

Public Lecture May 15th & Volunteers Needed

UC San Diego

Center for Healthy Aging
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!

Please register for our Public Lecture with Maria Rosario (Happy) G. Araneta, PhD, MPH This Wednesday



NEXT PUBLIC LECTURE





“Diabetes and Cardiovascular Disparities
among Black, White, and Filipino Women:
What's fat got to do with it?”

Wed, May 15th

4-5pm

with Maria Rosario (Happy)
G. Araneta PhD, MPH



Maria Rosario (Happy) G. Araneta PhD, MPH, is Associate Dean of Diversity and Community Partnerships and Professor of Epidemiology in the Department of Family Medicine. Her research interests include maternal and pediatric HIV/AIDS, birth defects, life course exposures, social determinants of health, and health disparities. She received her BA in Biology from UCSD and her MPH and PhD in Epidemiology from Yale University. She is the co-Principal Investigator of the Diabetes Prevention Program Outcomes Study (DPPOS) where UC San Diego is one of 25 participating sites. This longitudinal study, with over 20 years of follow-up, aims to identify the risk factors, mechanisms, and neuropathology of cognitive impairment in persons with pre-diabetes and type 2 diabetes, during the current funding cycle. Dr. Araneta is the PI of the

UCSD Filipino Health Study, a longitudinal study of myriad health outcomes among Filipino men and women, co-investigator of the Rancho Bernardo Study, where she leads research on health disparities in osteoporosis, type 2 diabetes, and cardiovascular disease among elder White, Filipino and Black women (Health Assessment Study of African-American Women). She served as a perinatal epidemiologist for the UC San Diego Mother, Child and Adolescent HIV Program, was a co-investigator on maternal and perinatal HIV studies in Mexico, and co-investigator to assess health advantages and disparities in reproductive outcomes by race/ethnicity and nativity. Her prior research included studies on birth defects and adverse reproductive outcomes among Gulf War veterans, HIV transmission through donor artificial insemination, mother-to-child HIV/AIDS transmission, and behavioral intervention studies, including restorative yoga, active stretch and Zumba Fitness to reduce components of the metabolic syndrome.

Dr. Araneta received the 2014 American Diabetes Association's Vivian Fonseca and Nagendran Family Diabetes Research Award for her research on diabetes among Asians and Pacific Islanders, the Best of Care Award as author of the leading 9 publications in "Diabetes Care" in 2015, and the Inaugural Wing Family Lectureship at the Joslin Diabetes Center, Harvard Medical School in 2017. She was appointed to a four year term on the NIH Advisory Council for the National Institute on Minority Health and Health Disparities from 2015 to 2019, and selected to serve on the NIH Council of Councils from 2018 to 2024.

Please 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 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!

Call for Healthy Volunteers for Research Study to Understand How the Brain Processing Information During Healthy Aging

Healthy Volunteers Needed

We are conducting a research study to understand how the brain processes information during healthy aging

To Qualify, You Must Be:

- 50 - 83 years old
- In generally good health

Participants Receive:

- Transportation to and from our facility at no cost
- \$15/hour, up to \$75
- Meals and snacks at no cost

Appointments are in our facility located at the UCSD Medical Center, Hillcrest

Call us Monday through Friday between 9 am - 4 pm or email us any time

619-471-9455

AlzheimerStudy@health.ucsd.edu

Summary of the Study:

- Complete a series of problem-solving tests
- EEG testing in which brain electrical activity is measured
- Visits are no longer than 5 hours



Email to volunteer here

Call for Volunteers to Participate in Women's Memory Study

PARTICIPATE IN A WOMEN'S MEMORY STUDY

What Is This Study About?

Women are at higher risk of Alzheimer's Disease, the most common form of dementia. The Women: Inflammation and Tau Study (WITS) uses brain imaging, thinking tests, biological fluid testing, and wearable activity devices to investigate potential biological and lifestyle factors that may contribute to early brain changes in older women.

Who Can Participate?

In order to participate, you must be:

- female
- at least 65 years of age
- family history of Alzheimer's disease
- no formal diagnosis of dementia

Why Participate?

- Contribute to research and help future generations
- Results from this study could help develop specialized therapies for both men and women at risk for Alzheimer's
- Pave the way for future studies and clinical trials

With Study Completion,
Participants will receive a
\$300 Visa Gift Card

Complimentary parking will be included

What's Involved in WITS?

- Remote screening includes questionnaires, a brief thinking test, and an at-home saliva sample.
- Study procedures take place at UCSD and involve a blood draw, lumbar puncture (spinal tap), wearable activity and sleep devices, thinking tests, and 2 brain scans (MRI and PET).
- 2 years later, you would repeat the thinking tests and brain scans.



To learn more, contact us:

Phone: (858) 761-3802
Email: wits@health.ucsd.edu
Website: www.witsucsd.org

Study Location:

UCSD ACTRI: 9452 Medical Center Dr.
La Jolla, CA *transportation arrangements
available



Learn more by scanning here:



Protocol #00383 | v49 | Approved: Dec 13, 2023 | Expires: Apr 26, 2025

Email to volunteer
here

Resilience, Compassion and Self-Compassion Program available for License

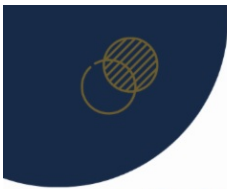
After nearly a decade of research and development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available

for use in community settings.



If you are interested in learning more about the program, please contact us at healthyaging@health.ucsd.edu

Upcoming Public Lectures



2024 Upcoming PUBLIC LECTURES

Wed, May 15

**MARIA ROSARIO (HAPPY) G.
ARANETA PHD, MPH - ASSOCIATE
DIRECTOR**
TBA

Wed, July 24

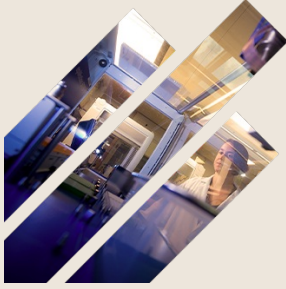
**COLIN DEPP, PHD - ASSOCIATE
DIRECTOR**
“SOCIAL CONNECTION AND HEALTHY
AGING”

🕒 4-5pm

📍 Zoom



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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](#)



[Visit our website](#)

UC San Diego Center for Healthy Aging | 9500 Gilman Drive 0664 | La Jolla, CA 92093 US

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