Resilience Program, SALUD-tech study, Public Lecture Series



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

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.

This program was developed in response to the literature on resilience, compassion, and self-compassion which demonstrates that these traits



have been associated with positive physical and mental health outcomes such as improved physical health, an increased immune system, positive psychological outcomes, improved coping abilities, and longevity. As a result, the Stein Institute for Research on Aging has developed a unique program to enhance these traits and improve overall quality of life and well-being in older adults.

This 6-week manualized program is designed to promote overall well-being. Its emphasis is on empowerment and shared learning through thoughtful discussion, reflection-oriented exercises, and reinforcement of positive ideas. This is done with mindfulness exercises and meditation, education about wisdom, resilience, and empathy, practices of savoring and gratitude in a daily gratitude diary. There are social skills training for self-compassion and compassion for others, engagement in value-based activities, exercises to build self-esteem and self-efficacy, and daily home-based practice of the skills taught during the sessions. Our research has shown that this program is

associated with a reduction in perceived stress, depression, and loneliness and an increase in resilience, self-compassion, and wisdom.

This licensed program is a great addition to programing at agencies providing services for older adults, such as community-based adult programs and senior living communities. The manual has been thoughtfully created to be administered remotely or in-person, in both individual and group settings. As part of the licensure fee, training is provided to staff interested in facilitating the program. Since the program has been designed to be delivered by anyone with experience working with older adults, there are no education requirements needed to facilitate the program.

If you are interested in learning more about the program, please contact us at health.ucsd.edu

SALUD-Tech is recruiting for Study Participants



Can data from smartphones and smartwatches help find out if someone might get a brain disease like Alzheimer's later in life?

Make a difference in the Latino community by participating in our study focused on answering the question above. The study, called SALUD-Tech, looks at how memory, aging, and health differences affect the Hispanic/Latinx community. You can be part of this research and make a positive impact for yourself and future generations! If you want to join or learn more about the study, contact Martha Perez at 619-373-4735 or check out our bilingual study website!



Participate in a study that examines if digital markers from smartphones and smartwatches can help track brain changes in Latinos

You may qualify if you are:

- ✓ English- or Spanish-speaking





Flexible of study visits

111111



Results of scheduling memory testing and routine blood tests at no cost to you



You will be compensated up to \$175 for your time



Assistance transportation available

ALL INFORMATION IS KEPT CONFIDENTIAL

If you have any questions or are interested in participating, please call

619-373-4735 or email us at saludtech@health.ucsd.edu



www.facebook.com/saludtech.sd/



saludtech.info

Download flyer PDF (English) Download flyer PDF (Spanish)

¿Pueden los datos de los teléfonos y relojes inteligentes ayudar a identificar si alguien podría tener una enfermedad cerebral como el Alzheimer más adelante en la vida?

Haga una diferencia en la comunidad Latina participando en un estudio enfocado en responder la pregunta mecionada arriba. El estudio SALUD-Tec busca encontrar cómo la memoria, edad, y diferencias en salud afectan a la comunidad Hispana/Latina. ¡Puede ser parte de esta investigación y hacer una diferencia en su comunidad y generaciones futuras! Si quiere unirse u obtener más información sobre el estudio, comuniquese con Martha Perez al 619-373-4735 o visite nuestra página de internet bilingue.

Visit SALUD-tech Website

Please join us for our next Public Lecture with Dr. Benjamin Smarr



NEXT PUBLIC LECTURE

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

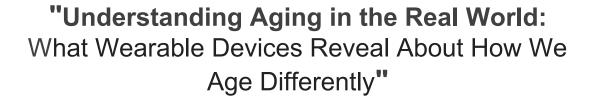
Wed, Jan 24 4-5pm

with Benjamin Smarr, Ph.D.



"UNDERSTANDING AGING IN THE REAL WORLD:

WHAT WEARABLE DEVICES
REVEAL ABOUT HOW WE AGE
DIFFERENTLY"



January 24, 2024 4-5pm

Please register below for Zoom link

About the speaker:

Dr. Smarr's research focuses on time series analysis in biological systems. He emphasizes practical information extraction for translational applications. His background in biological rhythms and neuroendocrinology gives him a rare perspective into the current challenges for data science and engineering on biological

systems. His lab develops novel approaches to get more information out of data generated over time and within-individuals. Prof. Smarr's aim is to leverage his expertise in biological dynamics to increase precision in health algorithms, with a special focus on increasing equity of health tech efficacy over diverse populations. Dr. Smarr has received fellowships and funding from NSF, NIH, DoD, and many views private partners, and his have been featured prominent media outlets, including BBC, Forbes, WIRED, and many others. He received his PhD from University of Washington and was a postdoc at UC Berkeley before joining the Shu Chen-Gene Lay Department of Bioengineering and the Halicioglu Data Science Institute at UCSD.

Please Register Here

2024 Upcoming

PUBLIC LECTURES

Wed, Jan 24

BEN SMARR, PHD - ASSOCIATE DIRECTOR "UNDERSTANDING AGING IN THE REAL WORLD: WHAT WEARABLE DEVICES REVEAL ABOUT HOW WE AGE DIFFERENTLY"

Wed, March 13

SARAH BANKS, PHD - ASSOCIATE DIRECTOR
"CAN WE AVOID COGNITIVE DECLINE WITH AGE?"

Wed, May 15

MARIA ROSARIO (HAPPY) G. ARANETA PHD, MPH - ASSOCIATE DIRECTOR TBA

Wed, July 24

COLIN DEPP, PHD - ASSOCIATE DIRECTOR TBA

O 4-5pm

© Zoom





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.



Visit our website

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