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

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## Our Resilience and Healthy Aging Symposium was a success!!

Yesterday, September 25th, the Stein Institute for Research on Aging and UCSD Center for Healthy Aging hosted our 7th Symposium at UC San Diego Park & Market. The event brought together leading researchers, clinicians, students, and community members for a day of thought-provoking presentations and discussions.

With more than 300 attendees, the symposium was a vibrant and engaging gathering that highlighted the latest science and practical strategies for supporting resilience and healthy aging. The program featured two keynote speakers, three panel sessions, and opportunities for meaningful dialogue across disciplines.

In addition to the formal sessions, participants enjoyed several interactive activities including UCSD's Craft Center printmaking booth, poster presentations, networking with our sponsors, and a lunch performance by the Free Spirits Senior Improv Company.

The positive energy throughout the venue underscored the importance of collaboration in advancing aging research and fostering healthier, more resilient communities. We are grateful to everyone who joined us in making this symposium such a success, and we look forward to building on the momentum in the months ahead.

*In case you missed it, the event was recorded and will be available on UCTV in the next couple of months. We'll be sure to let you know when it's ready to view! Please enjoy some photos below, with more to come.*



*A full house inside the Guggenheim Theatre at UCSD Park & Market*



*The main forum on the first floor*





*Our Stein Institute Leadership: Scientific Director Dr. Anthony Molina, Director Dr. Alison Moore, Executive Director Danielle Glorioso*



*Keynote Speaker, Dr. John Newman*





*Keynote Speaker, Dr. Heather Whitson*



*Improv performance by Free Spirits Senior Improv Company*





*Interactive printmaking with UCSD Craft Center*



*Such a wonderful turn out, thank you to all who attended*

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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!

## Sanford Institute for Empathy and Compassion Funding Opportunity



This program supports UC San Diego–affiliated faculty and researchers in advancing rigorous, cross-sector projects that foster empathy and compassion in healthcare, education, and society. Proposals may include novel curricula, interdisciplinary interventions, empirical measurement approaches, or systems-level policy frameworks. Projects involving faculty from multiple schools or divisions are strongly encouraged.

Up to two awards of \$100,000 and two awards of \$50,000 will be granted. Final award amounts may be adjusted based on available funding. Applications open September 20, 2025, with Letters of Intent due November 14, 2025.



FALL 2025 | RFA-RC-06

# REQUEST FOR APPLICATIONS

Interdisciplinary Research on Approaches to Empathy and Compassion

Catalyzed by Denny Sanford's vision and generosity, the T. Denny Sanford Institute for Empathy and Compassion (TDSIEC) at University of California San Diego was founded with a generous donation in July 2019.

The Institute represents an unprecedented blending of two parallel themes: employing the unyielding rigor and tools of science to establish the neurological basis for empathy in the brain to identify the mechanisms that transform compassion from biology to behavior, and experimenting with and developing new ways to teach and instill empathy and compassion in clinicians currently practicing and in the teaching of future generations of health professionals.

## 🎯 Objectives

- To mature existing curricular plans by measuring impact and validation
- Create a research agenda to create a novel, domain expertise informed, curriculum for empathy and compassion in medical education)
- To combat physician burnout through development of curricula

## 📋 Areas of Interest

- Human-centered research
- Technology-enhanced tools
- Cross-disciplinary approaches
- Potential for scalable implementation in health systems, policy, or education
- Measurable outcomes through clear impact metrics and evidence through validated measures
- Rigorous data analysis techniques/models
- Minoritized populations

## 👤 Eligibility

- UC San Diego-affiliated faculty and researchers
- Projects that include faculty from at least two schools or divisions at UCSD are preferred.
- The program will grant up to two awards of \$100,000 and two awards of \$50,000.

## 📁 How to Apply?

No late applications will be accepted. All materials must be submitted through our grant management platform, Submittable. Applications that are emailed will not be considered.

09/20/25 Open to Applications  
11/14/25 Letter of Intent Final Deadline  
11/21/25 Notice of Invitation for Full Proposal  
12/29/25 Full Proposal Deadline  
02/20/26 Notice of Decision  
03/01/26 Project Start Date

For further inquiries, we will be hosting two virtual Information Sessions on 10/2/25 and 10/23/25.



To apply or sign up for info sessions, visit:

[bit.ly/rfa-rc-06](https://bit.ly/rfa-rc-06)

## Contact

Cindy Chwa, Research Project Coordinator  
[cchwa@health.ucsd.edu](mailto:cchwa@health.ucsd.edu)

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

Apply 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 [dglorios@health.ucsd.edu](mailto:dglorios@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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