

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!

Stein Institute Honors the Life and Accomplishments of Longtime Volunteer and Supporter Natasha Josefowitz, PhD

As we conclude the celebration of our 40 year anniversary, we reflect upon the many amazing supporters who have helped us accomplish this meaningful milestone. In this tribute, it is with great sadness and profound respect that we announce the passing of Natasha Josefowitz, PhD, a longtime supporter, friend, donor, and ever-present volunteer of the Stein Institute for Research on Aging and UC San Diego Center for Healthy Aging for nearly forty years. Dr. Josefowitz passed away on March 15, 2023, at the age of 96.



The author of the nation's first university course for women in business, and the best-selling book *Paths to Power: A Woman's Guide from the First Job to Top Executive*, Dr. Josefowitz focused her career on empowering women. A self-proclaimed "late bloomer", she earned her master's degree at age forty and her doctorate at age fifty. Renowned as a professor of management for thirty years and an internationally-known business consultant and keynote speaker, Natasha was named as one of San Diego's "Top Guns" by the San Diego Business Journal and was one of the first five women to join the Rotary Club's San Diego chapter. She had a weekly program on public radio and a monthly television segment for over ten years. She was a guest on many radio and television programs, including *All Things Considered*, *Larry King Live*, and *The Dr. Ruth Show*. Inducted into the San Diego County Women's Hall of Fame in 2015, she received the Living Legacy Award from the Women's International Center, an event at which many of the Stein Institute's staff and faculty were invited to attend as honored guests.

Dr. Josefowitz's work evolved over the years and as she herself aged she turned more of her attention toward helping older adults stay active in their careers and private lives. In this regard she truly practiced what she preached. Her award-winning work has been published in over twenty business and poetry books and more than one hundred journals, newspapers, and magazines, including the *Harvard Business Review*, the *Wall Street Journal*, *Psychology Today*, and *London Times*. Natasha was a regular blogger on the *Huffington Post* and her twentieth book, *Living Without the One You Cannot Live Without: Hope and Healing after Loss* was named a *Kirkus Reviews* Best Book of 2013. We were deeply honored when she agreed to give a [Stein Institute Public Lecture](#) on grief and loss in 2014 and now, over nine years later, it continues to impact those who are grieving all over the world.

UCTV recording of Stein's Public Lecture Series:

Natasha Josefowitz, PhD, bestselling author and professor of management will use poems from her award-winning book, "Living Without the One You Cannot Live Without" (November 2013), to illustrate the emotional aftermath of loss and the changes that must take place in order for people to heal.



Dr. Josefowitz was an integral member of our Stein Institute family for nearly 40 years. Over those years she served on numerous advisory boards, was the past President of our Community Advisory Board and a recipient of our 2019 Champion for Healthy Aging Award. She wrote articles for our newsletter, connected us to community organizations, served as a panelist and read her poetry at our symposiums, she donated in support of our work and generously established the Natasha Josefowitz Pre- and Post-Doctoral Fellowship for graduate students and early-career researchers of extraordinary promise who are pursuing research on aging. Most importantly, Natasha was our friend – she cared about all of us at the Stein Institute. We are certain that we are better people and do better work because of her. With her laughter and wisdom, she mentored us, taught us, cried with us, and cared deeply about the work we do. She lectured us on the work that we were doing and challenged us to work harder and do more. She was the first to tell us when one of our research ideas was a bad one! She impacted lives all over the world. We are thankful for the privilege of having known her and her remarkable contribution to our Stein Institute will forever live on.



Natasha Josefowitz, PhD
Poet, Author, Syndicated Columnist, Educator, and Professor of Management

We hope you enjoy this video of Natasha Josefowitz reading some of her own poems as much as we do!
Her obituary can be found [here](#).



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.

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