

**Dr. Alison Moore, Director  
of Stein & Healthy Aging  
2024 Pilot Grant Program**

**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!

**Dr. Alison Moore officially named the Director  
of Stein Institute for Research on Aging**

**CONGRATULATIONS!**



Dr. Alison Moore appointed the Director of Stein Institute for Research on Aging

Vice Chancellor Dr. John M. Carethers announces a new milestone in efforts to promote healthy aging and welcomes Alison Moore, MD, MPH, into her new role as director of the Stein Institute for Research on Aging at the University of California San Diego!

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**A letter from our director...**

I am thrilled to announce that I have been chosen as the next Director of the Stein Institute for Research on Aging (SIRA) and the UC San Diego Center for Healthy Aging (CHA). Since July 2022, I have been the Interim Director and had the privilege of leading SIRA/CHA alongside longtime Executive Director, Danielle Glorioso and Scientific Director, Anthony Molina, PhD. Together we appointed four Associate Directors having a range of expertise in aging from different departments and Schools at UC San Diego. We have set up and are running a Living Lab at Belmont Village Senior Living in La Jolla where residents can participate in a variety of research projects. We are also about to send out the second annual round of surveys for the Successful Aging Evaluation (SAGE) cohort since it was halted in 2020 due to the pandemic. These rounds have expanded the SAGE study's focus on cognitive and

emotional aspects of aging across the lifespan with questions addressing physical aspects of aging as well as social determinants of health.

Moving forward, the theme that will guide our research efforts is geroscience, or the study of factors that drive aging and differences in trajectories of health. In particular we will focus on drivers of healthy aging to improve healthspan. We chose this theme as it is the focus of much cutting-edge research in aging and is broad enough to enable the study of factors ranging from biological to social and behavioral.

We also plan to sustain and diversify our aging research training initiatives including programs supporting undergraduates to explore healthy aging in the class and in the field, doctoral and postdoctoral students to study mental health and aging, and medical students to conduct research in aging. We are working on plans to partner with other programs to encourage aging research training from high school students through university faculty.

Community outreach efforts will be broadened to increase diversity, inclusion and accessibility. We want to reach people from many backgrounds and to partner with all of you to learn how best to share knowledge regarding healthy longevity and other topics.

I am grateful to be the new Director and proud to be the first woman Director of the Stein Institute for Research on Aging since its inception in 1983. Our work will lead to new discoveries, innovative training programs, and even greater community engagement to improve older adults' lives - here in San Diego and all over the world.



**Alison A. Moore, MD, MPH, FACP, AGSF**  
Director, Stein Institute for Research on Aging and UC San Diego Center for Healthy Aging  
Larry L. Hillblom Chair in Geriatric Medicine  
Professor of Medicine  
Chief, Division of Geriatrics, Gerontology and Palliative Care  
University of California San Diego

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**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](mailto:saweiss@health.ucsd.edu) to nominate them!

## The Stein Institute for Research on Aging and the Center for Healthy Aging 2024 Pilot Grant Program

### Call for Applications: 2024 Pilot Grant Program - Stein Institute for Research on Aging / Center for Healthy Aging at UC San Diego

The Stein Institute for Research on Aging and the Center for Healthy Aging and the Stein Institute for Research on Aging (SIRA/CHA) 2024-25 pilot grant program solicits proposals for innovative research projects. We are an integrated, multi-disciplinary, cross-campus group that aims to advance and promote health and well-being in the field of healthy aging through research, education, and community outreach. The purpose of the pilot funding is to foster **early-stage interdisciplinary research focused on the study and promotion of healthy aging**. These awards are designed to help investigators generate pilot and feasibility data to support extramural grant applications.

**Proposal Due Date:** May 3, 2024 at 5pm PST

**Theme:** The focus of these pilot projects should be related to: 1) understanding the factors (e.g. biological, behavioral) that impact healthy aging; or 2), Advancing innovative strategies for promoting healthy aging. Healthy aging is broadly defined as: maintaining or promoting physical, mental, and cognitive health to promote well-being and quality of life in older age.

**General Guidelines:** We expect each application to name a specific **NIA approved concept** that will be targeted in a subsequent grant application. Note that specific funding opportunities for these concepts are typically released within 3-6 months. Alternatively, an active NIA funding opportunity may also be targeted as long as it does not expire in 2025.

We encourage investigators to take advantage of existing data and informatics-based approaches and to include variables that employ principles of diversity, equity and inclusion (e.g., include populations underrepresented in research, consider community's values, strengths and priorities, measure social determinants of health, measure diversity).

We also encourage applicants to utilize resources that SIRA/CHA has to offer, including:

- Existing data from our longitudinal life-span aging cohort, the Successful Aging Evaluation Study (SAGE). The SAGE study is a prospective cohort study of

1,800 randomly selected, demographically representative of San Diego, community-dwelling individuals ages 20 to over 100 years. The specific assessments and the years that the assessment were collected can be found [here](#).

- A novel, first of its kind “living lab” in the Belmont Senior Living community on Nobel Drive, just a few miles from the La Jolla campus. This lab is embedded in the senior living community on the 6<sup>th</sup> floor in a studio apartment and provides researchers with an opportunity to collaborate with residents and conduct novel research on-site. This could include using the space to conduct research related to sensors, testing innovative technology, conducting physical assessments, utilizing it as a meeting space for participant interviews, etc. Proposals with plans to utilize the living lab space will be considered.
- The UCSD Geroscience lab provides support for aging biomarkers research, including biospecimen collection and processing. The Geroscience lab has a particular focus on mitochondrial bioenergetics but can also facilitate research investigating other biological hallmarks of aging.

**Eligibility:** All UC San Diego faculty members can apply for Pilot funds. Early career investigators, and those new to aging research, are particularly encouraged to apply. UC San Diego Postdoctoral fellows and individuals with pending faculty appointments must include a letter of support from a faculty mentor.

**Project Duration:** The funding for this program is for one year. Funding is expected to begin no later than 8/1/2024. Unless a no-cost extension has been approved, projects must be completed by 7/30/2025.

**Budget:**

Individual PIs may seek up to \$20,000.

To encourage interdisciplinary research, teams including PIs from different Departments may seek up to \$40,000.

**Application Requirements:**

- One page cover letter (including target NIA Approved Concept or FOA)
- Up to three-page proposal including the following sections: Specific aims, background/significance, innovation, approach, analytical plan, and anticipated timeline.
- Up to 500 words describing how this pilot award will be used to support a future grant application.
- References
- Budget and justification
- Investigator(s) NIH bio sketch or CV
- Letters of collaboration and/or support (if relevant)

**Formatting:** Use an Arial, Georgia, Helvetica, or Palatino Linotype, a font size of 11 points or larger and single-spaced with a one-half inch margin (top, bottom, left, and right) for all pages.

**Submission:** Proposals should be submitted electronically as a single PDF file to our email [healthyaging@health.ucsd.edu](mailto:healthyaging@health.ucsd.edu)

**Review Process:** Proposals will be reviewed by the Center for Healthy Aging steering committee members. Notification of funding will be made by May 31, 2024.

Information on resources available through SAGE, Living Lab, and Geroscience can be found [here](#).

Investigators interested in applying may contact Dr. Anthony Molina ([ajmolina@health.ucsd.edu](mailto:ajmolina@health.ucsd.edu)), Stein Institute Scientific Director, to discuss project relevance and SIRA/CHA) research resources.

We look forward to receiving your proposals. Please contact Danielle Glorioso ([dglorioso@health.ucsd.edu](mailto:dglorioso@health.ucsd.edu)), the Executive Director of the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging with any questions.

[Click here for more info](#)

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**"Understanding Aging in the Real World: What Wearable Devices Reveal About How We Age Differently" with Benjamin Smarr  
now available to watch on UCTV**



[Watch on UCTV website](#)

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**Don't forget to register for our next Public  
Lecture**



# NEXT PUBLIC LECTURE

UC San Diego

Center for Healthy Aging  
Stein Institute for  
Research on Aging

“Diabetes and Cardiovascular Disparities among Black, White, and Filipino Women: What's fat got to do with it?”

Wed, May 15th

4-5pm

with Maria Rosario (Happy)  
G. Araneta PhD, MPH



Please Register Here



## Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available for use in community settings.

If you are interested in learning more about the program, please contact us at [healthyaging@health.ucsd.edu](mailto:healthyaging@health.ucsd.edu)

## Upcoming Public Lectures



# 2024 Upcoming PUBLIC LECTURES



Wed, May 15

MARIA ROSARIO (HAPPY) G.  
ARANETA PHD, MPH - ASSOCIATE  
DIRECTOR  
TBA

Wed, July 24

COLIN DEPP, PHD - ASSOCIATE  
DIRECTOR  
“SOCIAL CONNECTION AND HEALTHY  
AGING”



🕒 4-5pm

📍 Zoom



## 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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