

Older Americans Month,
Next Week's Public Lecture,
Last Public Lecture available on
UCTV

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!

May is Older Americans Month



Each May, we celebrate Older Americans Month, a time to recognize the contributions, resilience, and vitality of older adults in our communities. This year's theme, "Champion Your Health," encourages individuals and communities to take positive steps toward supporting physical, mental, and emotional well-being at every age.

At the UC San Diego Stein Institute for Research on Aging, we are proud to advance research, education, and community programs that promote healthier aging across the lifespan. From supporting innovative research in aging and geroscience to training future leaders and providing public education resources, our work is rooted in empowering people to live healthier, more connected, and fulfilling lives as they age.

Older Americans Month is also an opportunity to celebrate the older adults who strengthen our families, workplaces, and communities every day. Together, we can continue building a future where everyone has the opportunity to champion their health and age well.

[More about Older Americans Month](#)

Don't Forget to Register for our Public Lecture next week

"Motivation Movement: An Age-Friendly Approach to Pain, Mood, and Mobility"

Wednesday, May 20th 4pm



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

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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.

[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!

"Sexual Well-Being: How it Evolves as We Age" with Dr. Annie Nguyen available on UCTV



Sexual health is an important part of healthy aging and offers a useful way to understand how well-being can change without disappearing in later life. Annie

L. Nguyen, Ph.D., M.P.H., UC San Diego, explains how sexual interest, sexual activity, and sexual satisfaction follow different patterns as people age. Nguyen examines research on health status, relationship context, and gender differences, then shares findings from a UC San Diego SAGE study of adults age 60 and older. Her results show that sexual interest declines across later decades and differs by sex, while sexual satisfaction remains more stable across age groups. This work helps explain why sexual health in later life should not be reduced to a single measure and points toward more open, nonjudgmental conversations about well-being, intimacy, and aging.

Watch it on UCTV



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.

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