

April marks Stein Institute's 40th Anniversary!!

UC San Diego

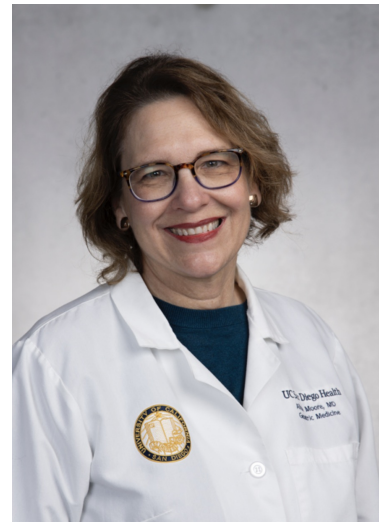
Center for Healthy Aging
Stein Institute for
Research on Aging

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!



A letter from our Interim Director, Dr. Alison Moore

As the Sam and Rose Stein Institute for Research in Aging (SIRA) celebrates its 40th anniversary, I wanted to take a moment to reflect upon the history of SIRA and all that we have accomplished over these 40 years. In the past 40 years, SIRA has brought together a critical mass of scientific talent, encouraged and funded aging-related research, purchased needed scientific equipment, supported education, and conducted community outreach to share the latest research. We have also benefited greatly from feedback and guidance from steering committees, scientific advisory boards, community volunteers and area stakeholders. Thus, I also want take this opportunity to thank all of you for supporting us over the years and helping us get to this important milestone! Whether it was your time, your expertise, or your financial investment in us, it is clear that this milestone is one that belongs to so many of us.



Some of you may recall that this all began in April 1983, when the UC San Diego School of Medicine became the first campus in the UC system to have

an Organized Research Unit focused on aging. Jarvis Edwin Seegmiller, M.D. became the founding Director of this aging research unit. He was instrumental in getting us established and was a true visionary. He set up the principles of SIRA which still we follow today: to foster innovative and interdisciplinary research, mentor and train the next generation of leaders in aging research, and disseminate what we are learning in the field of aging to the community. In 1992, this research unit was renamed the Sam and Rose Stein Institute for Research on Aging as a result of a generous endowment from the Stein family. Dr. Seegmiller led SIRA until 1990 when Dennis Carson, M.D. assumed the role of Director for 13 years. In 2003, after Dr. Carson stepped down to focus on his role as Director of the UC San Diego Cancer Center, Dilip V. Jeste, M.D. was named Acting Director, and subsequently in 2004, the third Director of the SIRA. Dr. Jeste retired in June 2022 and I have been serving as interim director ever since.

Forty years later, SIRA's work is still guided by its foundational principles. For example, in the domain of aging research, the longstanding Successful Aging Evaluation (SAGE) study, its pilot grant program, and the new Belmont Village Living Lab. SIRA also provides support for training in aging research to high school students, undergraduates, medical students and graduate and postdoctoral students. Community engagement is driven by its newsletter, public lectures (available on UCTV), social media platform, and annual symposium. We are grateful for our substantial philanthropic support, which is our primary funding for all of our initiatives.

Through these 40 years, SIRA has been fortunate to have longstanding leadership commitments with only 3 serving directors since it was established. I have long admired SIRA and now having the opportunity to serve as its interim director is both an honor and an outstanding opportunity to build on its successes in healthy aging research, training and community engagement, using an approach grounded in diversity, equity, and inclusion.

Since stepping in as Interim Director and with our incredible SIRA team, we have been able to make great strides, including to: 1) initiate a new wave of data collection for SAGE (halted since 2019) with additional new measures to expand its focus, including the impacts of COVID-19 on healthy aging outcomes, 2) launch a first of its kind "Living Lab" at Belmont Village in La Jolla and engage its residents as partners in aging research, 3) issue a call for pilot proposals focused on healthy aging and encourage use of the rich SAGE cohort, 4) continue the public lectures program, bi-weekly newsletter, and social media platform, 5) start planning a SIRA symposium (halted since 2019) focused on healthy longevity, 6) license a Resilience and Wisdom Training program for use in senior living communities, and 7) begin to enhance the

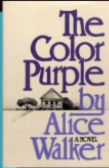
reach and inclusivity of SIRA's work.

SIRA has grown from a small group of researchers in aging to now being recognized locally and nationally for its impact on the field of aging. We are proud of our contributions to the field of healthy and successful aging. I am grateful to be the Interim Director of SIRA, to have the opportunity to improve the lives of older adults through its work in aging research, training, and community outreach, to be able build upon the previous 40 years of successes and to work to ensure these successes continue for the next 40 years! Please join me in wishing the Stein Institute for Research on Aging a happy 40th anniversary!



WHAT ELSE WAS HAPPENING IN 1983??

Alice Walker is awarded the Pulitzer Prize for Fiction for her novel *The Color Purple* which was published in 1982. Walker is the first black woman to be awarded the prize



In Virginia, a baby girl is born via caesarean section despite her mother being brain-dead for 84 days

Kilauea, one of Hawaii's active volcanoes erupts. It continues erupting until 2018 making it the longest observed eruption since records began



The Musical *Cats* is awarded best musical at the Tony Awards.



Return of the Jedi is released for the first time and becomes the highest grossing film of 1983



US president Ronald Regan announces that GPS will be made available to the public, though it was originally intended for military use only.



David Bowie's single *Let's Dance* hits top spot in the United States Billboard chart. *Let's Dance* is Bowie's only single to reach number one in both the UK and USA

Michael Jackson's *Thriller* goes to number 1 in the US 200 Billboard album charts for 37 weeks, setting a world record for the amount of time an album stays at number 1



The Nobel Prize in Literature is awarded to *Lord of the Flies* author, William Golding



The US senate declares there will be a national holiday each year in honour of Martin Luther King Jr.

Arcade game *Mario Bros.* is released in Japan. The arcade game, produced by Nintendo paves the way for future Mario games to become one of Nintendo's greatest creations.



For the first time American rock band Kiss appear on MTV without their make-up.

Unmanned spacecraft Pioneer 10 crosses the orbit of Pluto, making it the first craft to go beyond our Solar system



Richard Attenborough's *Gandhi* is awarded eight of the 11 Oscars for which it was nominated



The first time a human head is recreated three dimensionally using a CAT scan.



TIME

Time Magazine publish their first typo when 'contol' rather than 'control' is printed on the front cover. All issues are recalled by the publisher.



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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