We Need Your Support!

Our goal is to create a world in which older adults enjoy the highest level of well-being, through innovative science, interprofessional collaborations, and community partnerships. Our work seeks to transform the care of older adults in San Diego and beyond and improve their quality of life. Your support enables us to fund innovative pilot projects, create multiprofessional local and global working groups, conduct important community projects, and host conferences and educational events for those in professional fields, as well as the public.

Here are some examples of our projects:
- Training for students and health-care professionals
- Research on technology for older adults
- Intergenerational housing and activities
- Making San Diego more age friendly

HOW TO GIVE

If you would like to make a contribution to the Center for Healthy Aging and the Stein Institute, there are three ways to give:

ONLINE
Please visit aging.ucsd.edu and click on “Giving.”

BY PHONE OR EMAIL
Please call Danielle Storino, LCSW, at (858) 246-0767 or email dglorioso@ucsd.edu.

BY MAIL
Please make your check payable to UC San Diego Foundation; write Stein Institute or Center for Healthy Aging in the memo portion of the check and include a brief note specifying whether you would like your donation to go to the Stein Institute or the Center for Healthy Aging. Mail your gift to the address below:
University of California San Diego
Health Sciences Department
Sam and Rose Stein Institute for Research on Aging
200 W. Arbor Dr. # 8982
San Diego, CA 92103-8982

Dr. Jeste Recognized with the 2019–2020 Chancellor’s Award for Excellence in Postdoctoral Scholar Mentoring

We are thrilled to announce that Dilip V. Jeste, MD, is one of the recipients of the 2019–2020 Chancellor’s Award for Excellence in Postdoctoral Scholar Mentoring.

“Each year, these awards are given in recognition of the exceptional mentors who contribute to making UC San Diego one of the best research institutions in the nation,” said Miroslav Krstic, PhD, Senior Associate Vice Chancellor for Research, UC San Diego during the Chancellor’s Awards Reception honoring awardees on Wednesday, December 4, 2019, following the Annual Postdoctoral Scholar Research Symposium.

These prestigious awards recognize faculty mentors who provide guidance, support, and inspiration in research and career essential to the success of postdoctoral scholars, individuals who have recently completed a doctoral degree and, under the oversight of a faculty mentor, continue research training in preparation for a career in academia, government, or the nonprofit sector.

Mentoring trainees for over thirty years, Dr. Jeste has made an incredible mark in the field. Starting with just one fellow, he developed a geriatric psychiatry program at UC San Diego and VA San Diego Healthcare System; today, it is one of the largest geriatric psychiatry divisions anywhere, with major clinical, research, and training components. Dr. Jeste’s trainees have gone on to pursue their research and clinical careers in a number of prestigious institutions, health center, and universities, including here at UC San Diego. He continues to oversee training programs on multiple levels, from those meant for underrepresented minority high-school students, to postdoctoral scholars and fellows.

In addition to serving as chief of the Geriatric Psychiatry Division at UC San Diego, Dr. Jeste is senior associate dean for healthy aging and senior care, distinguished professor of psychiatry and neurosciences, Estelle and Edgar Levi Memorial Chair in Aging, director of the Center for Healthy Aging and Sam and Rose Stein Institute for Research on Aging, and codirector of IBM-UCSD Artificial Intelligence Center for Healthy Living at the UC San Diego School of Medicine.

Dr. Jeste was nominated by Sarah Graham, PhD—his current trainee, a postdoctoral scholar in the Department of Psychiatry. Dr. Graham’s nomination was supported by past trainees who are now faculty members at UC San Diego—a junior faculty member Ellen Lee, MD, assistant professor of psychiatry and one of Dr. Jeste’s first trainees, Barton Palmer, PhD, professor of psychiatry at UC San Diego.

“I have known Dr. Jeste for more than twenty-five years. I first came to UC San Diego as a postdoc and fellow myself. I had a number of great mentors during my graduate school and clinical training, but Dr. Jeste really took me under his wings and helped me develop my research career,” said Dr. Palmer.

“He is an exceptional mentor. He’s kind and caring and, at the same time, he has challenged me and pushed the boundaries of what I’m comfortable with, which has really helped me develop personally and professionally,” added Dr. Lee.

See page 4 for how to give.

HOW YOUR GIFT CAN HELP

Every gift makes a difference. Small gifts pooled together or made annually can achieve big results. A special gift to support a particular program helps us to move our mission forward. Please join our efforts today by supporting our programs with a charitable gift:

• $25,000 funds an aging-related pilot project for a junior faculty member.
• $10,000 funds a research project for a postdoctoral fellow.
• $5,000 supports a graduate student for one quarter.
• $3,000 funds the filming of one public lecture.
• $2,500 funds one issue of our newsletter.
• $500 funds twenty-five participants in our successful aging study.
• $350 funds a high school student for a week, including a stipend and all supplies.
2020 Stein Public Lecture Series

Technology, Aging, and Mental Health
Camille Nebeker, EdD, MS
Director, Research Center for Optimal Digital Ethics—Health (ReCODE Health)
Associate Professor, Department of Family Medicine and Public Health, UC San Diego
Affiliated Investigator, Faculty Design Lab and Center for Wireless and Population Health Systems, UC San Diego

January 15, 2020, 6:15-7:5 p.m.
Liebow Auditorium, UC San Diego
Registration is required. Please visit aging.ucsd.edu to register.

The New Science of Practical Wisdom
In June 2018, UC San Diego’s Center for Healthy Aging hosted the Wisdom, Compassion, and Longevity Symposium. On the second day of the symposium, UC San Diego’s Dr. Jeste, gathered a team of leading academics—including neurologists, psychologists, anthropologists, and ethicists—to produce a paper entitled, “The New Science of Practical Wisdom.” The article has now been published by Johns Hopkins University Press in the journal Perspectives in Biology and Medicine. Charles Cassidy, director of the Evidence-Based Wisdom Project, a platform that translates academic research on wisdom into understandable and helpful resources for the wider public, was invited to be part of the project. Cassidy produced a companion animation to the paper, which featured interviews from cochairs Dilip V. Jeste, MD; Rachel Caspari, PhD; and Dan Blazer, MD. The animation covers how wisdom is defined and measured in the laboratory, the biology of wisdom, its dynamic relationship with culture, wisdom and aging, wisdom and health, and how we might build wiser societies. We invite you to watch it here: https://evidencebasedwisdom.files.wordpress.com/2019/10/the-new-science-of-practical-wisdom.mp4

SUCCESSFUL AGERS IN ACTION
Meet This Month’s Successful Ager: Andres Magaoay
BY MAJA GWARONSKA, MA

In a recent conversation here at the Stein Institute for Research on Aging, we asked Andres Magaoay about his secrets to successful aging. “You have to accept that your body might fail you at some point in your age. But your mind can still be resilient,” said Mr. Magaoay.

At ninety-five, he is still living independently in his house in National City, California, keeping in touch with his loved ones—his children, grand-children, and great-grandchildren. Mr. Magaoay tries not to look at aging negatively; instead, he looks at it in terms of what you can gain: more time for your family and wisdom. “Even as we experience adversity or loss as we age and our physical health declines, it is important to remember that we continue to develop in terms of how we view the world and that the mind can lead the body,” said Mr. Magaoay.

Born in the ’20s in the Philippines, the second youngest of seven siblings, Mr. Magaoay attended college in Manila and graduated with a bachelor of arts. After receiving his diploma, he embarked on a career as a public-school teacher. He devoted to his students sharing with them his knowledge of history, arithmetic, and arts. Busy at school during the days, Mr. Magaoay reserved evenings and nights for continuing his education—he was studying pedagogy, psychology, and anthropology. He again has chosen to contribute to the education of all his kids’ and grandkids’ diplomas, certificates, and recognitions. The collection of his kids’ and grandkids’ furniture every two months to the living room collection is evident in his living room collection of all his kids’ and grands’ diplomas, certificates, and recognitions. The collection is made up entirely of successful aging, and he is still living independently in his house in National City.

Mr. Magaoay credits his successful aging to his genes but also following certain routines. He exercises regularly, walks every day, and is settled into a healthy and balanced diet that increases his energy and quality of life. He has never smoked or drank alcohol, and only started to drink wine socially three years ago to gain an interest in the fine arts. He stays socially active in being in touch with his family and prides himself on attending all their activities.

A firm believer in the power of learning and education, he makes it a point to attend, and all of his family to pursue more education, which is evident in his living room collection of all his kids’ and grands’ diplomas, certificates, and recognitions. The collection takes up entire walls and keeps growing.

Finally, he remembers to rearrange his (and his children’s) furniture every two months to keep things changing around.

And if he has some free time in his busy schedule, you will find him at Padres baseball game with his children, grandchildren, and great-grandchildren!