

**Lim Lecture: Registration Open,
Dr. Alison Moore in CNN Health,
Participants Needed**

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!

Registration Now Open:

**4th Annual LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming
Endowed Lecture**

October 20, 2026

JOIN US FOR THE LEE TUH-FUH & RUBY LEE WANG ZU-MING
ENDOWED EDUCATION LECTURE

**“The Changing Landscape of Cancer: Prevention, Emerging Therapies,
Survivorship, and Healthy Aging”**

As cancer rates continue to rise and advances in treatment reshape outcomes, this timely discussion will explore prevention, emerging therapies, survivorship, and strategies for healthy aging.

SAMIR GUPTA, M.D.



Samir Gupta, MD, is a board-certified gastroenterologist specializing in colorectal cancer screening, prevention, and the care of patients at increased risk for colorectal cancer. His expertise includes hereditary cancer syndromes such as Lynch syndrome and familial adenomatous polyposis, as well as the management of complex colorectal polyps. Dr. Gupta's research focuses on improving colorectal cancer screening and prevention through clinical trials and population-based studies. His work aims to increase screening rates and identify new approaches to risk assessment and early detection. He earned his medical degree from the University of Michigan and completed training in internal medicine and gastroenterology at UCSF and the University of Pennsylvania.

RANA R. MCKAY, M.D.



Rana R. McKay, MD, is a board-certified medical oncologist specializing in genitourinary cancers, including bladder, kidney, prostate, and testicular cancer. She leads UC San Diego Health's multidisciplinary prostate cancer clinic, providing coordinated, specialized care for patients with advanced disease. A professor in the Departments of Medicine and Urology at UC San Diego School of Medicine, Dr. McKay conducts clinical research focused on developing innovative therapies and biomarkers for genitourinary cancers. She serves as principal investigator on several kidney and prostate cancer clinical trials and has published extensively in leading medical journals, including Nature, The Lancet, and the Journal of Clinical Oncology. Before joining UC San Diego Health, Dr. McKay was on the faculty at Harvard Medical School and a medical oncologist at Dana-Farber Cancer Institute.

DANIELLE K. GLORIOSO, LCSW



Danielle K. Glorioso is a Licensed Clinical Social Worker with extensive experience in aging, community health, and clinical research. Since joining UC San Diego in 2001, she has taken on a leadership role as the Executive Director of the Center for Healthy Aging and the Stein Institute for Research on Aging. In this capacity, Ms. Glorioso oversees a wide range of operations including strategic planning, organizational development, community outreach, training, philanthropy, communications, and marketing. She is also a certified therapist in prolonged grief disorder, specializing in manualized interventions. One of her major accomplishments includes leading the research and development of a licensed, evidence-based six-week program designed to enhance resilience, compassion, and self-compassion among older adults. This intervention, which has undergone nearly a decade of research, has been tested and validated in various community settings, including among older adults in group and individual settings. Through her work, Danielle has made significant contributions to improving the mental health and well-being of older adults.

OCTOBER 20TH

1PM - 3PM

**OSHER LIFELONG LEARNING INSTITUTE
8980 LA JOLLA VILLAGE DRIVE - 3RD FLOOR
LA JOLLA, CA 92037**

REGISTRATION COMING SOON

UC San Diego

**SAM AND ROSE STEIN INSTITUTE
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[Register Here](#)

Dr. Alison Moore Featured in CNN Health



Congratulations to Dr. Alison Moore, who was recently quoted in *CNN Health* discussing the role of GLP-1 medications in healthy aging. In the article, Dr. Moore highlights the importance of preserving muscle mass and physical function when using these medications, emphasizing that healthy aging is about more than weight loss alone. Her expert insights help inform a growing national conversation on optimizing health as we age.

[Read it Here](#)

Participants Needed for Women's Inflammation and Tau Study (WITS)

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
- Diagnosis of Prediabetes or Type 2 diabetes

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
\$320 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
Website: www.witsucsd.org

Study Location:

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



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[More Information 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 dglorios@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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