

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

A Fundraising Idea Takes Flight: How a Stein Supporter Turned a Flight Home Into a Gift for the Stein Institute



What started as a flight home from Greece turned into an unexpected fundraising campaign for the Stein Institute, all at 30,000 feet above sea level. On his flight back to San Diego, a local San Diego transplant and Stein Institute Supporter Bryan struck up a conversation with the passengers seated beside him. Naturally, they asked about his trip. Bryan explained that he was working his way through his bucket list, and Greece was the latest destination he could happily check off.

"I'm getting up there in age," he told them, "so I want to travel while I still can." His seatmates agreed. Before long, the conversation turned to growing older, staying active, and making the most of life while you still have the mobility to do the things you love. Bryan shared a story about his 102-year-old neighbor, who still drives and remains remarkably active. That led his seatmate to say something that would change the course of their conversation: **"Aging is always beautiful."** Bryan paused, recalling he was wearing his Stein Institute *Aging is Beautiful* T-shirt. And that's when the wheels started turning.

Bryan had discovered the Stein Institute about six months earlier after attending one of our events. He loved the message behind our work, and especially the message on an *Aging is Beautiful* T-shirt he received as a gift for his donation. Now, sitting on an airplane, he saw an opportunity. With what he describes as a Cheshire Cat-sized grin, Bryan told his seatmates, "You won't believe this, but I have that exact saying on my T-shirt right now." No one believed him.

So Bryan proposed a challenge: he would show them the shirt he was wearing underneath his clothes. If it really said *Aging is Beautiful*, would they agree to make a donation to the Stein Institute? And he would match every dollar they gave. They accepted. When Bryan revealed the T-shirt, disbelief quickly turned into laughter and excitement. He had been telling the truth. The impromptu airplane challenge resulted in donations that Bryan matched, and when he returned home to the United States, he made a \$1,000 gift to the Stein Institute. It was a perfect reflection of Bryan himself: spontaneous, generous, community-minded, and always ready for a good challenge.

Bryan's connection to UC San Diego is also personal. After experiencing two bouts of cancer and receiving care from UCSD Health, supporting the Stein Institute's mission carries special meaning for him. Now retired from careers in telecommunications and hospitality, much of which he spent working in Asia, Bryan is making the most of his next chapter. He spends his time working through his bucket list, playing tennis, staying active, connecting with friends and family, and giving back to his community.

We're grateful to Bryan not only for his generous gift, but for his quick thinking, his infectious enthusiasm, and his willingness to share the Stein Institute's message wherever he goes, even at 30,000 feet. Thank you, Bryan, for reminding us that aging really is beautiful, and that it's never too late to turn an ordinary moment into something extraordinary.

[Email to get your own "Aging is Beautiful Everywhere" t-shirt](#)

Dr. Michael Corley Featured on Good Morning America



Dr. Michael Corley was recently featured on Good Morning America to discuss new research exploring whether GLP-1 medications may have the potential to slow aspects of the aging process. We're excited to see our team's work in healthy aging reaching a national audience and contributing to the growing conversation around the future of aging research.

[Watch it here](#)

Don't forget to register for our 2026 Annual Symposium

AI and Healthy Aging: Advancing Healthy 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

UC San Diego

SAM AND ROSE STEIN INSTITUTE
FOR RESEARCH ON AGING

[Register Here](#)

Become a Symposium Sponsor

Join us as a valued sponsor of our premier annual event, bringing together experts, researchers, and community leaders committed to advancing healthy aging and resilience across the lifespan.

Sponsorship opportunities offer meaningful visibility, engagement with attendees, and recognition across our digital platforms.

- Showcase your commitment to innovation and longevity
- Connect with thought leaders and changemakers
- Highlight your organization to a diverse and engaged audience

Interested in partnering with us?

Contact Danielle Glorioso at dglorioso@health.ucsd.edu

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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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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