

- The Longevity Game: Winning at Growing Older
- Video from Belmont Village Senior Living
- 2025 Symposium Registration

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!

Upcoming Event

The Longevity Game: Winning at Growing Older

Tuesday, July 22, 2025
1:30 – 2:30 PM



Speaker: Dr. Aladdin H. Shadyab

Associate Professor of Public Health and Medicine at the University of California San Diego

Dr. Shadyab specializes in aging, longevity, and women's health research.

With over 290 publications in leading medical journals, his research examines the determinants of exceptional longevity and healthy aging beyond age 90.

Join us for a special speaker event in partnership with the Living Lab at Belmont Village La Jolla.

Belmont Village Senior Living – Town Hall

3880 Nobel Drive, La Jolla, CA 92122

Light snacks and refreshments will be served.

Valet parking available | Space is limited

[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 to nominate them!

New Video from Belmont Village Senior Living



We're proud to partner with Belmont Village Senior Living to bring science-based, purpose-driven programs to their residents.

Their Founder and CEO, Patricia Will, recently sat down with **Ashley Jacobs** with **The LOCAList SD** at our **Belmont Village Senior Living La Jolla** community to discuss how Belmont Village reimagines senior living. From cutting-edge wellness programs in partnership with us at **UC San Diego Center for Healthy Aging** to the newest community under construction, **Belmont Village Rancho Santa Fe**, opening late 2026 — they're committed to creating exceptional and enriching spaces where seniors can truly thrive. To hear more exciting details, check out this interview now!

It's inspiring to see their commitment to creating thoughtful, enriching environments where older adults can thrive.

[View video on YouTube](#)

**Registration now open for our 2025
Resilience and Healthy Aging Symposium**
on September 25th

RESILIENCE & HEALTHY AGING

SYMPOSIUM OF THE UC SAN DIEGO CENTER FOR HEALTHY AGING

with keynote speakers

John Newman, MD, PhD
University of California, San Francisco

Heather Whitson, MD
Duke University

**and 3 expert panel discussions exploring resilience
across cognitive, physical, & mental health**



September 25, 2025



9.30 am - 4.00 pm



Park and Market, UC San Diego
1100 Market Street
San Diego CA 92101

**This event is FREE
- including food
and parking!**

UC San Diego

**SAM AND ROSE STEIN INSTITUTE
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HEALTHYAGING.UCSD.EDU

[Register Here](#)

OUR 2025 SYMPOSIUM SPONSORS

BELMONT *Village*

SENIOR LIVING
LA JOLLA



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[Read more about our Symposium here](#)

Our #AgingIsBeautifulEverywhere
Campaign is on social media

Aging is *Beautiful*

Age beautifully,
wherever life takes you
#AgingIsBeautifulEverywhere



Spotlight: The Stein Institute Research Team

Our amazing research team proudly wearing their “Aging is Beautiful” tees at Mission Bay! We’re dedicated to advancing science that supports healthy aging —and celebrating the beauty of aging at every stage of life.

Get your own “Aging is Beautiful” t-shirt for a \$35 donation - and share your **#AgingIsBeautifulEverywhere** photos with us!

please email healthyaging@ucsd.edu



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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



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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