

Announcing Keynote Annual  
Symposium Speakers,  
Former Fellow update,  
Photos from our MCASD  
event, Upcoming Public  
Lecture & Women's Memory  
Study

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!



ANNOUNCEMENT

# Our all day Symposium is back by popular demand in Fall 2025!

Our theme is Resilience  
and Healthy Aging

September 25, 2025  
UC San Diego Park & Market  
more details to follow

UC San Diego

SAM AND ROSE STEIN INSTITUTE  
FOR RESEARCH ON AGING



## Our Keynote Speakers



### John Newman, MD, PhD

University of California, San Francisco

Dr. Newman is a geriatrician and physician-scientist who is an assistant professor at the Buck Institute for Research on Aging and an associate professor in the UCSF Division of Geriatrics. He is co-founder of the geroscience-focused Buck Institute Clinical Research Core. His bench-to-bedside research program studies how the biology of aging can illuminate and inspire new therapies for complex geriatric syndromes such as delirium, frailty, and dementia.

### Heather Whitson, MD

Duke University



Dr. Whitson is a geriatrician and clinical investigator focused on improving resilience and independence in older adults with multiple chronic conditions. As Director of the Duke Aging Center and co-Director of the Duke/UNC Alzheimer's Disease Research Center, she leads research on aging, brain health, and physical resilience.

## Our Past Symposia

### Former Stein Institute Research Fellow, Ipsit Vahia, MD, Named Chief of Geriatric Psychiatry at Harvard's McLean Hospital



We are excited to share the news that Dr. Ipsit Vahia, a former Stein Institute Research Fellow and former UC San Diego faculty member has been named the Chief of the Division of Geriatric Psychiatry at Harvard's McLean Hospital. In his new role, Dr. Vahia will hold the prestigious Corrigan-Minehan Endowed Chair in Psychiatry. McLean Hospital is a top ranked psychiatric hospital, renowned for housing the world's largest neuroscientific and psychiatric

research program within a private hospital and serves as the largest psychiatric facility affiliated with Harvard Medical School.

Dr. Vahia's journey with the Stein Institute began in 2007 when he served as a Stein Research Fellow until 2009. His early work was focused on successful aging, particularly in understanding the drivers of positive clinical outcomes in older adults, including those with mental illness. After joining the faculty at UC San Diego, Dr. Vahia continued his impactful research with the Stein Institute. His pioneering work in digital mental health includes the first paper demonstrating the use of wearables to monitor depression in late life. In addition, he co-authored over 20 publications with Stein Institute Faculty, including 8 of the first publications utilizing data from our UCSD Successful

Aging Evaluation (SAGE) Study.

For over 40 years, the Stein Institute has been dedicated to training future leaders in the field of aging, and Dr. Vahia's accomplishments are a true testament to the impact of that mission. We are incredibly proud of his continued success and the critical role he plays in advancing geriatric psychiatry.

[Read more here](#)

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## Photo Recap: Aging Creatively at the Museum of Contemporary Art San Diego

On January 30th, the Stein Institute for Research on Aging hosted a special event at the Museum of Contemporary Art San Diego (MCASD), bringing together art, science, and community to explore the power of creativity in aging. Attendees enjoyed an engaging evening featuring expert discussions on the intersection of art and healthy aging, interactive exhibits, and an inspiring Q&A session.

The event highlighted how artistic expression can enhance cognitive function, emotional well-being, and overall quality of life as we age. Guests also had the opportunity to connect with researchers, artists, and fellow community members in the stunning setting of MCASD.

Thank you to everyone who joined us! We look forward to continuing the conversation on aging creatively. Stay tuned for future events that celebrate lifelong learning, innovation, and well-being.



Stein Leadership: Dr. Anthony Molina, Dr. Alison Moore, and Danielle Glorioso



Stein Institute The Stein Institute Team



Stein Staff Jakob Phillips



Check-in table at the event



Aging is Beautiful



Dr. Alison Moore



Museum of Contemporary Art San Diego CEO Kathryn Kanjo



Dr. Khai Nguyen



Such a wonderful turn out!



Moderator Danielle Glorioso & Speakers Dr. Khai Nguyen and MCASD CEO Kathryn Kanjo



MCASD staff leading small group tours

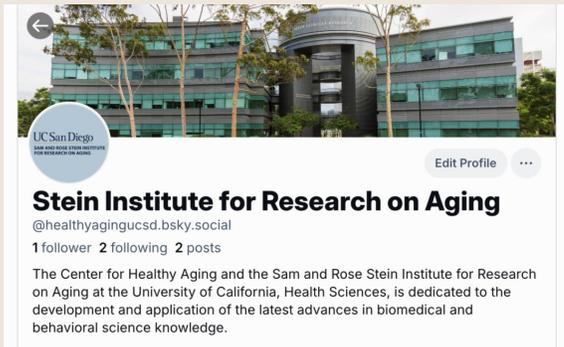


MCASD staff leading small group tours

## Aging Creatively at the Museum of Contemporary Art San Diego January 30th 2025



[See Upcoming Events](#)



We are now on BlueSky!



[Follow Us Here](#)

## Our Next Public Lecture



Fadel Zeidan, PhD

# PUBLIC LECTURE

UC San Diego  
Center for Healthy Aging  
Stein Institute for  
Research on Aging

## "MINDFULNESS-BASED MENTAL TRAINING TO ENHANCE WELL-BEING AND HEALTHY AGING"

Please join us for a lecture with the Director of the Pain Health and Mindfulness Laboratory & professor in the Department of Anesthesiology in the Center of Pain Medicine, Dr. Fadel Zeidan. Q & A to follow, moderated by Danielle Glorioso.



 4pm-5pm  Tues, March 11  Zoom

Dr. Fadel Zeidan is a professor in the Department of Anesthesiology in the Center of Pain Medicine and is Director of the Pain Health and Mindfulness Laboratory. He is also the inaugural Endowed Professor of UC San Diego's Sanford Institute for Empathy and Compassion and Co-Founder and Director of Neuroscience at the UC San Diego Center for Psychedelic Research. His research is focused on mechanisms that mediate the relationship between self-regulatory practices and health. He is also dedicated to understanding how psychedelics like psilocybin, DMT and cannabis impact pain-related behavioral and neural processes. His research program has recently expanded to appreciate how empathy and compassion can be cultivated through self-regulatory practices and psychedelic therapies.

[Register Here](#)

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## Women's Memory Study

# PARTICIPATE IN A WOMEN'S MEMORY STUDY

## What Is This Study About?

Women are at higher risk of Alzheimer's Disease, the most common form of dementia. The Women: Inflammation and Tau Study (WITS) uses brain imaging, thinking tests, biological fluid testing, and wearable activity devices to investigate potential biological and lifestyle factors that may contribute to early brain changes in older women.

## Who Can Participate?

In order to participate, you must be:

- female
- at least 65 years of age
- no formal diagnosis of dementia

## Why Participate?

- Contribute to research and help future generations
- Results from this study could help develop specialized therapies for both men and women at risk for Alzheimer's
- Pave the way for future studies and clinical trials

With Study Completion,  
Participants will receive a  
\$300 Visa Gift Card

Complimentary parking will be included

## What's Involved in WITS?

- Remote screening includes questionnaires, a brief thinking test, and an at-home saliva sample.
- Study procedures take place at UCSD and involve a blood draw, lumbar puncture (spinal tap), wearable activity and sleep devices, thinking tests, and 2 brain scans (MRI and PET).
- 2 years later, you would repeat the thinking tests and brain scans.

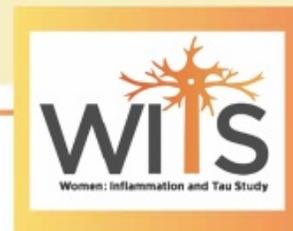


### To learn more, contact us:

Phone: (858) 761-3802  
Email: [wits@health.ucsd.edu](mailto:wits@health.ucsd.edu)  
Website: [www.witsucsd.org](http://www.witsucsd.org)

### Study Location:

UCSD ACTRI: 9452 Medical Center Dr.  
La Jolla, CA \*transportation arrangements  
available



[download flier PDF](#)

[More Information](#)

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](mailto:saweiss@health.ucsd.edu) to nominate them!

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## **Announcement: Our "Aging is Beautiful" t-shirts are back!**

**Back by  
popular  
demand!!!**

## **“Aging is Beautiful” T-shirts for a \$35 donation**



**If interested,  
please email  
[healthyaging@ucsd.edu](mailto:healthyaging@ucsd.edu)**



### **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](mailto:dglorioso@health.ucsd.edu)

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