

**The Living Lab Receives Award,
Danielle Glorioso Joins Social
Service League Board,
Volunteers Needed**

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!

UC San Diego Living Lab Receives 2026 Argentum Best of the Best Award



Belmont Village Senior Living announced that the UC San Diego Stein Institute's Living Lab at Belmont Village La Jolla has received the 2026 Argentum Best of the Best Award for advancing innovation in senior living.

Operated through a partnership between the Stein Institute for Research on Aging, the UC San Diego Center for Healthy Aging, and Belmont Village Senior Living, the Living Lab brings cutting-edge healthy aging research directly into a senior living community setting. The initiative supports studies focused on cognition, resilience, wellness, and technology aimed at improving quality of life for older adults.

[Read More Here](#)

Executive Director Danielle Glorioso, LCSW Joins Social Service League Board of Directors

We are proud to share that Stein Institute Executive Director Danielle Glorioso serves on the Board of Directors for the Social Service League of La Jolla, an organization dedicated to supporting older adults and strengthening community-centered care. Her leadership reflects the Stein Institute's



commitment to advancing healthy aging and community engagement across our region.

[Read More Here](#)

Know a Successful Ager?



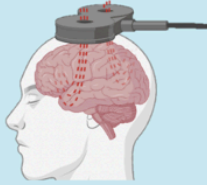
At the Stein Institute for Research on Aging we like to highlight the stories and lives of successful agers in our community. Successful agers are those who continue to engage in activities that are meaningful and have found ways to adapt to challenges as they age. If you know of someone that you think we should spotlight please email Sasha Weiss at saweiss@health.ucsd.edu to nominate them!

Volunteers Needed for Two Studies

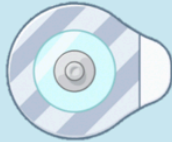
HEALTHY VOLUNTEERS NEEDED

For a one-visit research study using transcranial magnetic stimulation to better understand how the brain communicates with different muscles.

Participation includes:



Transcranial magnetic stimulation, a noninvasive method to deliver brief magnetic pulses to the scalp and see whether the brain can activate certain muscles in the body.



Electromyography, a method using electrodes on the muscles we are trying to target to measure how much we are able to activate them.

You may be eligible if you:

- Are 30-75 years old
- Are medically stable with no history of psychiatric or neurological disorders
- Have no history of seizure or implanted medical devices

Your participation will help us develop better diagnostics and treatments for individuals with motor system illness!

Contact us: iptrials@health.ucsd.edu

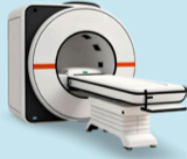
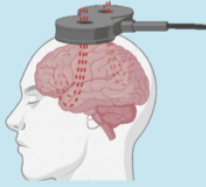
UC San Diego
SCHOOL OF MEDICINE

Receive \$100 for
participating!

Contact to Participate

PARTICIPANTS WITH LOW BACK PAIN NEEDED

For a two-visit research study using magnetic resonance imaging (MRI) and transcranial magnetic stimulation to better understand how lumbar muscles are being activated by the brain in the presence of pain.



Participation includes:

MRI assessment (1.5h), participants will complete a lumbar exercise (3min) and receive an MRI of their lower back before and after exercising to observe exercise-induced muscle blood perfusion changes.

Transcranial magnetic stimulation (1.5h), a noninvasive method to deliver brief magnetic pulses to the scalp and see whether the brain can activate the lumbar muscles.

You may be eligible if you:

- Are 18-75 years old
- Have had low back pain for more than 3 months
- Have no contraindication to MRI or transcranial magnetic stimulation

Your participation may help us develop better diagnostics and treatments for individuals with low back pain!

Contact us: fdupuis@health.ucsd.edu

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Receive \$100 for participating!

Contact to Participate



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

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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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