

End of Year Giving, Symposium Videos & In Memoriam

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!



As the year draws to a close...

We ask you for your support to continue and extend our programs. Please help us care for each other by supporting our work.

The UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging mission has never been more relevant and necessary. We are committed to transforming lives through science and building a caring community that benefits older adults - here in San Diego and all over the world.

It is thanks to generous gifts, like yours, that we were able to continue our mission for over 40 years. Our shared need is urgent. People all over the world are living longer. By 2050, the number of people 65 and over in the United States is projected to be 83.7 million, almost double what it was estimated in 2012. This work will benefit you, your loved ones, and future generations by shaping new treatments, interventions, and improving quality of life for all older adults.

Your generosity makes this all possible. If you appreciate the work that we are doing and have found our community programs beneficial, believe in our training programs, and are interested in interdisciplinary research on healthy aging, we ask that you support us with a charitable donation.

Thank you again for your belief in us!

Videos from our 2023 Healthy Longevity Symposium available now on UCTV

[Healthy Aging: Social and Societal Implications](#)



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Healthy Aging: Social and Societal Implications



S. Jay Olshansky, Ph.D., shares how science is unlocking the secrets of aging. Learn how we can live healthier and longer lives by understanding the biology of aging. Find out about potential breakthroughs and the impact of genetics on diseases like cancer and Alzheimer's. Explore the "longevity dividend" and the quest to compress the "red zone" of aging.

How to be Resilient as You Age



Lisa Eyler, Ph.D., Colin Depp, Ph.D., Joe Garbanzos, M.B.A., and Irving Tragen, J.D., address various aspects of resilience, ageism, and healthy aging.

They emphasize the need to challenge ageist stereotypes and create inclusive communities that support people of all ages. The importance of storytelling, community initiatives, and a commitment to creating possibilities for those aged 50+ is highlighted. Tragen, a centenarian, shares his unique perspective on aging with anecdotes and advice that everyone can apply to their daily lives.

How to Feel Better as You Age



Explore ways to keep your brain and body in good shape as you get older. Alison Moore, M.D., M.P.H., F.A.C.P., Steve Cummings, M.D., Steve Hornberger, M.S.W., and Judy Pa, Ph.D. discuss the impacts of exercise, eating well, staying socially active, taking vitamins, and even trying new activities like learning a new language or playing music.

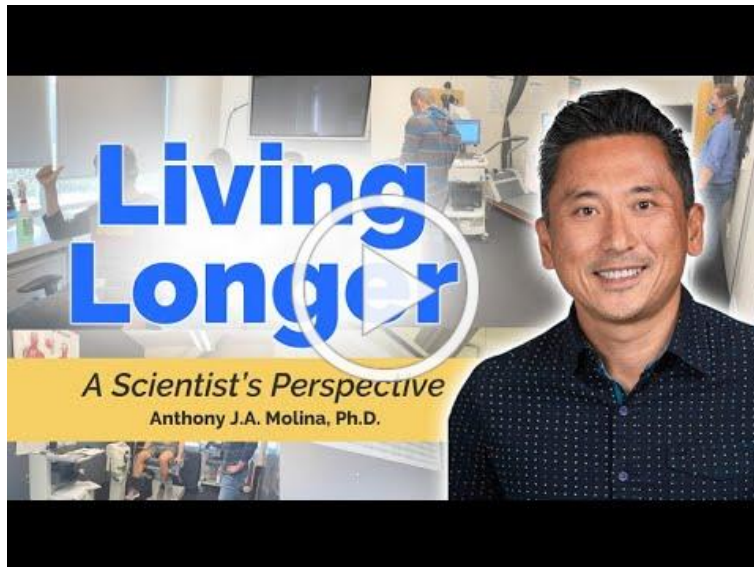
Drivers of Healthy Longevity



What drives longevity? Is it your diet, the time you spend exercising, or your environment? Suzy Hong, Ph.D., Cheryl Anderson, Ph.D., M.P.H., Andrea La

Croix, Ph.D., and Nicholas Musi, M.D., examine the factors impacting health over the life span and what you can do to modify your lifestyle and increase your health.

Healthy Longevity: A Scientist's Perspective



What drives human resilience? How can we harness resilience to improve the lives of older adults? Anthony J.A. Molina, Ph.D., shares how geroscience research is leading the way to longer, healthier, and more fulfilling lives.

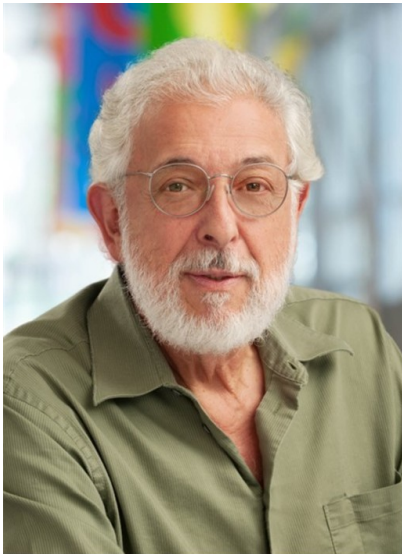
Healthy Longevity: A Geriatrician's Perspective



Alison Moore, M.D., M.P.H., F.A.C.P., discusses the keys to healthy aging: staying active, mentally engaged, socially connected, having a positive outlook, and being resilient. Dr. Moore emphasizes the importance of these factors for a long and healthy life.

[View All Videos on UCTV](#)

In Memoriam: Distinguished Professor and Founding Dean of Biological Sciences Eduardo Macagno



The Stein Institute for Research on Aging and the Center for Healthy Aging has lost a dear friend and collaborator. He was a Center for Healthy Aging steering committee member for a number of years and made a significant impact in our work. He will be greatly missed and fondly remembered.

Read more about his life and contributions [here](#).

A memorial event honoring Macagno's life will be held at 1 p.m. on December 9, in the Atkinson Pavilion at UC San Diego's Ida and Cecil Green Faculty Club. Registration for those attending the event and Zoom information for those who cannot attend in-person [are available at this page](#).

Please join us for our next Public Lecture with Dr. Benjamin Smarr



NEXT PUBLIC LECTURE



Wed, Jan 24

4-5pm

with Benjamin Smarr, Ph.D.



**"UNDERSTANDING AGING IN THE
REAL WORLD:
WHAT WEARABLE DEVICES
REVEAL ABOUT HOW WE AGE
DIFFERENTLY"**



"Understanding Aging in the Real World:

What Wearable Devices Reveal About How We Age Differently"

January 24, 2024
4-5pm

Please register below for Zoom link

About the speaker:

Dr. Smarr's research focuses on time series analysis in biological systems. He emphasizes practical information extraction for translational applications. His background in biological rhythms and neuroendocrinology gives him a rare perspective into the current challenges for data science and engineering on biological systems. His lab develops novel approaches to get more information out of data generated over time and within-individuals. Prof. Smarr's aim is to leverage his expertise in biological dynamics to increase precision in health algorithms, with a special focus on increasing equity of health tech efficacy over diverse populations. Dr. Smarr has received fellowships and funding from NSF, NIH, DoD, and many private partners, and his views have been featured by prominent media outlets, including BBC, Forbes, WIRED, and many others. He received his PhD from University of Washington and was a postdoc at UC Berkeley before joining the Shu Chen-Gene Lay Department of Bioengineering and the Halicioglu Data Science Institute at UCSD.

[Please Register 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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UC San Diego Center for Healthy Aging | 9500 Gilman Drive 0664, La Jolla, CA 92093

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