

Aging is Beautiful t-shirt campaign, Living Lab in Discoveries Magazine, Welcome New Stein Faculty Member Dr. Michael Corley, Our Next Public Lecture

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!

## Aging is Beautiful: Share Your T-Shirt Moments!

We're celebrating the beauty of aging with our *Aging is Beautiful* T-shirts, and we want YOU to join the fun! Whether you're traveling, exploring a museum, or simply enjoying the outdoors, we'd love to see you wearing your T-shirt and helping us spread the message of healthy aging.

### How to Participate:

1. Snap a photo of yourself wearing your *Aging is Beautiful* T-shirt in your favorite setting.
2. Get creative! Whether it's in your favorite spot at home, engaging in your favorite hobby, or doing something you love, show us how you embrace healthy aging.
3. Email your photo to [saweiss@health.ucsd.edu](mailto:saweiss@health.ucsd.edu) with a caption about how your photo reflects your approach to aging beautifully.

To kick things off, our staff and students are sharing their own Aging is Beautiful T-shirt moments, and we can't wait to see yours! Let's celebrate the beauty of aging at every stage of life and inspire others to embrace aging as something beautiful. Keep an eye out for upcoming spotlights featuring our #AgingIsBeautifulEverywhere stories!

Don't forget to tag us or use the hashtag #AgingIsBeautifulEverywhere for a chance to be featured on our social media!



Aging  
is  
*Beautiful*

Age beautifully,  
wherever life takes  
you

#AgingIsBeautifulEverywhere

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



Get your very own "Aging is Beautiful" t-shirt!

**Back by  
popular  
demand!!!**

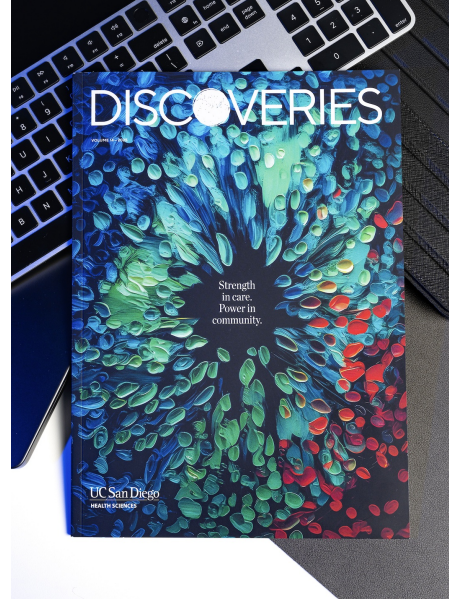
**“Aging is Beautiful”  
T-shirts for a \$35  
donation**



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## **The Living Lab featured in Discoveries Magazine**

The Living Lab is featured in Discoveries Magazine! This unique space at Belmont Senior Village Living near campus connects UC San Diego researchers with older adults, fostering collaboration & driving innovation in aging research.



[Read the full article here](#)

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**Welcome New Stein Faculty Member,  
Dr. Michael Corley**

Welcome  
Michael J. Corley, PhD

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



**We are excited to welcome Dr. Michael J. Corley, who joins us as an Associate Professor in the Division of Geriatrics, Gerontology and Palliative Care, and the Stein Institute for Research on Aging**

Dr. Corley is a San Diego native and earned his undergraduate degree from John Muir College at UC San Diego. He then spent 10 years in Hawaii, completing his Ph.D. and postdoctoral research in epigenetics, neuroscience, HIV, and immunology at the University of Hawaii in Honolulu. After five years at Weill Cornell Medicine in New York City as an Assistant Professor leading a geroscience research program, he is excited to return to UC San Diego. He looks forward to collaborating across the Division of Geriatrics, Gerontology, and Palliative Care, the Stein Institute for Research on Aging, and the broader UCSD community. Outside of UCSD, he enjoys golfing at Torrey Pines and exploring the many beautiful courses across sunny San Diego.

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## Register Now for Our Next Public Lecture

March 11th 4pm  
Zoom



Fadel Zeidan, PhD

# PUBLIC LECTURE

## "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](#)

### 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!



## Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research led by our Executive Director, Danielle K. Glorioso, 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 at [dglorioso@health.ucsd.edu](mailto:dglorioso@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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