

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!

Exploring Loneliness and Isolation After Spousal Loss: New Insights

JOURNAL
OF THE
AMERICAN GERIATRICS SOCIETY



REVIEW ARTICLE

Development of loneliness and social isolation after spousal loss: A systematic review of longitudinal studies on widowhood

Kerri Niino BS, Molly A. Patapoff BA, Brent T. Mausbach PhD, Hui Liu PhD, Alison A. Moore MD, MPH, Benjamin H. Han MD, MPH, Barton W. Palmer PhD, Dylan J. Jester PhD, MPH

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"Development of Loneliness and Social Isolation After Spousal Loss: A Systematic Review of Longitudinal Studies on Widowhood" is a new paper published in the *Journal of the American Geriatrics Society*, led by former UC San Diego Medical

Student Training in Aging Research (MSTAR) student, Kerri Niino. The study was co-authored by our director, Dr. Alison Moore, along with other distinguished UC San Diego faculty members.

This paper synthesizes findings from 26 longitudinal studies examining how spousal loss impacts loneliness and social isolation, especially in older adults. The research

shows that loneliness often peaks immediately following the death of a spouse, but its long-term effects can vary significantly. Factors such as volunteerism, military service, income, and age were found to influence levels of loneliness. Interestingly, widowers reported greater loneliness and social isolation compared to widows. Some studies also indicated that social isolation might decrease after widowhood. The paper highlights the need for further research to understand why some widowed individuals are more severely affected by loneliness and social isolation, and how targeted interventions might help alleviate these feelings.

[Read the Paper in JAGS](#)



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

Medical Students Training in Aging Research (MSTAR) Highlights 2024

The Medical Student Training in Aging Research (MSTAR) Program, funded by the National Institute on Aging, has been offered at UC San Diego since 2005. This program provides the opportunity to engage in 8 to 12 weeks of summer research for medical students from across the nation, guided by the mentorship of a UC San Diego faculty member. Participants receive full-time, hands-on training in research areas related to aging or age-related disorders. In addition to their research, students benefit from a series of didactic sessions designed to deepen their understanding of aging and equip them with essential research skills.

This year, we welcomed 18 students, all in-person, from diverse locations, including Connecticut, Michigan, and California. Students participated in nine successful seminars, including a career panel featuring our esteemed faculty and physicians, alongside Dr. Lindsey Yourman, the former Chief Geriatric Officer of the County Health and Human Services Agency (HHSA) Medical Care Services department. This panel provided a platform for students to explore various career paths in geriatrics and learn about the unique journeys of their mentors. A highlight of the

program was a field trip to the Town Square at the George G. Glenner Alzheimer's Family Center in Chula Vista. For those unfamiliar, Town Square is the first Reminiscence Therapy Day Center for individuals with dementia in the United States. Its interior is thoughtfully designed to facilitate immersive reminiscence therapy, helping participants recall memories from their strongest periods.

At the culmination of the program, MSTAR students presented their research findings in a series of 10-minute oral presentations. Many of these students continue to collaborate with their mentors after the official conclusion of the program. We also encourage them to submit their research to the Annual Meeting of the American Geriatrics Society (AGS) and other conferences. It was a pleasure to work with such a dedicated group of students, and we hope we have inspired them all to pursue careers in geriatrics and aging research!



2024 MSTAR students at their final presentations with Program Directors, Drs. Benjamin Han & Ellen Lee.

Our 2024 MSTAR students:

Jaclyn Calkins (Mentor: Ellen Lee)

Jeffrey Chen (Mentor: Richard Gallo)

Steven Chen (Mentor: Benjamin Han)

Ritu Gaikwad (Mentor: Siddharth Singh)

Maryum Haidari (Mentor: Melody Schiaffino)

Sandy Hu (Mentor: Laura Case)

Steven Ibrahim (Mentor: Hemal Patel)

Lailia Kahsai (Mentor: Jennifer Anger)

Lohita Kollipara (Mentor: Raeanne Moore)

Sean Limfat (Mentor: Colin Depp)

Leon Liu (Mentor: Jan Hughes-Austin)

Kristine Ly (Mentor: Pam Taub)

Leslie Matherne (Mentor: Robert Deiss)

Nicholas Noggle (Mentor: Ryan Moran)

Mabel Tang (Mentor: Jona Hattangadi-Gluth)

Melanie Tran (Mentor: Shyamanga Borooah)

Divya Vemulapalli (Mentor: Ming Tai-Seale)

Quan Vo (Mentor: Laura Crotty-Alexander)

[More about MSTAR](#)

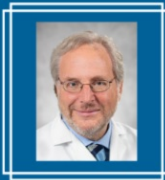
Don't forget to Register for Ancient Wisdom, Modern Science, and the Emerging Keys to Healthy Aging and Longevity

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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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.



2024 SAN DIEGO HEART & STROKE WALK

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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TEXTILES
Clean Matters.**

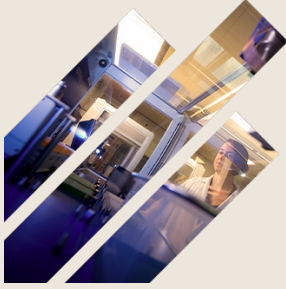
Register today at
SDHeartWalk.org or
scan the QR code!



[Sign Up Here](#)

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