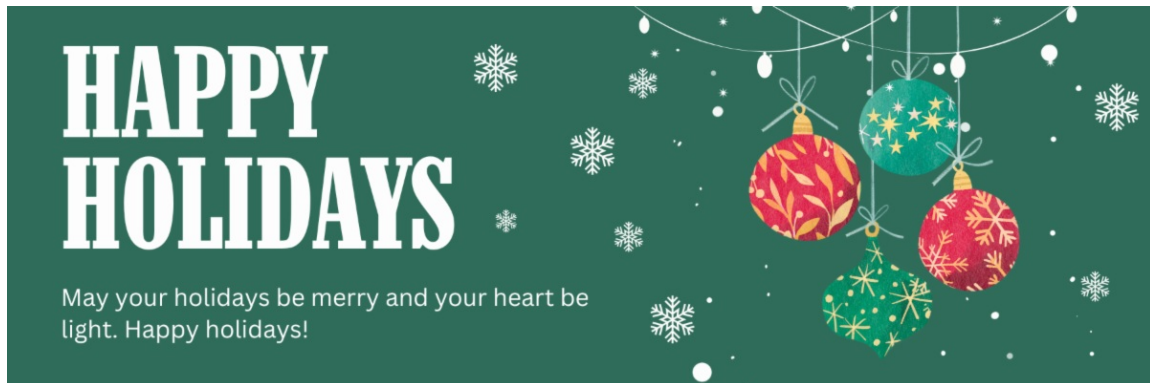


Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!



Support Lifelong Health & Well-Being with Your End-of-Year Gift

As we approach the end of the year, we invite you to consider supporting the mission of the Stein Institute for Research on Aging and the UC San Diego Center for Healthy Aging with a charitable donation. Your generosity directly contributes to advancing lifelong health and well-being through cutting-edge research, training, and vital community outreach.

At the heart of our work is the belief that every day provides an opportunity to do good. Through your support, we continue to positively impact older adults, both locally and globally, through innovative treatments, interventions, and improved quality of life.

Thanks to the generosity of donors like you, we can continue to make a difference in the lives of older adults. The need for our programs is growing. By 2030, the number of people aged 65 and older will double—from 35 million to 70 million. Together, we can shape the future of aging by creating better outcomes for older generations, including you and your loved ones.

This holiday season, please consider a gift that will support groundbreaking work and improve the lives of older adults for years to come. Here are just a few highlights of our programs from the past year:

Celebrating the Success of the UC San Diego SAGE Study: Advancing Research in Successful Aging

We completed another successful round of our one-of-a-kind UC San Diego Successful Aging Evaluation Study (SAGE Study), a large-scale, longitudinal research study focused on residents of San Diego County aged 21 and older. In 2024, we marked the milestone of completing the 11th year of this important study.

Thanks to your support, we were able to expand our research to include a larger, more diverse cohort representing communities from across San Diego County. This expansion will provide valuable insights into the factors that contribute to successful aging, helping us to improve the lives of older adults in our community and beyond.

As we continue this vital work, we rely on the generosity of donors like you to ensure that we can sustain and grow our research efforts, impacting lives for years to come.

Supporting Innovative Programs to Combat Loneliness in Older Adults

Through the generosity of supporters like you, we've been able to develop, test, and implement our resilience and wisdom intervention designed to reduce loneliness among older adults. This evidence-based program has demonstrated impactful results and is now licensed for purchase.

This intervention has been published in peer-reviewed journals and successfully implemented in senior living communities across the U.S., and has been used in California, Arizona, and Illinois. Internationally, it has reached communities in England and Israel, making a global impact in our work promoting emotional well-being among older adults.

Supporting Training in Aging Research

With seed funding from donors like you, we have been able to provide innovative pilot grants for collaborative research led by early-career investigators. Additionally, we supported postdoctoral trainees focusing on aging and mental health, and we continued to support the Medical Student Training in Aging Research (MSTAR) program. These funds are crucial in allowing emerging researchers to explore new facets of aging, advancing their careers and contributing to the broader field of aging research.


Community Outreach

Your support has also fueled our community outreach efforts. Through free community lectures, we have reached over 750,000 people around the world in just one year. These lectures bridge the gap between cutting-edge aging research and the general public, providing valuable knowledge that can transform lives. This incredible work would not have been possible without your generosity.







Your generosity makes all this possible.

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. Thank you and happy holidays to you and your loved ones.



HOW YOUR GIFT CAN HELP

\$25,000		FUNDS AN AGING-RELATED PILOT PROJECT FOR A JUNIOR FACULTY MEMBER
\$10,000		FUNDS A SEED RESEARCH PROJECT FOR A POSTDOCTORAL FELLOW
\$4,000		SUPPORTS A PUBLIC LECTURE
\$1,000		FUNDS A PORTION OF AN UNDERGRADUATES PUBLICATION IN A PEER-REVIEWED JOURNAL
\$500		FUNDS 20 PARTICIPATIONS IN OUR SUCCESSFUL AGING STUDY
\$100		FUNDS AN ARTICLE IN OUR BI-MONTHLY NEWSLETTER

UC San Diego
SAM AND ROSE STEIN INSTITUTE
FOR RESEARCH ON AGING

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[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!



Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and development led by our Executive Director, Danielle K. Glorioso, LCSW, we are pleased to announce that Resilience Intervention is now licensed and available for use in community settings as well as for further research. This manualized evidenced-based 6-week program is designed to enhance resilience, compassion, and self-compassion among older adults, and has been tested and validated with numerous community dwelling older adults as well as a variety of other settings and populations. For more information, please contact Danielle Glorioso at dglorioso@health.ucsd.edu

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



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



[Visit our website](#)

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