

**2024 Jackuelyn Harris Award
Winner, Public Lectures: New
Video Available & Our
Upcoming Lecture**

UC San Diego

Center for Healthy Aging
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!

2024 Stein Institute's Jackuelyn Harris Award for Excellence in Aging Research

The Center for Healthy Aging and the Stein Institute's Jackuelyn Harris Award for Excellence in Aging Research is named in honor of Dr. Jackuelyn M. Harris, whose early career was dedicated to geriatric psychiatry and senior care. Dr. Harris was the inaugural fellow in the Division of Geriatric Psychiatry at UCSD and VA, and she later became the Co-Director of the program, which is now the largest of its kind in the nation. This award recognizes a graduating student who has shown exceptional interest, dedication, and success in aging research, embodying the compassion and generosity that Dr. Harris exemplified.

Congratulations to Heidi Bahn!

Graduating Medical Student Heidi Bahn is the 2024 recipient of the Jackuelyn Harris Award. She received this award in person at the **Class of 2024 Senior Awards Luncheon on Saturday, June 1st**



Heidi Banh & Danielle Glorioso

Heidi's exceptional commitment to geriatric care, demonstrated through scholarly initiatives, leadership, and active participation in geriatrics programs, aligns seamlessly with the values and criteria set forth by this esteemed award. Her dedication became even more evident when she worked on innovative intergenerational mentorship program during the challenging times of the pandemic. Heidi's enthusiasm and excitement for this project were palpable, underscoring her genuine passion for fostering connections and a sense of belonging among different generations.

Notably, she successfully competed for a Sanford Scholars Med Gap award between her third and fourth year of medical school. The project, which she designed herself with mentorship from Dr. Desiree Shapiro and in partnership

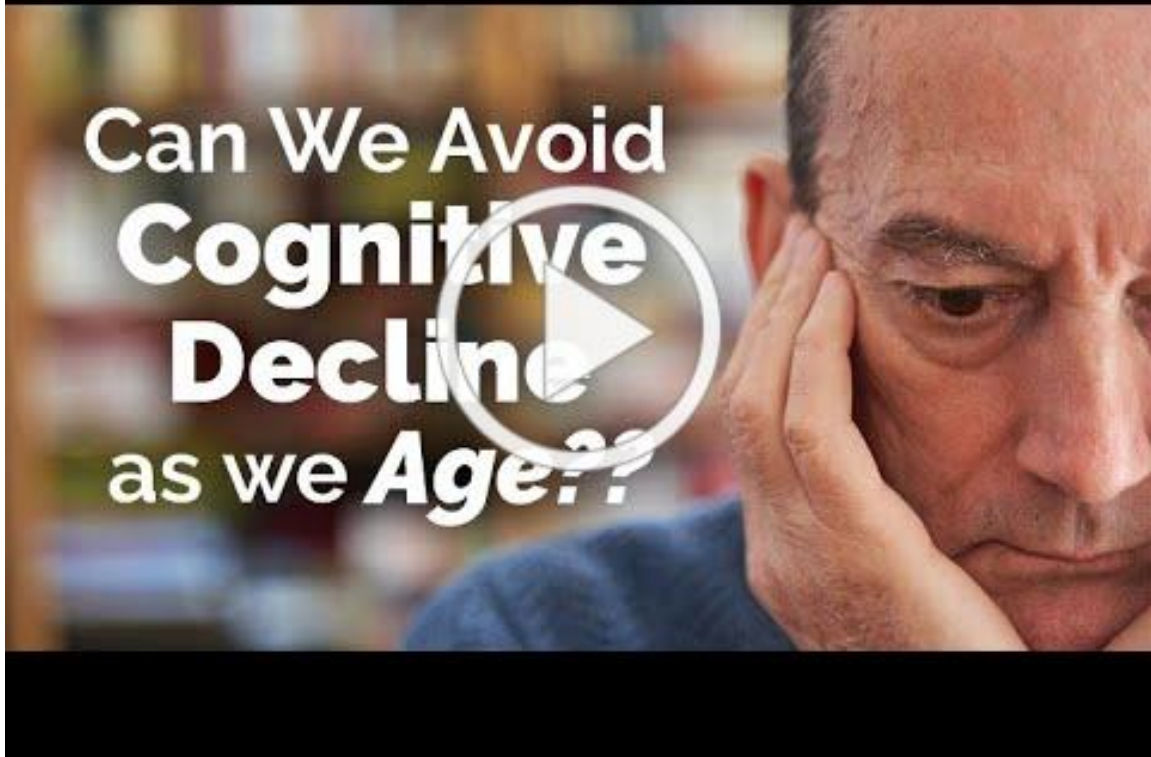
with the Center for Healthy Aging's Living Lab at Belmont Village Senior Living, was the creation and evaluation of a School of Medicine elective in which medical students partnered with residents of Belmont Village to gather their life stories. Modeled off the successful VA program called "My Life, My Story", Heidi expanded the usual scope of the storytelling activity to include didactics for the students and group activities for the students and residents in addition to the one-on-one interviews to gather stories.

Despite facing numerous challenges, Heidi's commitment to the intergenerational mentorship program remained unwavering. She invested countless hours, including late nights, weekends, and holiday breaks, demonstrating a proactive approach through regular meetings to refine and adapt the initiative. The success of this program not only showcased her dedication but also attracted additional funding, leading to the establishment of a medical student adaptation through the Sanford Empathy and Compassion Institute at UC San Diego School of Medicine.

Heidi was integral in the adaptation of "My Life, My Story" to all first-year medical students as part of the new CARE course led by Dr. Lisa Eyler. She assisted with the development of the assignment and materials and led a panel of students and older adults who had participated in her elective to introduce the idea of storytelling to the CARE students. Heidi's impact extended beyond the initial program, as she spearheaded the creation of a newly established elective that brought together medical students and older adults. This initiative aimed to promote connectedness, empathy, compassion, and kindness among future physicians through the art of storytelling and community building. Heidi's leadership and dedication to the geriatric community were further highlighted by her ability to inspire others to join the cause.

Heidi exemplifies Dr. Harris' qualities: she is caring, generative, and committed to improving the lives of older adults and teaching the next generation of clinicians how to care for them. Heidi also understands, as Dr. Harris did, the importance of rigorous science to provide an evidence base for the programs that she designs.

Video Available: "How Can We Avoid Cognitive Decline" Public Lecture with Associate Director, Dr. Sarah Banks



Enjoy the video of our Public Lecture series with Dr. Sarah Banks from March 13, 2024, now available on UCTV.

What can you do today to improve or maintain your brain health? Sarah Banks, Ph.D., an expert in healthy aging, dementia, and Alzheimer's disease, explores risk factors and offers practical tips for enhancing brain health.

[View on UCTV website](#)

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!

Please register for our next Public Lecture on July 24th with Colin Depp, PhD

A graphic for a public lecture. On the left is a circular portrait of Colin Depp, PhD, with his name and title 'Associate Director' below it. The background features a blue and white striped circle and a yellow and blue abstract shape. On the right is the UC San Diego logo and the text 'Center for Healthy Aging Stein Institute for Research on Aging'. The main text reads: 'Please join us for our next PUBLIC LECTURE "/>

As a clinician scientist, Colin Depp’s research has focused on technology-based longitudinal assessment and real-time interventions in mental health, in particular mobile technology applications in serious mental illnesses. Dr. Depp has been fortunate to receive as PI several NIMH and VA grants, each concerned with evaluation of technology enhanced assessments and cognitive and behavioral real-time interventions. He is a co-investigator on several other NIH and foundation-funded projects that deliver multi-component behavioral interventions and incorporate use of technology to assess and modify suicide risk, cognitive ability, and other mental health outcomes. Dr. Depp is also the Director of Research Education and Training at the Clinical and Translational Research Institute at the University of California, San Diego and is active in the role of mentoring clinician scientists in multiple training programs. This position has led him to be increasingly involved in inter-disciplinary education programs, and developing team science in collaboration with clinicians, engineers, and bioinformaticians, as well as in creating novel training opportunities in entrepreneurship in medical devices. Clinically, he is a practicing clinical psychologist in the VA San Diego where he mentors and clinically supervises residents, fellows, graduate students, and interns.

[Please Register Here](#)

Resilience, Compassion and Self-Compassion Program available for License

After nearly a decade of research and



development, we are pleased to announce that our evidenced-based program to enhance resilience, compassion, and self-compassion is now licensed and available for use in community settings.

If you are interested in learning more about the program, please contact us at healthyaging@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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