day!

Join us in celebrating the incredible impact of physicians everywhere. Tune in & let's cheer her on!



**DOCTORS' DAY
AT PETCO PARK**

**SATURDAY, MARCH 29TH
4:15PM**

PADRES
UC San Diego Health

**Padres
vs
Braves**

**Dr. Alison
Moore to
throw the
first pitch!!**

Announcing: Fall Symposium Keynote Talk Titles

We are thrilled to announce the keynote speakers for our upcoming Healthy Aging Symposium talk titles on September 25th. **John Newman, MD, PhD**, will deliver a presentation titled *Translational Geroscience: Using Aging Research to Improve Resilience in Older Adults*. Dr. Newman's talk will focus on the latest advancements in aging research and how they can be applied to enhance resilience in older adults. Additionally, **Heather Whitson, MD**, from Duke University, will present her talk titled *The Science of Bouncing Back: How Resilience Changes Across the Lifespan*. Dr. Whitson will explore the science of resilience and how it evolves as we age. Don't miss these insightful presentations from two leading experts in the field!



John Newman, MD, PhD

University of California, San Francisco

Dr. Newman is a geriatrician and physician-scientist who is an assistant professor at the Buck Institute for Research on Aging and an associate professor in the UCSF Division of Geriatrics. He is co-founder of the geroscience-focused Buck Institute Clinical Research Core. His bench-to-bedside research program studies how the biology of aging can illuminate and inspire new therapies for complex geriatric syndromes such as delirium, frailty, and dementia.



Heather Whitson, MD

Duke University

Dr. Whitson is a geriatrician and clinical investigator focused on improving resilience and independence in older adults with multiple chronic conditions. As Director of the Duke Aging Center and co-Director of the Duke/UNC Alzheimer's Disease Research Center, she leads research on aging, brain health, and physical resilience.

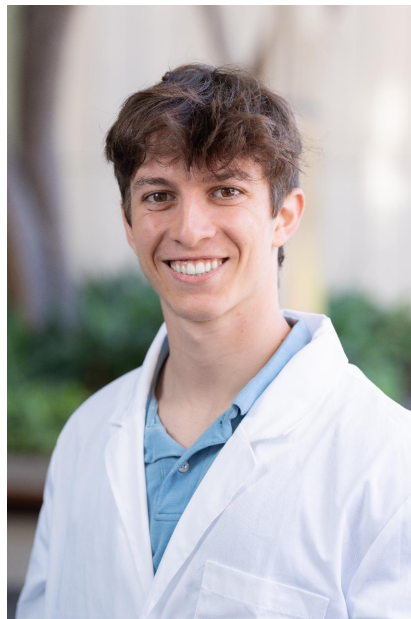
Triton Research & Experiential Learning Scholars (TRELS) Award Winners

Congratulations to our undergraduate students, Krish Jagasia and Tyler Simi, for being named 2025 Triton Research & Experiential Learning Scholars (TRELS) Award winners! This prestigious award recognizes their dedication to research and experiential learning, reflecting their hard work, curiosity, and commitment to academic excellence. We are incredibly proud of their achievements and look forward to seeing the impact of their research. Well done, Krish and Tyler!



Krish Jagasia

"My project is about exploring how social connections help older adults stay mentally and emotionally healthy, but we don't fully understand their impact on well-being, especially across different groups or after COVID-19. Given the risks of social isolation and emotional distress in aging, this research, using data from the UC San Diego SAGE Study, explores how social connections relate to



Tyler Simi

"My project explores the relationship between stress and cognitive decline, examining how chronic or acute stress impacts cognitive function over time. It also investigates demographic factors like age, gender, and socioeconomic status, as well as psychosocial influences such as social support and coping mechanisms, to understand how they may moderate this

happiness, resilience, anxiety, and depression. Understanding these links can help support the well-being of older adults in a changing world."

relationship. The goal is to identify who may be most vulnerable and inform strategies for prevention and intervention."

[More about the TRELS award](#)

Our #AgingIsBeautifulEverywhere Campaign is on social media

Aging is *Beautiful*

Age beautifully,
wherever life takes you
#AgingIsBeautifulEverywhere



Spotlight: Benjamin Smarr, PhD – mentoring young scientists in data science of aging

"Medicine is undergoing a revolution, with vast amounts of data now available from smartphones, wearables, and apps," says Ben, who is passionate about using this data to drive meaningful change in healthcare.

Ben's enthusiasm for teaching comes alive when he's connecting people across generations, fostering mutual support and learning.

"There's a remarkable exchange happening, where young data scientists collaborate with aging populations to better understand their experiences and develop innovative solutions to support them."

For Ben, mentoring is a two-way street—sharing knowledge across generations fosters purpose, connection, and lifelong learning. Engaging with younger minds keeps him mentally active, grounded, and inspired, enriching his own aging journey.

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

please email healthyaging@ucsd.edu



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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 dgloriosso@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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