2027 Public Lectures, Centenarian Documentary Trailer, SDSU CEAL New Issue Brief

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!

Help Shape Our 2027 Public Lecture Series



The Stein Institute for Research on Aging is already looking ahead to its 2027 Public Lecture Series, and we'd love to hear from you! What topics would you like to learn more about in the coming year? Share your ideas and interests by completing our brief survey at the link below. Your feedback will help us plan engaging lectures that reflect the interests and curiosity of our community.

In the meantime, you can revisit this past year's Public Lectures and explore the many other Stein Institute lectures available to watch anytime on UCTV. Whether you missed a lecture or want to revisit a favorite, there's plenty to discover!

Fill out 2027 Public Lecture Survey Here

View Past Lectures on UCTV here

Centenarian Documentary Trailer

The Stein Institute for Research on Aging at UC San Diego is excited to share the trailer for Centenarian, an upcoming documentary exploring the science of longevity and what it means to live a long, healthy, and fulfilling life. The film features inspiring stories of people challenging expectations about aging, including San Diego's Boogie Board Wave Chasers, a community of women

ranging in age from 55 to 95 who meet regularly to bodyboard and enjoy the ocean together. With members in their 90s continuing to embrace physical activity, friendship, and adventure, the Wave Chasers offer a wonderful example of how movement and social connection can enrich life at every age. Keep an eye out for familiar faces, including Anthony, and the Stein Institute building at UC San Diego, featured in the trailer!



More on the Centenarian Website

New Issue Brief from SDSU Center for Excellence in Aging and Longevity (CEAL)



SDSU's Center for Excellence in Aging and Longevity (CEAL) is pleased to share its new Issue Brief, "Belonging By Design: Purpose, Connection, and Opportunity in Senior Living". This resource highlights important insights and information to support professionals working in senior living and promote the health, well-being, and quality of life of older adults. We invite you to explore the brief and learn more about how research can help inform practices and strengthen support for aging communities.

Click to read the full issue here



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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