

April marks Stein Institute's 40th Anniversary!!

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 40th Anniversary e-newsletter!



Words from some of our treasured staff members of the Stein Institute

Danielle Glorioso, LCSW

Executive Director

Happy 40th Anniversary Sam and Rose Stein Institute for Research on Aging! As I reflect upon the years I have worked at the Stein Institute, it is hard to not consider what called me to aging work in the first place. For me it goes back to three remarkable individuals: Alice Kukene, John Kukene, and Georgia “Jo” Shea. They were loving, smart, thoughtful, hard-working middle-class individuals raised in Massachusetts during the Great Depression, and I have the very good fortune of being their grandchild. I like to think of it as hitting the “familial” jackpot, since having them as my grandparents was one of the greatest things to happen in my life. All three were so influential in my development that I will never be able to fully express how blessed I was to have their love and wisdom growing up. They are the reason I decided to apply for a job in aging research at UC San Diego after graduating from college, and they continue to be the driving force behind why I



continue in this work nearly two decades later.

I am passionate about the work that we do at the Sam and Rose Stein Institute for Research on Aging because every day we make meaningful and impactful differences in the field of aging and in the lives of older adults. As the Executive Director, I have a dream career which affords me the opportunity to learn, research, connect, and steer value-driven work with a team of extraordinarily talented and passionate individuals. I believe our dedication is demonstrated in the longstanding tenure of our staff and faculty. Having only three different directors to date and many of our staff having been with us for over ten years, we all share the same goal – to promote life-long health and well-being through research, training, and community outreach. Forty years after Dr. J. Edwin Seegmiller established our Institute, I can still feel the deep connection to his vision and the pillars he used to build us. Sadly he passed away in 2006, but I often wonder how proud he would be of how much we have accomplished since he founded the Institute all those years ago.

As part of my role as Executive Director, I have the great opportunity to cultivate strong relationships with donors, create meaningful community programs that reach people all over the world, co-author papers in impactful peer-reviewed scientific journals which have influence in the field of aging, and lean on my social work background to develop evidence-based programs that enhance resilience, compassion, self-compassion and empathy.

The highlight of my job is each and every time I get to connect with the community. Whether it be at one of our events, on the phone, or in our research studies, the magic of the Sam and Rose Stein Institute is the amazing older adults that partner with us and teach us. Without their guidance and support, our Institute would not be able to forge the important advances in the field of healthy aging.

Thank you, Stein Institute, for being my home for nearly two decades, for giving me the career of a lifetime, and for allowing me to make a meaningful difference in memory of Alice, John, and Georgia. Happy 40th!

Jennifer Reichstadt, MSG

Former Program Director

Congratulations to the Stein Institute for Research on Aging for turning 40! It was a privilege to have contributed to a small part of the Stein Institute's history during my time there as Program Director. I was honored to have



been with the Stein Institute back when efforts were first being launched to research successful aging (I was initially hired as the first successful aging research coordinator), to have helped with the initial application to fund UC San Diego's Medical Student Training in Aging Research (MSTAR) program and the launch of the High School (HS STAR) program and MSTREAM, and to have been part of the beginning

development of the now longstanding (and expanding) SAGE (Successful Aging Evaluation) study.

Looking back, some of my favorite projects while at the Stein Institute (or "SIRA" as we used to call it) included having the opportunity to conduct focus groups and personal interviews with older adults to gain their insight into factors related to successful aging; recruiting and engaging with participants for our exergames studies (which also often entailed me getting to train individuals on the "Wii" games at a local community center), and connecting with medical students and high school students during their summer research training and helping to show them the true importance and value of aging research.

I appreciated being able to meet Dr. Seegmiller, the founding director of the Stein Institute for Research on Aging, who regularly visited his office even after his retirement and up until shortly before his passing; and to have met Sam Stein before he passed, and to have worked with his grandson, Greg Stein, who was an active contributor as part of the Community Board of Advisors. There are many individuals – not all of whom are still with us – who have contributed to the success of this institute and made it what it is today with their vision, commitment, and interest in wanting to better understand the aging process, improve and maximize the aging experience, and make the world a better place for older adults. Even after 40 years, the goals of the Stein Institute are still just as pertinent as ever.

The Stein Institute launched my career at UC San Diego, fostered my longstanding interest in gerontology, and under the leadership of Dr. Dilip Jeste, afforded me many opportunities for growth. I am still here at UC San Diego (and still focused on geriatrics and gerontology) and appreciate being able to often collaborate with members of the Stein team through the years on mutual projects. I look forward to seeing what's next for the Stein Institute and have no doubt it will continue to achieve great things and expand our knowledge in the years ahead.

Paula Smith

Executive Assistant



I joined the staff of UC San Diego School of Medicine fifteen years ago and for the last eight years have had the great privilege to work in the front office of The Sam and Rose Stein Institute for Research on Aging and UC San Diego Center for Healthy Aging. One of the main reasons I have enjoyed coming to work each day is because of the high quality of staff that surround me. We are so very fortunate to have the support of such intelligent, skilled, industrious, generous, reliable, dedicated, caring and compassionate staff.

Gratitude, appreciation, and heartfelt recognition are important components of any workplace and I am so thankful to feel cared for and know that I matter and belong. Being on the administrative team at the Stein Institute and helping our leadership team succeed in whatever project or endeavor they are working on has given me a purposeful life in a way I never imagined. I enjoy sharing in great conversations and learning about the amazing ways our research helps to improve the lives of older adults. My work day always varies so whether it involves speaking with individuals calling from the public, supporting the work of our research fellows, or assisting faculty with their busy schedules, the diversity of what we all bring to the team strengthens us as a whole. When we bring our very best to our work, to each other, and to our supporters, we become a living demonstration of what our Stein Institute is all about.

Thank you, from the bottom of my heart, for the opportunity to share!



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