

Wisdom Pilot & Videos from SDSU's CEAL Spring Symposium

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 e-newsletter!

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 that 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!

Wisdom Pilot

At the Stein Institute for Research on Aging and the Center for Healthy Aging, we have a long-standing commitment and dedication to providing pilot funding to foster early-stage interdisciplinary research focused on the study and promotion of healthy aging. These awards are designed to help investigators generate data to support career development. The pilot funds provided to researchers are used to collect meaningful data that they can leverage into publications in peer-reviewed journals and establish and sustain NIH funded research.

In 2022, thanks to a generous donation from a donor interested in studies on wisdom, we supported pilot projects that addressed wisdom, focusing on its biology (e.g., genetics, brain imaging, other biomarkers, animal models) and/or technology (e.g., sensors, AI), and/or interventions (behavioral, psychosocial, biological) related to wisdom and aging.

We are pleased to update you on the accomplishments of one of those pilot projects.



Dr. Jyoti Mishra received funding for a project titled “*Assessing Behavioral and Neural Plasticity underlying Facets of Wisdom with Cognitive Neurostimulation for Depression*”

This project aimed to evaluate behavioral plasticity underlying facets of wisdom with cognitive neurostimulation for depression. They evaluated participants that were part of their *Cog-TMS* study ([visit Neat Labs](#)) and administered wisdom assessments as per the 28-item San Diego Wisdom Scale (28-item SD-WISE (Thomas et al., 2019) at baseline and at post-treatment.

Additionally, they planned to study an equivalent number of participants in the main *Cog-TMS* arm and in the sham *Cog-TMS* arm (receiving sham cognitive activities plus TMS), both receiving the wisdom assessments before and after their 30 sessions of treatment.

This study has resulted in both a publication and NIMH funding. Some of the data collected in this project is highlighted in “Modulation of posterior default mode network activity during interoceptive attention and relation to mindfulness” currently in review in the journal *Biological Psychiatry*, and was leveraged for a 5-year NIMH grant totaling over \$4,000,000 entitled *Mindfulness Engaged Neurostimulation for Depression (MEND)*.

The importance of pilot funding programs at the Stein Institute for Research on Aging is paramount to not only career development for academic researchers but also in providing the needed resources to launch innovative work that has the potential to inform and shape the future of aging research.

Please join us in continuing this important component of our mission by providing a charitable donation by visiting [our website](#).

Note: Data collection for this pilot study is still currently in progress, and the final results will be provided in this newsletter upon the study's completion.

SDSU Center for Excellence and Aging Longevity's Spring Symposium this past May



SDSU College of Health and Human Services
Social Policy Institute



**SPRING
SYMPOSIUM**

May 17, 2024

The CEAL Spring Symposium at SDSU was a significant event that brought together experts, researchers, and professionals to explore the latest advancements in aging and longevity. The symposium featured a series of panel discussions, presentations, and networking

opportunities focused on improving the quality of life for older adults. Our very own Danielle Glorioso participated in "Panel 1: Geriatric Care Transformation" discussion and provided valuable insights into the evolving landscape of geriatric care.

Watch videos
here



Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available for use in community settings.

If you are interested in learning more about the program, please contact us at healthyaging@health.ucsd.edu

Highlights from UC San Diego Health Sciences



In this video, you'll hear/see 2023-24 Highlights from UC San Diego Health Sciences. Keep an eye out for a familiar face, our director Dr. Alison Moore, mentioned as a world-renowned expert.



[Watch Video on YouTube](#)

**Registration Open for The 2nd Annual Lee Tuh-Fuh and
Ruby Lee Wang Zu-Ming Endowed Lecture**

JOIN US FOR THE 2ND ANNUAL LEE TUH-FUH & RUBY LEE
WANG ZU-MING ENDOWED EDUCATION LECTURE

**ANCIENT WISDOM, MODERN
SCIENCE, AND THE EMERGING KEYS
TO HEALTHY AGING AND LONGEVITY**

This lecture will examine how what we eat and how we live can promote wellness, enhance immunity, combat age-related diseases, and promote longevity. Drs. Saxe and Lim will share a timeless perspective, supported by their own research and clinical experience, on how optimal nourishment, purposeful reflection, healthy movement, and generosity of spirit can improve age-related conditions and slow the aging process. They will present evidence-based recommendations for diet and lifestyle, as well as a practical and simple framework to help foster healthy aging extending behavioral changes.

GORDON SAXE, MD, PHD, MPH



Dr. Gordon Saxe is Chair of the Krupp Endowed Fund and Executive Director of the UCSD Krupp Center for Integrative Research and the Center for Integrative Nutrition. He oversees more than 20 clinical trials on diet and natural therapeutics for a range of health conditions. He received his MD from Michigan State University, PhD in Epidemiology from the University of Michigan, and MPH in Nutrition from Tulane School of Public Health.

ANTHONY LIM, MD, JD



Dr. Anthony Lim is the Medical Director of the McDougall Program, a virtual nutrition and lifestyle wellness program that has helped countless individuals worldwide to radically improve their overall health and well-being through medically-supervised and personalized dietary and lifestyle coaching. He is a graduate of Stanford University, Harvard Law School, and Boston University School of Medicine, and is board-certified in family medicine and lifestyle medicine, as well as bar-certified in the state of California.

OCTOBER 22ND

1PM - 3PM

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[Download flier PDF](#)

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American Heart Association Heart and Stroke Walk

Saturday, September 21, 2024

UC San Diego Health team members will be walking together with friends and family in the 2024 San Diego Heart and Stroke Walk. This year's walk will take place on Saturday, September 21, at Balboa Park. Sign up online at the [2024 San Diego](#)

Heart & Stroke Walk website. Start your own team or join our existing team by selecting “Join a Team” and then select “UC San Diego Health System” under “Team’s Group/Company.” Participants who walk with UC San Diego Health and donate \$30 or more will receive a branded commemorative t-shirt, while supplies last. Email Wendy Atchley (watchley@health.ucsd.edu) with questions.



I walk to save lives, **SO CAN YOU!**

Heart disease and stroke impact people in very personal, life-changing ways. This year, we want to connect with and share the reasons why we need to **eliminate heart disease and stroke.**

I WALK TO END HEART DISEASE AND STROKE!

I WALK TO SAVE LIVES!

SIGN UP, STEP OUT, AND SHARE WHY YOU WALK!

September 21, 2024

Balboa Park

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San Diego

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CABRILLO
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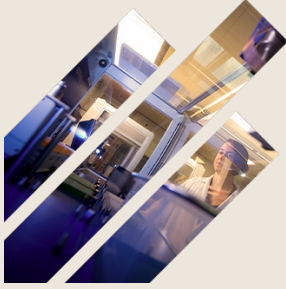
Register today at
SDHeartWalk.org or
scan the QR code!



[Sign Up 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.

[GIVE NOW](#)



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