

her on this well-deserved honor and look forward to her leadership in the field.

[Read more here](#)

In the News: Michael Corley in Nature Partner Journal (NPJ) Aging

Dr. Michael Corley recently published a new study in *npj Aging* (Nature Portfolio) examining the relationship between metabolic treatment and biological aging. The study explores how semaglutide may influence epigenetic aging markers and treatment response, offering early insights into how interventions targeting metabolic health could also impact the biology of aging. These findings contribute to a growing understanding of how therapies may help improve both healthspan and age-related outcomes



[Read it 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!

Triton Giving Day



Thank you to everyone who supported us on Triton Giving Day! Your generosity helps advance research, training, and programs that improve the health and well-being of older adults. If you missed the day, there's still time to make an impact—gifts can be made anytime through our giving page. We are grateful for your continued support in shaping the future of healthy aging.

[Visit Our Giving Page](#)



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

Don't Forget to Register for our Next Public Lecture on May 20th

PUBLIC LECTURE

"MOTIVATING MOVEMENT: AN AGE-FRIENDLY APPROACH TO PAIN, MOOD, AND MOBILITY"

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

[Wed, May 20](#)  **4-5pm**  **Zoom**



Una Makris, MD, MS

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

[Register Here](#)

Dr. Una Makris is a clinical investigator, staff physician and Chief of the Rheumatology section at the VA San Diego Healthcare System. At UC San Diego, she is a Clinical Professor of Medicine in the Division of Rheumatology, Autoimmunity & Inflammation and holds a secondary appointment in the Division of Geriatrics, Gerontology & Palliative Care. As a clinically trained rheumatologist, with a research focus on aging, she is well positioned to investigate important questions that bridge the fields of rheumatology and geriatrics. Dr. Makris completed rheumatology fellowship and post-doctoral training (T32 in Geriatric Clinical Epidemiology and Aging-Related Research) at Yale University. She joined UT Southwestern Medical Center, Department of Medicine, Division of Rheumatic Diseases and the Dallas VA as Assistant Professor in 2011, and was promoted to Full Professor in 2025. She joined the faculty at UC San Diego and VA San Diego in September, 2025. Her current VA funded research focuses on developing and evaluating a novel health coach, telephone-delivered intervention that targets behavioral determinants for both pain and depressive symptoms in older adults. Her goal is to ultimately improve outcomes in this medically complex older population by developing safe, effective, and accessible interventions that shift the focus from pharmacological therapies to behavioral (physical activity) interventions. Her research has been funded continuously since 2010 by NIA (GEMSSTAR R03 and Roybal P30 pilot), VA (HSR CDA2 and IIR), PCORI, and Rheumatology Research Foundation. Dr. Makris is passionate about career development and mentorship for specialists and collaborators focused on integrating aging principles to improve care for older adults.

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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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