

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

Stein Leadership participate in the first Longevity Innovation Forum

Stein Leadership and affiliated faculty were pleased to participate in the inaugural Longevity Innovation Forum, held March 11–12 in San Diego. The two-day gathering brought together entrepreneurs, scientists, investors, and innovators working at the forefront of longevity science to exchange ideas and explore opportunities to translate discoveries in aging research into real-world solutions.



Alison Moore, MD, MPH, participated in the panel discussion “Ask a Longevity Doctor,” sharing clinical insights on aging, prevention strategies, and how advances in longevity science can translate into meaningful improvements in patient care.



Anthony Molina, PhD, presented “*Evaluating Clinical and Molecular Signatures of Healthy Longevity Interventions: A Partnership Between UC San Diego and XPRIZE.*” His talk highlighted collaborative efforts to identify measurable biological and clinical markers that can help assess the effectiveness of interventions designed to extend healthspan.



The program also featured Aladdin H. Shadyab, PhD, a recent Stein Institute public lecture speaker, who presented *"Slowing the Clock: Longevity Science Meets Alzheimer's Prevention."* His talk explored research at the intersection of aging biology and dementia prevention, highlighting how longevity science may help identify strategies to reduce risk and delay cognitive decline.



The forum created space for cross-sector dialogue and collaboration among leaders shaping the future of longevity science, and Stein Institute faculty were honored to contribute to the conversation.

More about the Longevity Innovation Forum

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 who 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!

Register for our next Public Lecture

"Motivating Movement: An Age-Friendly Approach to Pain, Mood, and Mobility"
with speaker Una Makris, MD, MS

Wednesday, May 20, 2026



PUBLIC LECTURE

"MOTIVATING MOVEMENT: AN AGE-FRIENDLY APPROACH TO PAIN, MOOD, AND MOBILITY"

Please join us for a lecture with UC San Diego Professor, Dr. Una Makris. Q & A to follow, moderated by Executive Director, Danielle Glorioso, LCSW.

[Wed, May 20](#)  **4-5pm**  **Zoom**



Una Makris, MD, MS

UC San Diego
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Dr. Una Makris is a clinical investigator, staff physician and Chief of the Rheumatology section at the VA San Diego Healthcare System. At UC San Diego, she is a Clinical Professor of Medicine in the Division of Rheumatology, Autoimmunity & Inflammation and holds a secondary appointment in the Division of Geriatrics, Gerontology & Palliative Care. As a clinically trained rheumatologist, with a research focus on aging, she is well positioned to investigate important questions that bridge the fields of rheumatology and geriatrics. Dr. Makris completed rheumatology fellowship and post-doctoral training (T32 in Geriatric Clinical Epidemiology and Aging-Related Research) at Yale University. She joined UT Southwestern Medical Center, Department of Medicine, Division of Rheumatic Diseases and the Dallas VA as Assistant Professor in 2011, and was promoted to Full Professor in 2025. She joined the faculty at UC San Diego and VA San Diego in September, 2025. Her current VA funded research focuses on developing and evaluating a novel health coach, telephone-delivered intervention that targets behavioral determinants for both pain and depressive symptoms in older adults. Her goal is to ultimately improve outcomes in this medically complex older population by developing safe, effective, and accessible interventions that shift the focus from pharmacological therapies to behavioral (physical activity) interventions. Her research has been funded continuously since 2010 by NIA (GEMSSTAR R03 and Roybal P30 pilot), VA (HSR CDA2 and IIR), PCORI, and Rheumatology Research Foundation. Dr. Makris is passionate about career development and mentorship for specialists and collaborators focused on integrating aging principles to improve care for older adults.

[Register 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 dglorioso@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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