

2026 Annual Symposium,
State Senator Acknowledges
Drs. Molina & Corley,
Aging is Beautiful Everywhere,
Lim Lecture

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!

Join us for our 2026 Annual Symposium next week!

AI and Healthy Aging: Advancing Health and Longevity

September 24, 2026

9:30 am - 4:00 pm

AI AND HEALTHY AGING: ADVANCING HEALTH AND LONGEVITY

2026 ANNUAL SYMPOSIUM OF THE STEIN INSTITUTE FOR RESEARCH ON AGING & CENTER FOR HEALTHY AGING



with Keynote Speakers:

Amy Sitapati, MD

Chief Medical Information Officer, Population Health; Clinical Professor of Medicine, Division of Biomedical Informatics & General Internal Medicine, UC San Diego

Jeffrey Egler, MD

Chief Medical Officer, Noom

Along with 3 expert panels on how AI can support your health, independence, and well-being.



SEPTEMBER 24TH 2026



9.30 AM - 4.00 PM



PARK AND MARKET, UC SAN DIEGO
1100 MARKET STREET
SAN DIEGO CA 92101



Scan QR code
to register



healthyaging.ucsd.edu

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SAM AND ROSE STEIN INSTITUTE
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[Register Here](#)

We would like to give a big thank you to
our 2026 sponsors!!



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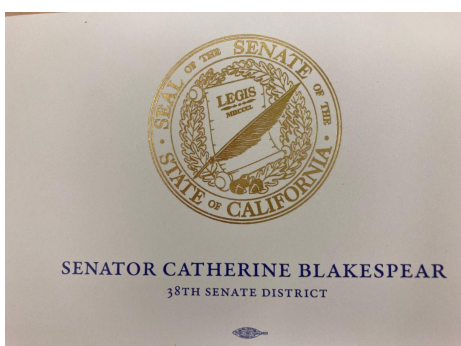


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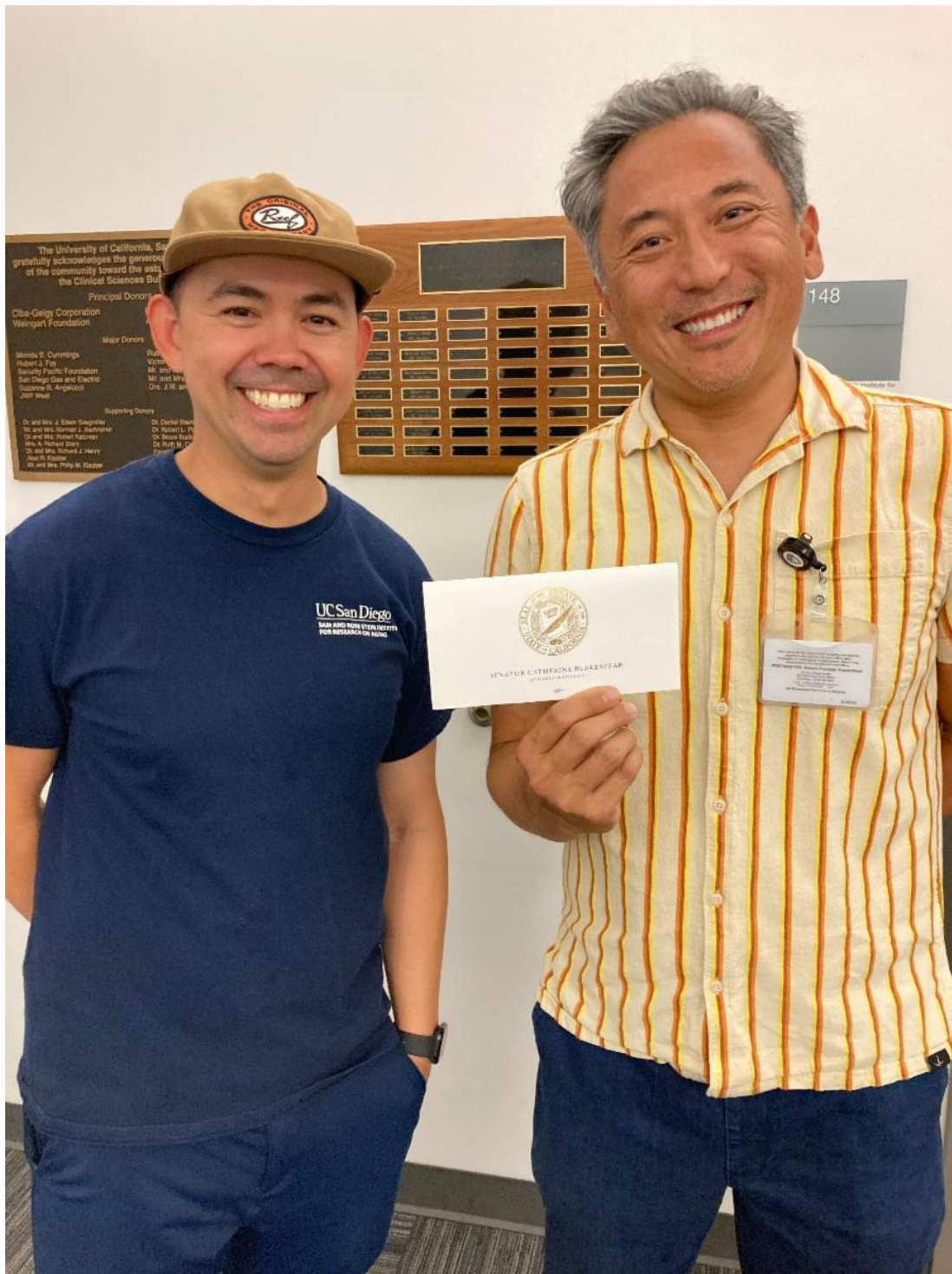


UC San Diego

State Senator Recognizes XPRIZE Healthspan Innovators



Drs. Anthony Molina and Michael Corley were honored with a special letter from State Senator Blakespear recognizing their innovative work in the XPRIZE Healthspan competition. We're thrilled to see their dedication and groundbreaking efforts celebrated!



[More about the XPRIZE Healthspan Competition](#)

Aging is Beautiful Everywhere

Aging is *Beautiful*

Age beautifully,
wherever life takes you
#AgingIsBeautifulEverywhere



Spotlight: Valerie Warkins – The Joy of Movement

"Dance has always been an important part of my life. Whether through ballet or circus, it has taught me to listen to my body, tune in to every muscle, and understand what my body needs."

For Valerie, healthy aging means staying connected to her body through movement, strength, and joy. From dancing to soaring through the air on aerial silks, she embraces movement as a way to stay healthy while having fun.

"After all, nothing is more fun than flying through the air."

Thank you, Valerie, for reminding us that movement can keep us strong, connected, and joyful at every age.

Get your own "Aging is Beautiful" t-shirt for a \$35 donation - and share your **#AgingIsBeautifulEverywhere** photos with us!

please email healthyaging@ucsd.edu



Email to get your own "Aging is Beautiful Everywhere" t-shirt

**Don't forget to register for the 4th Annual
LEE tuh-fuh & Ruby LEE Wang Zu-Ming
lecture**

October 20th
1pm - 3pm
Osher Lifelong Learning Institute

JOIN US FOR THE LEE TUH-FUH & RUBY LEE WANG ZU-MING ENDOWED EDUCATION LECTURE

“The Changing Landscape of Cancer: Prevention, Emerging Therapies, Survivorship, and Healthy Aging”

As cancer rates continue to rise and advances in treatment reshape outcomes, this timely discussion will explore prevention, emerging therapies, survivorship, and strategies for healthy aging.

SAMIR GUPTA, M.D.



Samir Gupta, MD, is a board-certified gastroenterologist specializing in colorectal cancer screening, prevention, and the care of patients at increased risk for colorectal cancer. His expertise includes hereditary cancer syndromes such as Lynch syndrome and familial adenomatous polyposis, as well as the management of complex colorectal polyps. Dr. Gupta's research focuses on improving colorectal cancer screening and prevention through clinical trials and population-based studies. His work aims to increase screening rates and identify new approaches to risk assessment and early detection. He earned his medical degree from the University of Michigan and completed training in internal medicine and gastroenterology at UCSF and the University of Pennsylvania.

RANA R. MCKAY, M.D.



Rana R. McKay, MD, is a board-certified medical oncologist specializing in genitourinary cancers, including bladder, kidney, prostate, and testicular cancer. She leads UC San Diego Health's multidisciplinary prostate cancer clinic, providing coordinated, specialized care for patients with advanced disease. A professor in the Departments of Medicine and Urology at UC San Diego School of Medicine, Dr. McKay conducts clinical research focused on developing innovative therapies and biomarkers for genitourinary cancers. She serves as principal investigator on several kidney and prostate cancer clinical trials and has published extensively in leading medical journals, including Nature, The Lancet, and the Journal of Clinical Oncology. Before joining UC San Diego Health, Dr. McKay was on the faculty at Harvard Medical School and a medical oncologist at Dana-Farber Cancer Institute.

DANIELLE K. GLORIOSO, LCSW



Danielle Glorioso is the Executive Director of The Sam and Rose Stein Institute for Research on Aging and the UC San Diego Center for Healthy Aging since 2014. She provides leadership and direct oversight of the Stein Institute and Center for Healthy Aging strategic planning and community outreach programs. Danielle is a cancer survivor who was diagnosed with advanced-stage colorectal cancer in the summer of 2025. After undergoing radiation, chemotherapy, and surgery, she was declared cancer-free in May 2026. Her experience as a cancer survivor has given her a deeply personal perspective on the cancer journey and the importance of compassionate, patient-centered care. Throughout her career, Danielle has made significant contributions to improving the mental health and well-being of older adults.

OCTOBER 20TH

1PM - 3PM

OSHER LIFELONG LEARNING INSTITUTE
8980 LA JOLLA VILLAGE DRIVE - 3RD FLOOR
LA JOLLA, CA 92037

[Register 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 dglorios@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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