

Stein videos named "best of"
Health and Science on UCTV,
Public Lecture next week,
Participate in research

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!

UCTV Names Stein Institute Videos Among “Best of” Health and Science Programs for 2026



We're excited to share that Stein Institute for Research on Aging videos have been featured in UCTV's "Best of" Health & Science Programs for 2026, a curated collection highlighting standout programming from across the University of California. This recognition underscores the Institute's commitment to sharing trusted, accessible science on healthy aging with broad audiences. In the accompanying *UC San Diego Today* article, Stein Institute Executive Director Danielle Glorioso reflects on the important role UCTV plays in bringing evidence-based aging research to millions of viewers worldwide.

[Read more here](#)

Don't forget to register for next week's Public Lecture

Join us for next week's Public Lecture with Dr. Aladdin Shadyab, UC San Diego Associate Professor of Medicine and Public Health, "*Slowing the Clock: Longevity Science Meets Alzheimer's Prevention*" on Wednesday, January 28th. This virtual talk will highlight emerging research connecting longevity science with strategies to reduce Alzheimer's risk and will conclude with a live Q&A moderated by Executive Director Danielle Glorioso, LCSW. We are excited to begin another year of dynamic, evidence-based discussions on healthy aging with our community.

[Register Here](#)

UC San Diego
SAM AND ROSE STEIN INSTITUTE
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PUBLIC LECTURE

"SLOWING THE CLOCK: LONGEVITY SCIENCE MEETS ALZHEIMER'S PREVENTION"

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



Aladdin Shadyab, PhD

Wed, Jan 28

4-5pm

Zoom

Dr. Aladdin H. Shadyab is an Associate Professor at the University of California San Diego, where he holds joint appointments in the Herbert Wertheim School of Public Health and Human Longevity Science and the Division of Geriatrics, Gerontology, and Palliative Care in the Department of Medicine. A leading expert in the science of aging and longevity, Dr. Shadyab's research spans the epidemiology of aging, exceptional longevity, women's health, geroscience, and multi-omics approaches to understanding human health and longevity across the lifespan. Dr. Shadyab is a prolific and internationally recognized researcher, with over 300 publications in top-tier scientific journals. Through his research, Dr. Shadyab is helping to unlock the secrets of healthy aging and translate cutting-edge science into insights that can extend healthspan among older adults.

[More about our Public Lecture Series](#)

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 to nominate them!

Participate in Research at the Stein Institute

MiTEA (Mitochondrial and Exogenous Ketones in Aging)

Join a Study on Ketone Supplementation and Healthy Aging

Dr. Anthony Molina is leading a study to better understand the effects of ketone supplementation on healthy aging. The product being studied is MiDR1V3 TM by Mitargos, Inc.

About the study:

- Involves a brief in-person screening and an additional 3 in-person visits over 3 weeks.
- Includes physical health assessments (like height, weight, blood pressure, grip strength, and body composition)
- Includes cognitive and sensory assessments
- A small blood sample will be collected at each visit.

Eligibility:

- Age 55 – 75 years
- BMI between 20 and 30kg/m²
- Stable weight for the last 6 weeks
- Normal cognition and blood sugar
- Willing to consume a supplement drink daily for two weeks and adhere to the 3-week study regimen that includes 3 in-person study visits.

NOT ELIGIBLE if: pregnant, have diabetes, uncontrolled hypertension, heart condition, cancer, dementia, certain sensory, physical, or neurological conditions, allergies to any of the drink ingredients, or are using certain supplements.

Compensation: Participants will receive compensation of \$25-50 after each in-person visit is completed, for a total of up to \$150.

Interested? Please contact the study coordinator(s) at the UCSD Division of Geriatrics, Gerontology and Palliative Care and reference the Ketone Drink study.

By email: lseow@health.ucsd.edu

By phone: (858) 534-5752

MiMIC (Multivitamin and Mineral Supplementation Impacting Cellular Metabolism)

Dr. Anthony Molina has started a new study to better understand the effects of multivitamin and mineral supplementation on healthy aging when taken during middle age. The multivitamin being studied is from the makers of Centrum.

What will be measured? You will be asked to complete pre-screening in person. If you are eligible, you will be asked to come in person four more times over a 14-week period. We will be measuring all kinds of interesting things!

Physically: Assessments of height, weight, heart rate, blood pressure, resting metabolic rate, aerobic fitness, strength, gait, balance, and body composition.

Mentally: You will be asked to complete a number of questionnaires regarding your dietary information, medical history, sleep, mood, level of physical activity, and feelings about life.

From your body: You will be asked to provide a blood sample.

Who is eligible?

- Between 40 – 60 years of age
- Have a BMI ≥ 18.5 and $\leq 32\text{kg/m}^2$
- Weight stable for the last 6 weeks
- Willing to consume a multivitamin and mineral supplement and adhere to the 14 week study regimen that includes 5 in-person study visits.

NOT ELIGIBLE if: pregnant, have dementia, have an existing heart condition, diabetes, untreated hypertension, respiratory disease, cancer, or drug interactions to the multivitamin supplement.

Compensation: Participants will receive compensation of \$40-60 after each in-person visit is completed and \$5 after each electronic questionnaire is received, for a total of up to \$320.

Interested? Please contact the study coordinator(s) at the Exercise & Physical Activity Resource Center (EPARC) at UCSD. Please reference the Multivitamin and Mineral Supplement study.

By email: eparc@ucsd.edu

By phone: (858) 534-9315



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

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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.

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