

Photos from this week's event,
Director's Column,
Fundraising Campaign,
Multivitamins & Healthy Aging Study,
Dementia Caregivers Study,
Videos from Our Resilience & Healthy
Aging Symposium

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!

Photos from the Third Annual LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming Endowed Lecture

The 3rd Annual LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming Endowed Lecture featuring Dr. Satchin Panda of the Salk Institute was a great success, drawing over 170 attendees both in-person and virtually. Dr. Panda's engaging talk, "Circadian Rhythms and Intermittent Fasting and Their Roles in Promoting Healthy Lifespan," captivated the audience with insights into how aligning daily routines with our body's internal clock can promote metabolic health and longevity. The event fostered meaningful discussion and highlighted the growing interest in science-backed approaches to healthy aging. We extend our heartfelt thanks to the Lim family for their generosity and commitment to community education, which makes this annual lecture possible. The lecture will be available on UCTV in the coming months; in the meantime, please enjoy some photos from the event.



Stein Institute Executive Director Danielle Glorioso, Linda Lim, Dr. Satchin Panda, Dr. KB Lim, and Stein Institute Director Dr. Alison Moore



Stein Institute staff keep check-in running smoothly, sharing the message: "Aging Is Beautiful"



Stein Institute Director Dr. Alison Moore welcomes attendees and shares opening remarks



Our featured speaker, Dr. Satchin Panda from the Salk Institute, shared insights on circadian rhythms and healthy aging



Executive Director Danielle Glorioso joins Dr. Satchin Panda for an engaging Q&A following his lecture



Danielle Glorioso with Steve Clarey of the Osher Advisory Council



Danielle Glorioso with Stein Institute staff and volunteers who helped make the event a success



Linda Lim, Dr. K.B. Lim, and Dr. Alison Moore celebrating another wonderful LEE Tuh-Fuh & Ruby LEE Wang Zu-Ming Endowed Lecture

Introducing: Director's Column

We're excited to launch a new feature in our newsletter — the Director's Column. Regularly, the newsletter will include a short editorial from leadership at the UC San Diego Stein Institute for Research on Aging and Center for Healthy Aging, offering insights on aging including key topics in research, education, and community engagement. Our first issue starts with Dr. Alison Moore.



"It seems the world is now interested in healthy longevity, healthy aging, improving healthspan, successful aging—whatever you want to call it—there's a lot of interest in it! I am personally thrilled that this day has come, as this growing interest allows us to talk about all the things that go right with aging (e.g., increased wisdom, resilience, happiness, and self-acceptance). We can also discuss how to prevent or lessen the impact of challenges that may come with aging (e.g., hearing and vision loss, cardiovascular disease, musculoskeletal problems, and neurodegenerative disorders). All in all, it is a wonderful time for us to lean into healthy aging—something that more and more of us are fortunate to be able to do."

Invest in a Future of Healthy Aging

Thank you to everyone who has supported the launch of our new fundraising campaign, *Invest in a Future of Healthy Aging*. Together, we're advancing groundbreaking research, training the next generation of leaders in aging science, and creating programs that promote health and well-being in our communities and beyond.

Your gift makes a difference—help us continue building a healthier future for all.

[GIVE NOW](#)

Enter fund number **F1445**
& click the magnifying glass to select
Stein Institute for Research on Aging

Join a Study on Multivitamins & Healthy Aging

Volunteers Needed

UC San Diego
SAM AND ROSE STEIN INSTITUTE
FOR RESEARCH ON AGING

Join a Study on Multivitamins & Healthy Aging

Currently
seeking
participants
aged 40–60
years

About the Study

- Help researchers understand how daily multivitamin and mineral supplements may support healthy aging.
- Brief pre-screening
- Five in-person visits over 14 weeks
- Health assessments: blood pressure, metabolism, strength, bone density
- Questionnaires on diet, sleep, mood, and activity
- Small blood sample collected at each visit

Who Can Join

- Ages 40–60
- BMI 18.5–30 kg/m²
- Stable weight for 6+ weeks
- Willing to take a daily multivitamin and attend all visits

(Not eligible if pregnant or with certain health conditions such as heart disease, diabetes, or untreated hypertension.)

Compensation

- Earn up to \$320 for your participation. (\$40–\$60 per in-person visit + \$5 per online questionnaire)

Led by:

Dr. Anthony Molina, UC San Diego
In partnership with Haleon (maker of Centrum®)



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<https://redcap.link/mimicstudy>

COMPLETE THE SCREENER

[Click here to download a PDF of this flyer to share with friends and family who may be interested](#)

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!

Fully Remote Dementia Caregiver Study

UC San Diego (UCSD) and UC Los Angeles (UCLA) are collaborating on a new research study that is aimed to use smartphones to detect risk for developing a disease of the brain later in life (such as Alzheimer's disease or dementia) in family caregivers.

Participants are asked to use their smartphone device (iPhones) for about 2 months while using a smartphone keyboard and providing weekly speech samples. Compensation is up to \$100.

What participation involves (2 months):

- Short online questionnaires
- A smartphone keyboard that tracks typing patterns
- An app that collects brief weekly speech samples (5–10 min per week)

Eligibility criteria:

- Primary caregiver for someone with Alzheimer's disease or dementia
- iPhone owner
- Age 40+
- Located in the USA

Are you a family caregiver for a person with dementia?

Researchers at the University of California are testing a new **smartphone-based** tool to assess cognitive health in family caregivers.

Participation Includes:

- Completing online questionnaires
- Using a smartphone keyboard that tracks typing patterns
- Providing weekly speech samples (5-10 min per week)

Eligibility Criteria:

- Primary caregiver for a family member living with Alzheimer's disease or another type of dementia
- Have an iPhone

Compensation:

- Up to 100 dollars



This is **NOT** a medication study.
You will not be asked to stop or
begin taking any new medication.

FOR MORE INFORMATION:

UCLA Phone: (310)-351-2349

UCSD Phone: (619) 736-1528

SleepResearch@sonnet.ucla.edu

UCLA

UC San Diego

Protocol #811568 | v18 | Approved: May 16, 2025 | Expires: Dec 19, 2025

[download flier \(pdf\)](#)

Fill out an Interest Form here

Resilience and Healthy Aging Symposium Videos now available on UCTV

The Science of Bouncing Back: How Resilience
Changes Across the Lifespan



Heather E. Whitson, MD, MHS explores how resilience—the ability to recover and adapt after stress or illness—changes across the lifespan. She explains that bounce back slows with age and that people age at different rates, influenced by biology, lifestyle, and environment. Studies connect lower inflammation, stronger cellular health, and emotional well-being to better recovery, such as regaining mobility after hip fracture or coping with persistent pain. Whitson also highlights how changes in the brain, like the buildup of amyloid and tau proteins, begin years before memory problems, underscoring the importance of early prevention. She points to practical steps that support resilience at any age: staying active, eating a Mediterranean style diet, managing blood pressure and blood sugar, protecting vision, engaging socially and mentally, prioritizing sleep, avoiding harmful exposures, and preventing injuries.

Physical Health and Resilience



Healthy aging starts with physical resilience, the body's ability to withstand and recover from stress. Maile Young Karris, M.D., defines the concept and sets the stage for practical strategies that match real-world needs. Ryan J. Moran, M.D., M.P.H., recommends simple routines such as wall push ups, posture alignment, and chin tucks, and he links posture and vision to fall prevention; social connection helps people stick with movement. Theodore Chan, M.D., F.A.C.E.P., F.A.A.E.M., explains that age alone is a poor predictor of outcomes in acute care and that functional resilience strongly influences decisions. Gail Levine emphasizes accountability, community, and balanced nutrition. Moran highlights protein needs of about 1 to 1.2 grams per kilogram plus calcium with possible vitamin D, and he favors plant focused eating with limited processed foods.

Translational Geroscience: Using Aging Research to Improve Resilience in Older Adults



Targeting the biology of aging offers a path to stronger resilience and longer health. John C. Newman, M.D., Ph.D., explains that aging arises from measurable cellular processes, often called hallmarks of aging, including changes involving mitochondria, stem cells, cellular senescence, inflammation, and protein quality control. Newman describes how basic science in model organisms reveals mechanisms that can be manipulated to extend healthy lifespan and guide therapies. Emerging approaches aim either to strengthen stress responses that make cells more resilient or to address downstream consequences. Many clinical studies across the country now test interventions that target aging, supported by national efforts to standardize methods and expand training. Newman also investigates ketone bodies as energy sources that influence inflammation, muscle preservation, and other processes relevant to frailty and recovery.

Cognitive Health and Resilience



Cognitive resilience grows from small, consistent habits that keep the brain adaptable. Fadel Zeidan, Ph.D., frames mindfulness as mental training that improves attention, processing, and the way people relate to pain. Erin E. Sundermann, Ph.D., underscores modifiable pathways to healthier aging, highlighting movement, social connection, hearing support, and lifelong learning as mutually reinforcing drivers of brain health. Raenne C. Moore, Ph.D., centers practical strategies that translate into daily life, including routines, planned breaks, reducing distractions, and attending to anxiety or depression. Carolyn Dunmore, an older adult community member, exemplifies resilience through steady activity, purposeful community roles, faith, self-compassion, and the "use it or lose it" mindset. Together, Zeidan, Sundermann, Moore, and Dunmore point to a clear theme: everyday practices accumulate to support memory, attention, and well-being as people age.

[Watch videos on UCTV](#)

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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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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