

Public Lectures 2025, Fall Symposium, National Family Caregivers Month & Opportunity for UCSD Medical Students

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!

Our 2025 Public Lecture Series

Save the dates...

Wednesday,
January 22nd, 2025

Michael J. Corley, PhD



Decoding the Dark Side of the Human Genome: How Ancient Viruses Shape Aging

Dr. Michael J. Corley is an Associate Professor in Medicine within the Division of Geriatrics, Gerontology, & Palliative Care. He received his undergraduate degree from UCSD and a MA and PhD in Behavioral Neuroscience from the University of Hawaii and completed postdoctoral training at the John A. Burns School of Medicine in epigenetics, immunology, and infectious diseases. Dr. Corley leads a global epigenetics research program focusing on understanding the interplay between the immune system, viruses, and aging. His laboratory is at the forefront of generating critical data to advance the development, validation, and implementation of novel biomarkers and therapeutics aimed at promoting longevity.

**Wednesday,
May 14th, 2025**

Michael Wilkinson, MD,
FACC, FNLA



Intermittent fasting: a strategy to prevent cardiometabolic diseases and promote healthy aging

Dr. Michael Wilkinson is a board-certified cardiologist and lipidologist, and directs UC San Diego Health's advanced lipid treatment program, specializing in inherited dyslipidemias like familial hypercholesterolemia and elevated lipoprotein(a). He focuses on preventing atherosclerotic cardiovascular disease through risk management and advanced therapies. As president of the Pacific Lipid Association Chapter and a National Lipid Association board member, Dr. Wilkinson advances lipidology education and research. An associate editor of the *American Journal of Preventive Cardiology*, he publishes extensively and mentors trainees. He completed his MD at Drexel University, residency at the University of Chicago, and fellowship at UC San Diego, where he was chief fellow.

**Wednesday,
July 16th, 2025**

Danielle Glorioso, LCSW

Navigating Grief: What the Science of Resilience Teaches about Adaptation to Loss

Danielle K. Glorioso is a Licensed Clinical Social Worker with extensive experience in aging, community health, and clinical research. Since joining UC San Diego in 2001, she has taken on a leadership role as the Executive Director of the Center for Healthy Aging and the Stein Institute for Research on Aging. In this capacity, Ms. Glorioso oversees a wide range of operations including strategic planning, organizational development, community outreach, training, philanthropy,



communications, and marketing. She is also a certified therapist in prolonged grief disorder, specializing in manualized interventions. One of her major accomplishments includes leading the research and development of a licensed, evidence-based six-week program designed to enhance resilience, compassion, and self-compassion among older adults. This intervention, which has undergone nearly a decade of research, has been tested and validated in various community settings, including among older adults in group and individual settings. Through her work, Danielle has made significant contributions to improving the mental health and well-being of older adults.

[Learn More & Register on our Website](#)

ANNOUNCEMENT

Our all day Symposium will be back by popular demand in fall 2025!

Resilience and Healthy Aging
Details to follow

UC San Diego

SAM AND ROSE STEIN INSTITUTE
FOR RESEARCH ON AGING



[Take a look at our 2023 Symposium](#)

Scientific Director, Dr. Anthony Molina and lab at the Gerontological Society of America (GSA) Annual Scientific Conference 2024

The Anthony Molina Lab team proudly presented their latest research at the 2024 Gerontological Society of America (GSA) Annual Meeting. Representing the forefront of aging and geriatrics research, the team included Eva Marts Skoglund, Howard Phang, Anthony Molina, Stephanie

Heimler, Adrian Arciniega, Gargi Mahapatra, Ph.D., Ben Kari, and Marcella Barneclo.

[More about GSA 2024](#)



Honoring National Family Caregivers Month



This November, the UCSD Stein Institute for Research on Aging and Center for Healthy Aging proudly recognizes National Family Caregivers Month, celebrating the essential role of caregivers in supporting the health and well-being of older adults. Caregivers are the cornerstone of our communities, offering compassion and dedication that profoundly impacts the lives of their loved ones. At the Stein Institute, we are committed to advancing research and resources that empower caregivers with the tools they need to thrive. Join us

this month in honoring their invaluable contributions and exploring ways to support them through education, research, and community programs.

More about National Family Caregivers Month

Summer Research Symposium: Opportunity for UCSD Medical Students

The annual Summer Research Symposium and Poster Presentation will take place on **Tuesday, February 18th, in the MET**. Oral presentations will be from **5–6 PM**, followed by the poster session from **6–7:30 PM**. This event is required for all students who received UCSD funding.

Key Deadlines:

January 3: Submit project title, faculty sponsor, and department [here](#).

January 17: Email a pdf of your 4' x 6' poster in pdf form to [Wossene Bayisa](#).

About the posters:

- You will each have a board to display your posters on, 4' x 6'. Size your poster accordingly, a PDF will need to be submitted.
- Posters will need to be submitted to me for printing by January 17th. If you submit any later you will be responsible for the poster printing costs.
 - If you print on your own, you will not be reimbursed for the printing costs. Make sure to allot enough time to print your posters. Most places will have a quick turn-around time, but don't wait until the last minute. I suggest at least a couple weeks in advance.
- This link may also be helpful while designing your poster: <http://libguides.ucsd.edu/posters>
- We will hold a Poster Presentation Workshop on Wednesday, January 8th from 12pm-1pm with Dean Happy Araneta. Please see below section for information on this session and to RSVP.

Optional Events:

December 13: Submit abstracts for oral presentations.

We invite all UCSD funded MS2 medical students to submit abstracts to be considered for oral presentation. We will select 4 students to present at the Summer Research Symposium on February 18th from 5pm-6pm. You must submit an abstract in order to be considered. Only one abstract per student will be accepted.

- The abstract text must not exceed 250 words, and the abstract must

contain the following headings/content: 1) Background, 2) Study Objectives, 3) Setting and Subjects, 4) Methods, 5) Results, and 6) Conclusion.

SUBMIT ABSTRACT [HERE](#) BY FRIDAY, DECEMBER 13TH.

- SOM faculty will evaluate abstracts and make selections for the oral presentation. You will be notified of status via email by January 6th, 2025. If your abstract is accepted, you will be asked to create power point presentation. Presentations will be 10 mins with 5 minutes for Q&A.

January 8: Attend the Poster Workshop with Dean Happy Araneta at 12 PM in the MET Lower Auditorium. [RSVP HERE](#) to attend.

For questions, contact Wossene Bayisa at wbayisa@health.ucsd.edu.

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!

Announcement: Our "Aging is Beautiful" t-shirts are back!

**Back by
popular
demand!!!**

“Aging is Beautiful” T-shirts for a \$35 donation



**If interested,
please email
healthyaging@ucsd.edu**

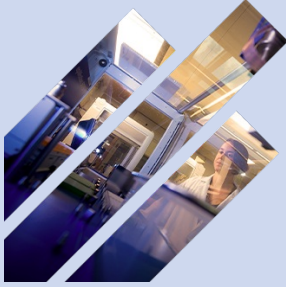


Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and development led by our Executive Director, Danielle K. Glorioso, LCSW, we are pleased to announce that Resilience Intervention is now licensed and available for use in community settings as well as for further research. This manualized evidenced-based 6-week program is designed to enhance resilience, compassion, and self-compassion among older adults, and has been tested and validated with numerous

community dwelling older adults as well as a variety of other settings and populations. For more information, please contact Danielle Glorioso at dglorioso@health.ucsd.edu

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



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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