

**Aging is Beautiful Everywhere
Spotlight, Resilience-Based
Intervention, Public Lecture,
Osher Event, International
Immunotherapy School**

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!

Aging is Beautiful Everywhere Spotlight

Aging is *Beautiful*

Age beautifully,
wherever life takes you
#AgingIsBeautifulEverywhere



Spotlight: Christopher — returning to his UC San Diego roots through research

“This year, as I turn 79, I decided to return to my UCSD roots by volunteering for senior aging research to help create a better future as we grow older.”

A member of UC San Diego’s first freshman class in 1965, Christopher has come full circle—once volunteering as a young student for medical studies and now participating in cutting-edge aging research. He is currently enrolled in a Brain Health Research Study, which uses virtual reality, stationary cycling, MRI, and bone and muscle density scans to better understand cognitive and physical aging.

Through his participation, Christopher not only contributes to discoveries that may shape the future of healthy aging, but also gains personal insight into his own health—motivating him to stay active and engaged.

Thank you, Christopher, for embodying lifelong curiosity and for continuing to advance research that helps all of us age stronger and smarter.

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



please email healthyaging@ucsd.edu

Available for Licensing: Resilience-Based Intervention for Older Adults

The Stein Institute for Research on Aging is proud to offer its evidence-based Resilience Intervention, a structured six-session program designed to enhance resilience, wisdom, compassion, and self-compassion in older adults.

Rooted in more than a decade of research, this manualized program provides practical tools to help individuals manage stress, strengthen emotional well-being, and maintain a sense of purpose, key components of healthy aging. Research shows that higher resilience is associated with longer life, stronger immune function, better physical health, lower rates of depression and anxiety, and greater life satisfaction.

Participants consistently describe the program as positive, meaningful, and growth-promoting:

“It was a great experience to be able to share thoughts and experiences, both good and bad.”

“Everybody was respected as individuals and shared. The sharing felt authentic.”

“I’ve learned to assume good intentions and avoid jumping to conclusions.”

Many report lasting changes, including using deep breathing to stay calm during stress, practicing self-compassion, setting values-based goals, and engaging in more intentional acts of kindness.

The program has been successfully delivered in group and individual formats, in-person and remotely, across clinics, senior centers, senior living communities, and universities in the United States, England, and Israel.

Licensing includes facilitator training, structured session guides, participant materials, and implementation support.

Bring a research-driven, adaptable resilience program to your organization and support healthy aging in your community.



For more information about our intervention, please contact Danielle K. Glorioso, LCSW at dglorioso@health.ucsd.edu

Register for our next Public Lecture

"SEXUAL WELL-BEING: HOW IT EVOLVES AS WE AGE"

Wednesday , March 18, 2026

4pm - 5pm

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

PUBLIC LECTURE

SEXUAL WELL-BEING: HOW IT EVOLVES AS WE AGE

Please join us for a lecture with UC San Diego Associate Professor, Dr. Annie Nguyen. Q & A to follow, moderated by Executive Director, Danielle Glorioso, LCSW.

Wed, March 18

 **4-5pm**

 **Zoom**



Annie Nguyen, PhD MPH

Dr. Annie Nguyen is an associate professor at the University of California, San Diego in the Herbert Wertheim School of Public Health and Human Longevity Science. She is also the Director of the School of Public Health's Healthy Aging and Longevity Science Research Program. Prior to joining the faculty at UCSD, she spent nearly 10 years on the faculty at the University of Southern California, School of Medicine in the Department of Family Medicine. Dr. Nguyen received her PhD in Public and Community Health from the Medical College of Wisconsin and her MPH from Dartmouth College. Her federally-funded research portfolio focuses on promoting multiple aspects of healthy and resilient aging, with particular emphasis on priority populations facing structural disadvantage, including people living with HIV and people who have been incarcerated. Her work is grounded in community-based participatory research (CBPR) and she is committed to engaging communities as research partners and centering their voices in the research process.

[Register 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 who 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!

Spring 2026 Open House at the Osher Lifelong Learning Institute at UC San Diego

The Osher Lifelong Learning Institute at UC San Diego invites lifelong learners to attend its Spring 2026 Open House on **Saturday, March 28, from 9:30 a.m. – 12:00 p.m.**

This dynamic event showcases the wide range of engaging opportunities available through Osher's vibrant community of curious, active learners. Attendees can learn about diverse lectures from distinguished speakers, member-led discussion groups, and the lively Theatre World community. Osher also offers a variety of social activities—including field trips, community outings, lunches, and dinners—that foster connection and friendship.

Guests are invited to tour Osher's comfortable, modern classrooms at its new location, **8980 Villa La Jolla Drive (3rd Floor)**, conveniently located near transit centers, or join virtually via Zoom. Check-in begins at 9:30 a.m., and the program starts at 10:00 a.m. Light refreshments will be provided, and parking is available.

The Open House is free and open to anyone who enjoys learning for the joy of it. RSVP to attend in person or receive the Zoom link.

[Register Here](#)

11th International Immunotherapy School: Focus on Immune Aging

Registration is now open for the 11th International Immunotherapy School, a free, global program highlighting the emerging science of immune aging. This year's course explores how changes in the immune system influence nearly every aspect of aging, including cancer, cardiovascular disease, neurodegeneration, frailty, and susceptibility to infection.

Designed to be accessible across disciplines, the program will present key concepts, tools, and therapeutic opportunities relevant to the broader aging research community—not only immunologists. Leading international experts will share the latest advances with graduate students, postdoctoral fellows, clinicians, and investigators from diverse fields.

Participation is free and open worldwide. While live sessions may not accommodate all time zones, all lectures will be recorded and posted on the Immunoschool YouTube channel, and registered participants will receive priority notification when recordings are available.

[Register Here](#)

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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.

[GIVE NOW](#)



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