

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

Stein Institute Announces New Scholar: Kelly Kusche



We are pleased to announce Kelly Kusche as the newest Stein Institute Scholar. Kelly is a first-year Ph.D. student in Biomedical Sciences at UC San Diego and brings a deep commitment to advancing research in healthy aging.

Under the mentorship of Stein Institute Scientific Director, Dr. Anthony Molina, Kelly is dedicating her dissertation research to *understanding how lifelong environmental exposures influence biological aging*. Her project involves analyzing over 1,200 chemical compounds in blood samples collected from older adults across diverse communities in San Diego County. By linking these data with participants' physical and social environments, her work seeks to uncover how geographic and socioeconomic factors impact the aging process.

Kelly's background spans research in neurological disorders and therapies for age-related diseases. As a Stein Institute Scholar, she aims to help ensure that the discoveries of longevity science benefit all communities—particularly those that have been historically underrepresented in aging research.

Training and supporting emerging scientists like Kelly is central to the Stein Institute's mission to extend health span and improve aging for all. We are thrilled to welcome Kelly to the Stein Institute Family!

Aging with Purpose: Jerry Stein's Mission of Love
written by Danielle Glorioso



Jerry displays his Ohio State Pride during a zoom meeting with Danielle Glorioso

Jerry Stein may have opened our interview by proudly mentioning Ohio State's national football championship (his wife and several other family members are proud graduates of the university), but it quickly became clear that what really lights him up is not trophies or titles—it's relationships. Jerry is the son of Sam and Rose Stein, whose generosity and foresight helped establish the Stein Institute for Research on Aging. Decades later, Jerry is not just honoring their legacy—he's living it. As we study the science of successful aging, here is Jerry, offering a living example of what that truly looks like.



Jerry on his new bike

At 89, Jerry exudes energy and optimism. He's made thoughtful changes to his diet—cutting back on red meat, eating more chicken and fish. "I allow myself pizza four times a year, cheeseburgers maybe one per month. The further I get from those foods, the easier it gets." He's also committed to regular physical activity, biking 30-40 miles a week around the Miramar Reservoir, and occasionally adding longer rides at Mission Bay or Coronado. A lifelong athlete, Jerry was a competitive swimmer and weightlifter in his youth, and continued in a master's swim program well into his 50s.

But Jerry's philosophy on aging runs deeper than diet and exercise. "My mission is to demonstrate the power of loving relationships," he says. "That means treating others the way you want to be treated—genuinely wanting the best for them." That principle has guided him not only in his personal life, but in business, in leadership, and in the many organizations he has helped build and

support.

One of his most impactful efforts is his long-standing work with Casa de Amparo, a shelter for abused, abandoned, and neglected teens. What began as his wife Sharon's volunteer commitment became a major life project: Jerry formed a committee, helped to raise over \$12 million, acquired a property, and built a 12-acre campus in San Marcos. The center provides care not only for abused teens, but for young adults transitioning out of the foster care system—offering stability, education, and job support. “Without intervention, too many of those kids will struggle,” he says. “This gives them a chance to build a real life.”



Jerry and Sharon's wedding day 65 years ago

Jerry and Sharon have been deeply involved in over two dozen charitable organizations, including Rady Children's Hospital, Elizabeth Hospice, Vista Hill's Stein Education Center, and more. “My dad introduced me to Vista Hill,” Jerry says. “It's personal. These aren't just causes—they're relationships.”

That spirit of connection is perhaps most moving when Jerry talks about Sharon. Married since 1960, they celebrated their 65th wedding anniversary in May. “She's been my partner in everything,” he says. “Our love has made everything more meaningful.” Their family (four children, ten grandchildren, two great grandchildren) remains close, gathering multiple times a year at their cottage in Huron, Ohio where both Jerry and Sharon grew up.

Now living in a Senior Living Community in San Diego, he notes that many residents talk about their legacy. “It's about the kind of story I'm continuing to tell.” That story is one of service, compassion, and an unwavering belief in the value of human connection. The Stein Institute was founded by a family committed to understanding and enhancing the aging experience. How fitting, then, that Jerry Stein—son of Sam and Rose—is not only carrying that legacy forward, but living it fully.



Jerry and Sharon



*Celebrating their 65th with their kids Dana, Greg, and Lisa.
Missing from the photo—daughter Karen*

Here at the Stein Institute, we are honored to carry forward the work made possible by Sam and Rose Stein. And we are moved to see, in their son, the embodiment of everything we hope aging can be: purposeful, joyful, connected—and full of love.

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!

Our Next Public Lecture

July 16th



The graphic features a dark blue background with a circular inset on the left containing a portrait of Danielle Glorioso. To the right of the portrait, the text 'PUBLIC LECTURE' is written in large, bold, yellow capital letters. Below this, the title of the lecture is displayed in white capital letters: 'NAVIGATING GRIEF: WHAT THE SCIENCE OF RESILIENCE TEACHES ABOUT ADAPTATION TO LOSS'. In the top right corner, the UC San Diego logo is shown, along with the text 'Center for Healthy Aging' and 'Stein Institute for Research on Aging'. Below the portrait, a yellow banner contains the text 'Danielle Glorioso, LCSW Executive Director'. At the bottom, there is a row of icons: a clock for '4pm-5pm', a calendar for 'Wed, July 16', and a location pin for 'Zoom'. A yellow abstract shape is on the right side.

PUBLIC LECTURE

"NAVIGATING GRIEF: WHAT THE SCIENCE OF RESILIENCE TEACHES ABOUT ADAPTATION TO LOSS"

UC San Diego
Center for Healthy Aging
Stein Institute for Research on Aging

Danielle Glorioso, LCSW
Executive Director

Please join us for a lecture with UC San Diego Stein Institute Executive Director, Danielle Glorioso. Q & A to follow, moderated by Dr. Alison Moore.

4pm-5pm Wed, July 16 Zoom

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.

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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 dglorioso@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.

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