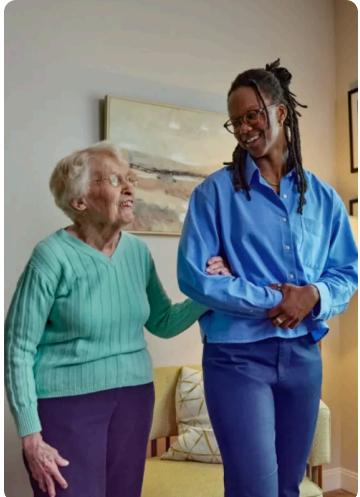


**The Living Lab Featured in UC San Diego Impact Campaign, Stein Leadership at Longevity Innovation Forum, Our Next Public Lecture, Empathy & Compassion Research Speaker Series**

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

## **Living Lab at Belmont Village Senior Living Featured in UC San Diego Impact Campaign**



The Stein Institute for Research on Aging's Living Lab is featured in UC San Diego's *Always UC San Diego* research impact campaign, which highlights how university research delivers real-world solutions that improve lives and strengthen communities.

The Living Lab model brings research, innovation, and daily life together in a real-world setting, accelerating discoveries in healthy aging by testing ideas alongside residents, staff, and partners. This recognition underscores the Stein Institute's commitment to translating bold ideas into practical solutions that support healthier, longer lives.

[Read more here](#)

## **Stein Leaders Featured at the Longevity Innovation Forum**

The Stein Institute for Research on Aging is proud to be represented at the Longevity Innovation Forum this March in San Diego. Our Director, Dr. Alison Moore, and Scientific Director, Dr. Anthony Molina, along with Dr. Aladdin Shadyab, our most recent Public Lecture speaker, will join global leaders in

aging research and innovation to exchange ideas and advance the science of healthy aging and longevity.

Their participation underscores Stein's leadership in aging research and its commitment to collaboration across disciplines and sectors to drive meaningful impact.



[More about the Longevity Innovation Forum](#)

### 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 who 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!

## Register for our next Public Lecture

### "SEXUAL WELL-BEING: HOW IT EVOLVES AS WE AGE"

Wednesday , March 18, 2026

4pm - 5pm

# PUBLIC LECTURE

## SEXUAL WELL-BEING: HOW IT EVOLVES AS WE AGE

Please join us for a lecture with UC San Diego Associate Professor, Dr. Annie Nguyen. Q & A to follow, moderated by Executive Director, Danielle Glorioso, LCSW.

**Wed, March 18**

 4-5pm

 Zoom



**Annie Nguyen, PhD MPH**

Dr. Annie Nguyen is an associate professor at the University of California, San Diego in the Herbert Wertheim School of Public Health and Human Longevity Science. She is also the Director of the School of Public Health's Healthy Aging and Longevity Science Research Program. Prior to joining the faculty at UCSD, she spent nearly 10 years on the faculty at the University of Southern California, School of Medicine in the Department of Family Medicine. Dr. Nguyen received her PhD in Public and Community Health from the Medical College of Wisconsin and her MPH from Dartmouth College. Her federally-funded research portfolio focuses on promoting multiple aspects of healthy and resilient aging, with particular emphasis on priority populations facing structural disadvantage, including people living with HIV and people who have been incarcerated. Her work is grounded in community-based participatory research (CBPR) and she is committed to engaging communities as research partners and centering their voices in the research process.

[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 [dglorioso@health.ucsd.edu](mailto:dglorioso@health.ucsd.edu)

## Empathy & Compassion Research - Speaker Series 2026

UC San Diego  
SANFORD INSTITUTE FOR EMPATHY AND COMPASSION  
Center for Research in Empathy and Compassion

# empathy and compassion research series spring 2026

	<b>Ryan Moran, MD, MPH</b> <i>March 19, 2026</i> Understanding EMR-Enabled Assessment of Non-Face-to-Face Workload in Primary Care: A Common Driver of Burnout
	<b>Zhenggang Zhu, MD</b> <i>April 16, 2026</i> The Dopamine Pedal for Feasting with Friends
	<b>Olivia Jurkiewicz, MA</b> <i>May 14, 2026</i> Suppressing Negative Emotion Undermines Compassionate Responding During Conversations

12-1PM PST | Zoom Webinar  
[ecrss-spring26.eventbrite.com](https://www.eventbrite.com/e/uc-san-diego-s-center-for-research-on-empathy-and-compassion-spring-2026-series-tickets-33811000000)

UC San Diego's Center for Research on Empathy and Compassion proudly presents the Empathy & Compassion Research Speaker Series for Spring 2026.

This free virtual series highlights the impactful and groundbreaking research that Sanford Institute-affiliated faculty and researchers have played an integral role in. This series is designed for anyone with an interest in empathy and compassion in neurobiology and healthcare.

The hosting organization, **T. Denny Sanford Institute of Empathy and Compassion**, represents an unprecedented blending of two parallel themes: employing the unyielding rigor and tools of science to establish the neurological basis for empathy in the brain to identify the mechanisms that transform compassion from biology to behavior, and experimenting with and developing new ways to teach and instill empathy and compassion in clinicians currently practicing and in the teaching of future generations of health professionals.

[More Information Here](#)

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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.

[GIVE NOW](#)



[Visit our website](#)

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