

**Triton Giving Month,  
Resilience-Based Intervention,  
Symposium at Serving Seniors,  
Public Lecture available on  
UCTV**

**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!

## **Triton Giving Day is this month!**



As Triton Giving Day approaches at the end of this month, we invite you to be part of a shared effort to shape the future of healthy aging.

For more than 40 years, the Stein Institute for Research on Aging has been advancing research, training the next generation of leaders, and bringing science into the community to improve the lives of older adults. From supporting innovative studies to mentoring students and providing free public education, every aspect of our work is driven by a simple belief: longer lives should also be healthier, more independent, and more fulfilling.

Your support on Triton Giving Day helps make that vision possible. Gifts to the Stein Institute directly fuel research discoveries, expand training opportunities, and strengthen programs that connect science with the community.

As we look ahead, your generosity plays a vital role in what comes next. Join us in investing in a future where everyone can age well.

Visit our Triton Giving Page here

## Building Resilience, One Class at a Time



Our Resilience-Based Intervention program is making waves in the community. This six-class series equips older adults with practical tools to navigate life's curveballs and build resilience.

One of our recent "Aging is Beautiful Everywhere" spotlights, Peggy Furst, is bringing this program to life—leading engaging sessions at a senior living community, with more classes on the way at a local senior center and county library. The momentum is growing, with this inspiring work recently featured in The Daily Republic for helping seniors strengthen resilience and thrive.

Read The Daily Republic article here

Resilience, Compassion and Self-Compassion Program  
available for license

### 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 who 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!

# Expanding Our Community Reach: A New Partnership in Healthy Aging

As part of our recent strategic plan, we have made a meaningful commitment to expand our reach and deepen our connection with the community. One of the ways we are bringing this vision to life is through new and thoughtful partnerships that reflect the needs and interests of those we serve.

We are proud to partner with Serving Seniors to host a half-day symposium for their members focused on healthy aging. This event will highlight topics that are especially relevant to Serving Seniors participants, with the goal of providing practical, engaging, and empowering information to support well-being and quality of life.

Serving Seniors is a trusted community organization dedicated to helping older adults who live in poverty live healthy and independent lives, providing essential services such as meals, health resources, and social support. We are honored to collaborate with an organization whose mission aligns so closely with our own values and commitment to community care.

[More about Serving Seniors](#)

Events like this are made possible through the generosity of our community and support for our fundraising campaign. If you would like to help us continue offering meaningful programs and expanding our reach, we invite you to make a gift. Your support enables us to create more opportunities to connect, educate, and serve.

[How to Give](#)

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## Public Lecture now available on UCTV

**Slowing the Clock: Longevity Science Meets  
Alzheimer's Prevention**



How fast are you really aging, and what could that mean for brain health? Aladdin H. Shadyab, Ph.D., explores the gap between chronological age and biological age, and why that difference matters for long-term health. Shadyab describes tools that use information from blood to estimate how quickly the body is aging, including approaches that look beyond the body as a whole to consider aging in specific systems. He connects faster biological aging with higher risk for age-related disease and declines in physical and cognitive function, and discusses how blood-based biomarkers may offer earlier signals of processes linked to Alzheimer's disease. Shadyab also highlights lifestyle and treatment findings that may support healthier aging and longer survival.

[Watch on UCTV](#)



### **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](mailto:dglorioso@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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