

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

## Today is Giving Tuesday! Join Us in Advancing Lifelong Health and Well-being



On this Global Day of Giving, we invite you to support the Stein Institute for Research on Aging and the UC San Diego Center for Healthy Aging with a charitable donation. Your contribution helps us further our mission to advance health and well-being through groundbreaking research, training, and community outreach.

Launched in 2012, Giving Tuesday is a worldwide movement aimed at encouraging people to "do good." It empowers individuals and organizations to positively impact their communities and the world. At the Stein Institute and Center for Healthy Aging, we are guided by this same principle—doing good every day. We hope you will remember the profound impact our programs have on countless older adults locally and globally.

As we reflect on the past 12 months, we are filled with pride and gratitude for the many achievements we have made, thanks to your invaluable support. We've made incredible strides and none of this would have been possible without you.

We are excited to share a few highlights of what we've accomplished together this 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.

We are proud of what we've accomplished together, but there is still so much more to do. If you believe in the continued progress of these important initiatives, we ask for your continued support through a charitable donation. Your generosity ensures that we can continue funding critical research and outreach efforts that are making a lasting impact in the fields of aging and mental health.

Thank you for your dedication and investment in our work. With your help, we will continue to drive meaningful change.

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

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