

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

### 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!

## Falls Prevention Week

This week is Falls Prevention Week, a vital time to raise awareness about the dangers of falls, particularly among older adults. Falls remain one of the leading causes of injury, yet many are entirely preventable with the right strategies in place. Taking steps like staying physically active, reviewing medications with your healthcare provider, ensuring home safety, and scheduling regular vision checks can dramatically reduce the risk of falling. Let's use this week as a reminder to empower ourselves and our loved ones to remain safe, steady, and independent.

### Here are some key fall prevention tips to keep in mind:

- **Stay Active:** Engage in exercises that improve strength, balance, and flexibility, like walking, tai chi, or yoga.
- **Make Your Home Safer:** Remove tripping hazards, such as loose rugs and clutter, and install grab bars in bathrooms or along stairs.
- **Review Medications:** Certain medications can cause dizziness or drowsiness. Speak with your healthcare provider to ensure they don't increase your fall risk.

- Keep Vision in Check: Regular eye exams can help detect vision problems early, which is crucial for avoiding falls.

To get started, explore this helpful Home Safety Checklist for Aging Adults from the National Council on Aging and take simple actions to make your home fall-proof.

## Home Safety Checklist for Aging Adults

**ncoa** | Adviser  
National Council on Aging

Use our room-by-room checklist as you walk through your home and note potential safety hazards and modifications you should make.

### Walkways

- Install handrailing throughout halls
- Use bright tape to mark uneven flooring or thresholds

### Exterior

- Use entryway lighting
- Install railings around all steps

### Bedroom

- Keep the room clutter-free for more restful sleep
- Make sure the bed is easy to get into and out of

### Living Area

- Fix area rugs to the floor
- Set up a charging station for devices next to the seating area

### Kitchen

- Use cut-resistant gloves and nonslip cutting boards
- Ensure appliances are in working order

### Stairways

- Add nonslip tread covers on steps
- Illuminate halls and stairways with motion detection lights

### Bathroom

- Mount grab bars near the toilet and bathing area
- Add a nonslip mat on the tub or shower floor

[More about Falls Prevention & Resources from NCOA](#)



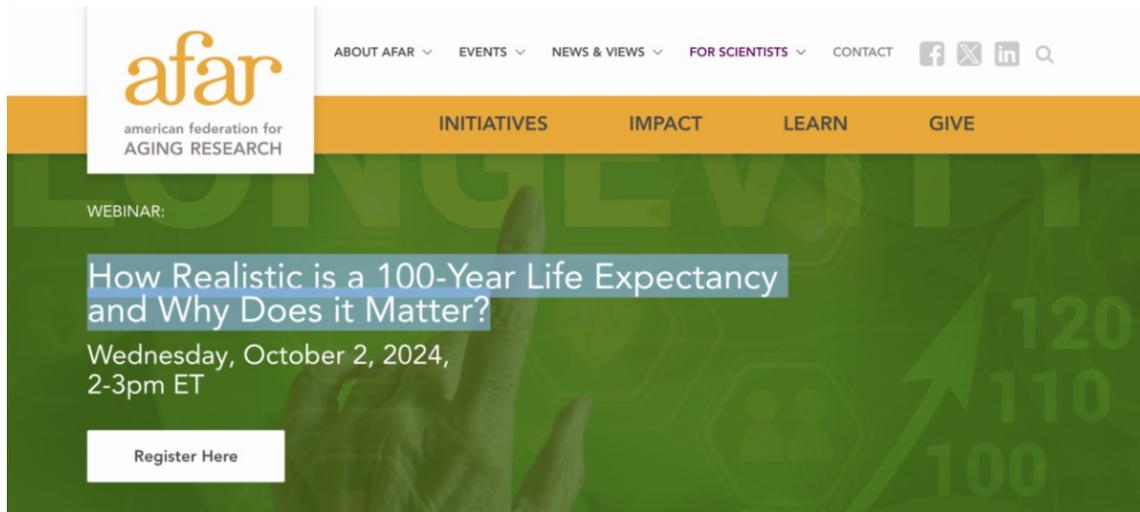
## Resilience, Compassion and Self-Compassion Program available for License

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](mailto:healthyaging@health.ucsd.edu)

## Webinar: How Realistic is a 100-Year Life Expectancy and Why Does it Matter?

October 2, 2024  
2-3pm EST



The screenshot shows the AFAR website header with navigation links: ABOUT AFAR, EVENTS, NEWS & VIEWS, FOR SCIENTISTS, CONTACT, and social media icons for Facebook, X, and LinkedIn. Below the header is a green banner with the AFAR logo (american federation for AGING RESEARCH) and a navigation bar with links: INITIATIVES, IMPACT, LEARN, GIVE. The main content area features the webinar title, date (Wednesday, October 2, 2024, 2-3pm ET), and a 'Register Here' button. The background of the banner includes a green arrow pointing upwards and the numbers 100, 110, and 120.

Since the 1990s, the field of aging research has advanced alongside medical interventions that have helped many live longer than generations before us. For scientists, journalists, and consumers alike, this has sparked a fascination with life expectancy: at the rate of modern medical innovations, will more of us live into our 100s and beyond?

To explore further, AFAR presents a conversation between public health and gerontology expert [S. Jay Olshansky, PhD](#), and longevity global economist [Andrew J. Scott, DPhil](#), moderated by AFAR Scientific Director [Steven N. Austad, PhD](#).

[More Info & Register Here](#)

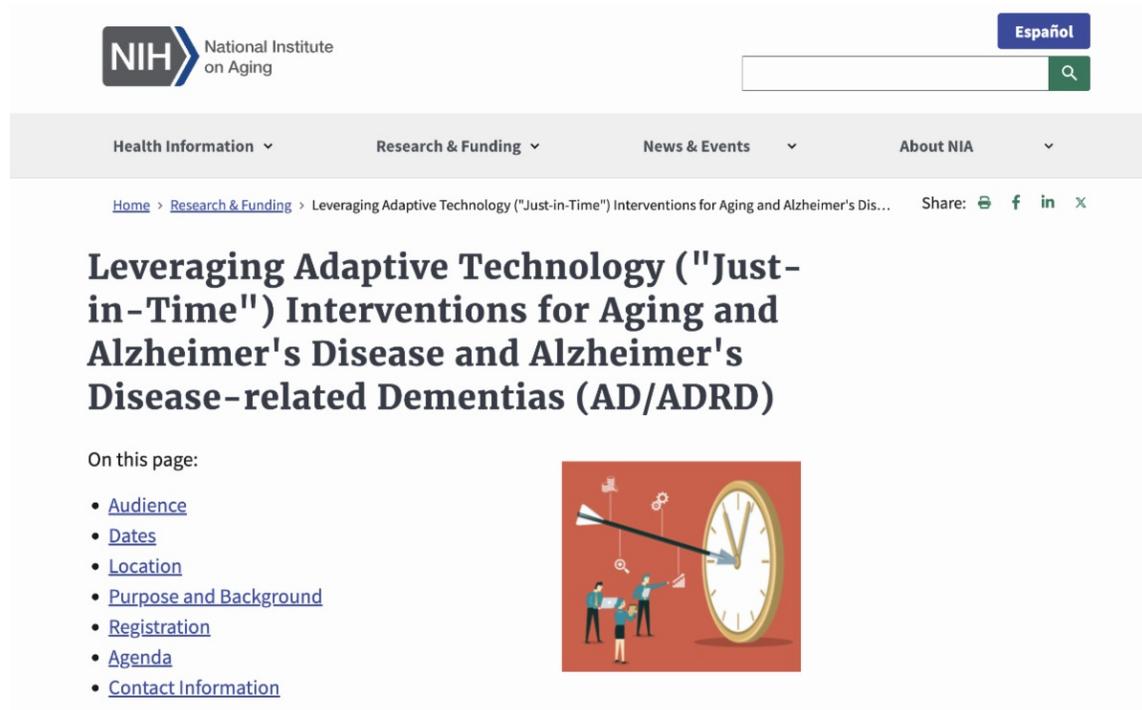
## Leveraging Adaptive Technology ("Just-in-Time") Interventions for Aging and Alzheimer's Disease and Alzheimer's Disease-related Dementias (AD/ADRD)

October 22, 2024  
1pm-3pm PST  
Osher Lifelong Learning Institute

The upcoming Leveraging Adaptive Technology ("Just-in-Time") Interventions for Aging and Alzheimer's Disease and Alzheimer's Disease-related Dementias (AD/ADRD) Workshop, hosted by the National Institutes of Health (NIH), builds upon insights from the 2017 NASEM workshop. It addresses innovative, non-pharmacological strategies to prevent cognitive decline and AD/ADRD. One key focus of the workshop is the Just-In-Time Adaptive Interventions, which leverage mobile and sensor technologies to deliver timely, personalized

interventions for healthy aging.

Notably, Dr. Alison Moore, our director, will facilitate a key discussion on "Digital adaptive interventions: decision-focused evidence production," emphasizing the crucial role of adaptive technology in generating meaningful, actionable insights for dementia prevention.



The screenshot shows the NIH National Institute on Aging website. At the top left is the NIH logo and the text 'National Institute on Aging'. To the right is a search bar and a 'Español' button. Below the header is a navigation menu with 'Health Information', 'Research & Funding', 'News & Events', and 'About NIA'. The main content area features the title 'Leveraging Adaptive Technology ("Just-in-Time") Interventions for Aging and Alzheimer's Disease and Alzheimer's Disease-related Dementias (AD/ADRD)'. Below the title is a list of links: 'Audience', 'Dates', 'Location', 'Purpose and Background', 'Registration', 'Agenda', and 'Contact Information'. To the right of the links is an illustration of a large clock face with a hand pointing to the top, and several people standing around it, some holding documents. Below the illustration is a yellow button that says 'More Information & Register Here'.

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## Ancient Wisdom, Modern Science, and the Emerging Keys to Healthy Aging and Longevity

October 22, 2024  
1pm-3pm PST  
Osher Lifelong Learning Institute

JOIN US FOR THE 2ND ANNUAL LEE TUH-FUH & RUBY LEE  
WANG ZU-MING ENDOWED EDUCATION LECTURE

**ANCIENT WISDOM, MODERN  
SCIENCE, AND THE EMERGING KEYS  
TO HEALTHY AGING AND LONGEVITY**

This lecture will examine how what we eat and how we live can promote wellness, enhance immunity, combat age-related diseases, and promote longevity. Drs. Saxe and Lim will share a timeless perspective, supported by their own research and clinical experience, on how optimal nourishment, purposeful reflection, healthy movement, and generosity of spirit can improve age-related conditions and slow the aging process. They will present evidence-based recommendations for diet and lifestyle, as well as a practical and simple framework to help foster healthy aging extending behavioral changes.

**GORDON SAXE, MD, PHD, MPH**



Dr. Gordon Saxe is Chair of the Krupp Endowed Fund and Executive Director of the UCSD Krupp Center for Integrative Research and the Center for Integrative Nutrition. He oversees more than 20 clinical trials on diet and natural therapeutics for a range of health conditions. He received his MD from Michigan State University, PhD in Epidemiology from the University of Michigan, and MPH in Nutrition from Tulane School of Public Health.

**ANTHONY LIM, MD, JD**



Dr. Anthony Lim is the Medical Director of the McDougall Program, a virtual nutrition and lifestyle wellness program that has helped countless individuals worldwide to radically improve their overall health and well-being through medically-supervised and personalized dietary and lifestyle coaching. He is a graduate of Stanford University, Harvard Law School, and Boston University School of Medicine, and is board-certified in family medicine and lifestyle medicine, as well as bar-certified in the state of California.

**OCTOBER 22ND**

**1PM - 3PM**

**OSHER LIFELONG LEARNING INSTITUTE  
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3RD FLOOR  
LA JOLLA, CA 92037**



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**UC San Diego**  
Center for Healthy Aging  
Stein Institute for  
Research on Aging



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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.

GIVE NOW



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