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

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## **Centenarian Documentary**

Centenarian celebrates longevity, resilience, and the power of aging well. This inspiring documentary explores the lives of those who have reached 100 and beyond, highlighting the very themes we study at the Stein Institute—what contributes to a long, meaningful life and how we can promote healthy aging for all.

UC San Diego was proud to participate in the film, with our own Dr. Anthony Molina, research staff, and Stein Institute building featured in this trailer! We can't wait for the release of this film!



[Learn more about the film](#)

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**Breaking Barriers in**

# Treatment-Resistant Depression

Tuesday, April 29, 2025  
5:30 PM - 8:30 PM  
Ong Family Auditorium  
UC San Diego School of Medicine campus

Many of us have been touched by depression directly or indirectly. Depression touches millions of lives and, for many, traditional treatments fail to bring relief. Treatment-Resistant Depression (TRD) is a complex and often devastating condition where standard therapies - such as antidepressants and psychotherapy - fall short, leaving patients and their families searching for answers. Without effective intervention, TRD can lead to a cycle of frustration, hopelessness, and increased risk of suicidality.

Following the presentations, an interactive Q&A session will allow attendees to engage directly with our expert panel.

This event brings together researchers, clinicians, and the broader community to foster dialogue and collaboration in the fight against TRD. Whether you are a clinician, researcher, student, or someone impacted by depression, this event offers an opportunity to learn from leading experts and gain a deeper understanding of the challenges and breakthroughs in TRD treatment.

Join us as we work together to advance solutions and bring hope to those living with TRD.

There is no cost to attend.

[More Information Here](#)

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## Our Next Public Lecture

Wednesday, May 14th, 2025



Michael J. Wilkinson,  
MD, FACC, FNLA

## PUBLIC LECTURE

UC San Diego  
Center for Healthy Aging  
Stein Institute for  
Research on Aging

### "INTERMITTENT FASTING: A STRATEGY TO PREVENT CARDIOMETABOLIC DISEASES AND PROMOTE HEALTHY AGING"

Please join us for a lecture with UC San Diego Cardiologist, Dr. Michael J. Wilkinson. Q & A to follow, moderated by Danielle Glorioso.



4pm-5pm



Wed, May 14



Zoom

Dr. Michael Wilkinson is a board-certified cardiologist and lipidologist, and directs UC San Diego Health's advanced lipid treatment program, specializing in inherited dyslipidemias like familial hypercholesterolemia and elevated lipoprotein(a). He focuses on preventing atherosclerotic cardiovascular disease through risk management and advanced therapies. As president of the Pacific Lipid Association Chapter and a National Lipid Association board member, Dr. Wilkinson advances lipidology education and research. An associate editor of the *American Journal of Preventive Cardiology*, he publishes extensively and mentors trainees. He completed his MD at Drexel University, residency at the University of Chicago, and fellowship at UC San Diego, where he was chief fellow.

[Register Here](#)

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**Our #AgingIsBeautifulEverywhere  
Campaign is on social media**

# Aging is *Beautiful*

Age beautifully,  
wherever life takes you  
**#AgingIsBeautifulEverywhere**



## Spotlight: Lina Scandalis – Embracing the Aloha Spirit on the Water

“I have always been enamored with the ocean—its beauty, its power, and its ability to put life into perspective.”

For Lina, being in the ocean—whether swimming, canoeing, or simply jumping in the waves—is more than just a pastime. It’s a place of serenity and connection.

“Outrigger canoeing has been a part of my life for 12 years. Miles from land, the ocean reminds me how small we really are. The sport itself embodies the spirit of Aloha—fostering camaraderie, respect for tradition, and a deep appreciation for the ocean and community.”

Thank you, Lina, for sharing how paddling strengthens not just the body, but also the mind and spirit!

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

**please email [healthyaging@ucsd.edu](mailto:healthyaging@ucsd.edu)**



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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!



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

After nearly a decade of research led by our Executive Director, Danielle K. Glorioso, 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 at [dglorioso@health.ucsd.edu](mailto:dglorioso@health.ucsd.edu)



## 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



[Visit our website](#)

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