

Public Lecture available on
UCTV, UC San Diego ranked #1
in SD,
Lim Lecture Registration

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!

Public Lecture with Dr. Una Makris is now available to watch on UCTV



Chronic pain in older adults can affect mobility, mood, sleep, social connection, and independence. Una Makris, M.D., M.Sc., UC San Diego and VA San Diego Healthcare System, explains why musculoskeletal pain is common later in life and why medications or procedures alone may not meet the needs of many patients. Drawing on her work in rheumatology and geriatrics, Makris describes how pain and depression can reinforce each other, making it important to address both together. She highlights an age-friendly behavioral coaching approach that uses motivational interviewing, values-based goal setting, physical activity, and social support to help people reconnect with meaningful activities. By focusing on small, safe increases in movement, this research

points to practical ways to support better function, quality of life, and healthy aging.

[View on UCTV](#)

UC San Diego Health is ranked #1 in San Diego in U.S. News & World Report's Best Hospitals

Leading the way *in patient care*

#1 in San Diego
7 years in a row



Top 20
in the nation

High-performing in
22 of 23
conditions
and procedures



**Nationally ranked
in 8 specialties**

- #7** Pulmonology & Lung Surgery
- #8** Obstetrics & Gynecology
- #15** Cardiology, Heart & Vascular Surgery
- #15** Geriatrics
- #24** Neurology & Neurosurgery
- #26** Diabetes & Endocrinology
- #27** Gastroenterology & GI Surgery
- #44** Cancer

UC San Diego Health

We're proud to share that UC San Diego Health has been ranked #1 in San Diego for the seventh consecutive year by U.S. News & World Report in its

2026–2027 Best Hospitals survey, and is also ranked among the top 20 hospitals in the nation. Congratulations to UC San Diego Health and to all of our amazing colleagues whose dedication and hard work make this achievement possible.

[More about the U.S. News & World Report Best Hospitals](#)

Don't forget to register for the 4th Annual LEE tuh-fuh & Ruby LEE Wang Zu-Ming lecture

October 20th
1pm - 3pm
Osher Lifelong Learning Institute

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

**“The Changing Landscape of Cancer: Prevention, Emerging Therapies,
Survivorship, and Healthy Aging”**

As cancer rates continue to rise and advances in treatment reshape outcomes, this timely discussion will explore prevention, emerging therapies, survivorship, and strategies for healthy aging.

SAMIR GUPTA, M.D.



Samir Gupta, MD, is a board-certified gastroenterologist specializing in colorectal cancer screening, prevention, and the care of patients at increased risk for colorectal cancer. His expertise includes hereditary cancer syndromes such as Lynch syndrome and familial adenomatous polyposis, as well as the management of complex colorectal polyps. Dr. Gupta's research focuses on improving colorectal cancer screening and prevention through clinical trials and population-based studies. His work aims to increase screening rates and identify new approaches to risk assessment and early detection. He earned his medical degree from the University of Michigan and completed training in internal medicine and gastroenterology at UCSF and the University of Pennsylvania.

RANA R. MCKAY, M.D.



Rana R. McKay, MD, is a board-certified medical oncologist specializing in genitourinary cancers, including bladder, kidney, prostate, and testicular cancer. She leads UC San Diego Health's multidisciplinary prostate cancer clinic, providing coordinated, specialized care for patients with advanced disease. A professor in the Departments of Medicine and Urology at UC San Diego School of Medicine, Dr. McKay conducts clinical research focused on developing innovative therapies and biomarkers for genitourinary cancers. She serves as principal investigator on several kidney and prostate cancer clinical trials and has published extensively in leading medical journals, including Nature, The Lancet, and the Journal of Clinical Oncology. Before joining UC San Diego Health, Dr. McKay was on the faculty at Harvard Medical School and a medical oncologist at Dana-Farber Cancer Institute.

DANIELLE K. GLORIOSO, LCSW



Danielle K. Glorioso is a Licensed Clinical Social Worker with extensive experience in aging, community health, and clinical research. Since joining UC San Diego in 2001, she has taken on a leadership role as the Executive Director of the Center for Healthy Aging and the Stein Institute for Research on Aging. In this capacity, Ms. Glorioso oversees a wide range of operations including strategic planning, organizational development, community outreach, training, philanthropy, communications, and marketing. She is also a certified therapist in prolonged grief disorder, specializing in manualized interventions. One of her major accomplishments includes leading the research and development of a licensed, evidence-based six-week program designed to enhance resilience, compassion, and self-compassion among older adults. This intervention, which has undergone nearly a decade of research, has been tested and validated in various community settings, including among older adults in group and individual settings. Through her work, Danielle has made significant contributions to improving the mental health and well-being of older adults.

OCTOBER 20TH

1PM - 3PM

**OSHER LIFELONG LEARNING INSTITUTE
8980 LA JOLLA VILLAGE DRIVE
3RD FLOOR
LA JOLLA, CA 92037**



Scan QR code
to Register

[Register Here](#)



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 dglorios@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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