

The Living Lab Meet & Greet,  
Dr. Alison Moore keynote  
speaker at CAGI, Dr. Zeidan's  
Public Lecture on UCTV,  
Osher Open House

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!

## Building Connection and Collaboration: Highlights from Our Living Lab Science Talks and Meet & Greet

Last week, the Stein Institute team joined residents of Belmont Village Senior Living for a special Living Lab Science Talk and Meet & Greet event. The gathering was filled with warmth, energy, and an inspiring spirit of collaboration. More than just a social occasion, the event highlighted the innovative partnerships that are helping shape the future of aging research.



*Danielle Glorioso & The Living Lab team*

During the event, Executive Director Danielle K. Glorioso shared the vision behind the Living Lab and emphasized how this unique, collaborative model—one that brings researchers and older adults together in real time—is not only advancing person-centered research, but also serving as a forward-thinking

example of what aging research can look like. “Our hope,” she noted, “is that this becomes a leading model for aging research around the world.”

In the spirit of giving back to the community, the Science Talks were designed to share the latest advances in aging research along with opportunities for residents to participate in upcoming studies. This segment of the event was a particular highlight, offering a compelling glimpse into the breadth and impact of the work happening within the Living Lab.



Dr. Anthony Molina

Dr. Anthony Molina, Scientific Director of the Stein Institute, opened the session with a talk titled “*What is Geroscience? Aging Research and the Future of the Living Lab.*” He introduced the foundational principles of Geroscience and outlined the vision for the UC San Diego

Living Lab, where cutting-edge research is integrated directly into real-world community settings.

Next, Dr. Fadel Zeidan, Professor in the Department of Anesthesiology and Director of the Pain Health and Mindfulness Laboratory, presented on a “*Mindfulness-Based Training Study.*” He discussed the health benefits of mindfulness and introduced a new study that will



Dr. Fadel Zeidan

explore how mindfulness training may enhance cognitive function, emotional well-being, and physical health in older adults. Dr. Desiree Shapiro, Clinical Professor of Child and Adolescent Psychiatry at UC San Diego, and Nikki Ashtiani followed with insights from their project “*Intergenerational Narratives,*” which explores the power of storytelling between generations as a tool for building empathy and resilience. This program brings together older adults with UC San Diego Medical students. They shared data from a previous cohort and invited residents to participate in the next phase of the program.

Finally, Tatsuo Kumamoto, Lead Product Engineer at Billions Labs Inc., introduced an innovative study testing a



*Tatsuo Kumamoto, Lead Product Engineer at Billions Labs Inc.*

smartphone-based blood pressure monitoring app. His presentation highlighted the potential of accessible, user-friendly technology to support everyday health monitoring in older adults. The upcoming study will evaluate the accuracy of this app specifically with older adults.



*Drs. Anthony Molina & Fadel Zeidan*



*Desiree Shapiro and Nikki Ashtiani*

Perhaps most meaningful was the sense of mutual respect and curiosity in the room. Residents were eager to ask questions, offer ideas, and learn more about how they can actively shape the research taking place in their community. Their engagement is a vital part of what makes the Living Lab a success—and a model worth celebrating.

Following the talks, residents were invited to a meet and greet where they engaged directly with researchers, staff, and undergraduate students. These conversations offered a space for residents to learn more about upcoming studies, share their perspectives, and ask questions—underscoring the value of inclusion, lived experience, and community-driven inquiry in shaping the future of aging research.

It was truly inspiring to witness the residents'





*The crowd at the meet and greet*

enthusiasm, curiosity, and thoughtful engagement. Their insights remind us that successful aging research must be rooted not only in science, but also in real-world experience and authentic connection. The event was a testament to the growing collaboration between Belmont Village Senior Living and the Stein Institute—one grounded in shared values of innovation, respect, and community engagement.



*Paula Lemkuil & Danielle Glorioso, whose collaborative efforts made The Living Lab a reality*



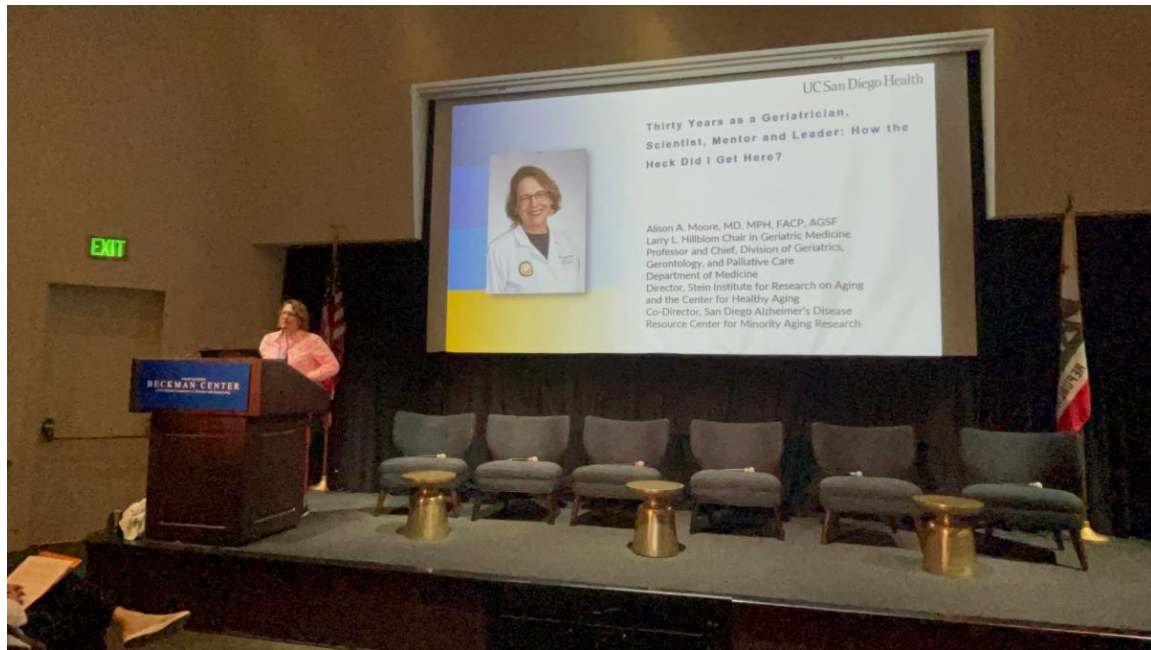
*Belmont Activities Director, Gianna Meaglia & Stein Research Associate, Rae'hijah Cooper*

As we look ahead, we hope to expand this model of partnership to other settings throughout San Diego County, continuing to advance aging research in ways that are inclusive, accessible, and deeply connected to the communities we serve.

We are profoundly grateful for our ongoing partnership with Belmont Village and excited for what's to come. Thank you to everyone who helped make this event such a meaningful and memorable day!

[Learn More About The Living Lab](#)

# Dr. Alison Moore is Keynote Speaker at the California Academic Geriatrics Institutions (CAGI) Conference 2025



We're proud to highlight our Director's recent keynote address at the California Academic Geriatrics Institutions (CAGI) Conference 2025. In a deeply personal and engaging talk, she shared her journey in the field of geriatrics, reflecting on the experiences and challenges that have shaped her career. Her candid storytelling and thoughtful insights resonated with attendees, sparking meaningful conversation and inspiring the next generation of geriatric professionals.

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**Dr. Fadel Zeidan's Public Lecture  
"Mindfulness-Based Mental Training to  
Enhance Well-Being and Healthy Aging" now  
available on UCTV**



Fadel Zeidan, Ph.D., discusses the science of mindfulness and how meditation can change the brain. He explains what happens in the brain during stress, how mindfulness helps us become more self-aware, and why it's important to pay attention on purpose. Zeidan shares easy ways to bring mindfulness into daily life, even in small moments. The video includes guided meditations led by Zeidan. Viewers can follow along as he teaches simple breathing techniques and short practices designed to build focus and calm the nervous system. Whether you're new to meditation or looking to deepen your practice, this program offers useful tools backed by science.

[Watch on UCTV](#)

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## **The Osher Lifelong Learning Institute at UC San Diego Summer Open House is Coming Up!**

**Saturday, June 28 at 9:30 a.m.**



## UC San Diego

The highly regarded Osher Lifelong Learning Institute at UC San Diego invites you to attend its summer Open House in person or via Zoom on Saturday, June 28 at 9:30 a.m.

The Institute offers its members twice-daily live lectures and discussion on a variety of subjects in its new classrooms in the university building at 8980 Villa La Jolla Drive. Lectures are also live-streamed via Zoom. Speakers include distinguished faculty from UC San Diego and other academics, community leaders, artists and musicians, and others. Small group discussions of literature, history, and personal memoirs, as well as field trips and member luncheons enrich the Osher experience. Highlights of the summer program include. Inside the Marble Palace: The Supreme Court, The First Gilded Age? The Rise of the Robber Barons, lectures and performances of Russian composers by the renowned pianist Gustavo Romero, and others.

Now representing more than 50 years of lifelong learning at UC San Diego, the Osher Institute is a membership organization for adults over the age of 50 who wish to enrich their lives through continued learning and engagement. Summer quarter memberships are currently available. See the Osher website at <http://extension.ucsd.edu/olli/join> for how to become a member.

[Register Here](#)

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**Our #AgingsBeautifulEverywhere  
Campaign is on social media**



# Aging is *Beautiful*

Age beautifully,  
wherever life takes you  
[#AgingIsBeautifulEverywhere](#)



## Spotlight: Han Du - The Power of Balance

“As a high school English teacher, my brain is in work-mode from sunrise to sundown on most days. My friends and family (including my dog-- Kali!) help me restore balance and remind me that my own well-being is vital to continue supporting my students.”

Sustaining balance in our daily lives—emotionally, mentally, and physically—is a vital part of healthy aging. Meaningful connections and restorative routines, like spending time with loved ones (two-legged or four!), help build resilience and promote long-term well-being.

Thank you, Han, for reminding us that nurturing our inner balance is a lifelong skill that supports us at every age.

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

**please email [healthyaging@ucsd.edu](mailto:healthyaging@ucsd.edu)**



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## 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](mailto:saweiss@health.ucsd.edu) to nominate them!



## Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research led by our Executive Director, Danielle K. Glorioso, 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 at [dglorioso@health.ucsd.edu](mailto: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.

GIVE NOW



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