Event Recap & Photos, Introducing "Ask Quelda"

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!

Cancer Research, Treatment, and Resilience: A Meaningful Day of Learning and Connection



Stein staff and student volunteers at the check-in table

The Stein Institute for Research on Aging recently welcomed a packed audience at Osher Lifelong Learning on UC San Diego Campus for the 4th annual LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming Endowed Education Fund for Healthy Aging Lecture exploring cancer research, treatment, and survivorship.

Established more than four years ago through a generous endowment from Dr. KB and Linda Lee Lim, the lecture series reflects their commitment to providing free, community-based education to older adults. This year's program brought together leading experts from UC San Diego's Moores Cancer Center and Stein Institute for Research on Aging Executive Director Danielle Glorioso, who shared her personal journey through advanced-stage colorectal cancer.


Executive Director, Danielle K. Glorioso

Danielle opened the event by reflecting on how the program came to be. One year earlier, as she helped organize and lead the endowed lecture series, she was undergoing daily radiation treatment for advanced-stage colorectal cancer and struggling with severe side effects. About a month later, during a lunch with the Lim family, Danielle shared her diagnosis with them. She had intentionally waited until after the event to tell them, not wanting to cause concern or risk the program being canceled. During that lunch, Linda Lim suggested dedicating the following year's program to cancer and inviting Danielle to share her personal story.

The idea gave Danielle something meaningful to hold on to during some of her hardest days: the possibility that one day she might share her experience and make a difference for others.


Director, Dr. Alison Moore

Stein Institute Director Alison Moore followed with remarks on the importance of community events and the Institute's commitment to education on topics important to healthy aging. She then introduced Dr. Samir Gupta, whose presentation, *"The Changing Face of Colorectal Cancer: A Generational Challenge,"* explored trends in colorectal cancer and opportunities to improve screening and prevention.

Dr. Gupta also highlighted research published in *Nature* in 2025 that found signs of exposure to colibactin, a toxin produced by certain strains of *E. coli*, were more common in younger adults with colorectal cancer. This research may offer important clues about the rising rates of colorectal cancer in younger people.


Dr. Samir Gupta


Executive Director, Danielle K. Glorioso

Danielle then shared her journey from diagnosis and treatment to becoming cancer-free in her presentation, *"When Resilience Becomes Personal: From Studying Resilience to Living It."* Drawing on her years of work studying resilience at the Stein Institute, she reflected on the practices that helped her navigate some of the most difficult days, including gratitude, connection to others, and engaging in activities aligned with her values. She spoke about the importance of staying connected to the things that made her feel like herself, even when cancer changed nearly every aspect of daily life.

Danielle reflected on how staying connected to who she was meant adapting to her new limitations, making adjustments, and finding ways to continue doing the things she loved, even when it was difficult. Whether spending time with friends or attending a concert during chemotherapy, these experiences required flexibility and often looked different than they would have before cancer. But they also gave her moments when she could forget, even briefly,

that she was a cancer patient and simply enjoy being herself. Those moments of joy and connection helped sustain her through the hardest days.



Deputy Director of Moores Cancer Center, Dr. El Rayes

The final presentation, *"Cancer Treatment: Path Forward,"* was delivered by Dr. El Rayes, Deputy Director of Moores Cancer Center. He highlighted the important cancer research underway at Moores and discussed clinical trials that may offer opportunities for community members to access promising new approaches to treatment.



Q & A with Dr. El Rayes, Dr. Samir Gupta and Danielle K. Glorioso

The event concluded with a question-and-answer session, giving attendees the opportunity to engage directly with the speakers and explore questions about cancer research, treatment, and survivorship.

The Stein Institute extends its sincere thanks to the Osher Lifelong Learning Institute for co-hosting the event, Dr. Gupta and Dr. El Rayes for sharing their expertise, and the Lim family for their generous support and commitment to advancing research and community education. Their generosity helps bring important scientific knowledge to the community and makes a meaningful difference in the lives of older adults. We are also grateful to everyone who joined us for this special day of learning, connection, and hope.



Linda Lim & Dr. KB Lim



Executive Director Danielle Glorioso, Dr. KB Lim, Linda Lim,
& Director Dr. Alison Moore

Did you miss the event, or want to watch it again? The program will be available on UCTV in the coming months. We'll share the link as soon as it's available!

Introducing "Ask Quelda"

You loved hearing from community member Quelda Wilson at our symposium on September 24th, and now by popular demand you can ask her your own questions!

With 90 years of experience, Quelda brought wisdom, perspective, and a refreshing voice to our recent symposium, winning over the audience with her



insights on life and aging and the use of technology. She was such a hit that we are launching a new column in our newsletter called “Ask Quelda”.

In each installment, Quelda will respond to questions submitted by you, our readers, sharing her thoughts, experiences, and perspective on life. Curious about what she’s learned over the years? Wondering what advice she would offer on navigating life’s challenges, finding joy, building relationships, or growing older? Now is your chance to ask!

What would you like to ask Quelda? Click the button below to submit your question and you may see yours featured in an upcoming issue of our newsletter. We can’t wait to see what you’re curious about, and to learn from Quelda along the way!

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

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