

**Triton Giving Month,
Dr. Anthony Molina quoted in
SELF, Steering Committee
members at SDSU's CEAL
Spring Symposium**

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

Triton Giving Day is almost here! As we approach this important day, we invite you to join us in advancing a future of healthy aging. For more than 40 years, the Stein Institute for Research on Aging has been at the forefront of research, education, and community impact—working to ensure that longer lives are also healthier and more fulfilling.

Your support helps drive discoveries, train future leaders, and expand programs that bring science into the community. Together, we can continue shaping what aging looks like for generations to come. Make your impact on Triton Giving Day.



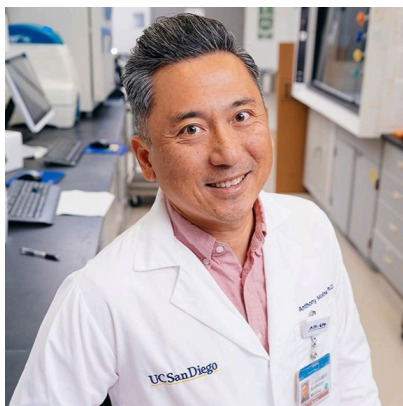
JOIN US!

4.29.26

#TRITONGIVINGDAY

Visit our Triton Giving Page [here](#)

**In the News:
Dr. Anthony Molina quoted in SELF**



Stein Institute Scientific Director Dr. Anthony Molina was recently featured in a SELF article on CoQ10 and longevity, sharing his expertise on the growing interest in supplements that may support healthy aging.

[Read it here](#)

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 to nominate them!

Leadership in Action: Steering Committee at CEAL Symposium

We're proud to share that our Steering Committee was well represented at San Diego State University's Center for Excellence in Aging & Longevity (CEAL) Spring Symposium on April 10, with members Joe Garbanzos and Steven Hornberger serving as panelists. Their participation highlights the strength of our leadership and ongoing commitment to advancing conversations around aging and longevity in our community.



More about SDSU's Center for Excellence in Aging and Longevity



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

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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.

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