How Your Support Helps Us Promote Longevity

A LETTER FROM
DILIP V. JESTE, MD

Why are some people aging more successfully than others?
What can we do to promote healthy aging and prevent disability and disease later in life? How can we ensure that longevity is a norm?

As a supporter of the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you are helping us answer these questions and more through a broad range of innovative research, training, and education programs that touch the lives of countless older adults—locally and all over the world.

With life expectancy on the rise, we are also increasingly battling chronic illnesses and making decisions about our health for which we are not prepared. With adequate knowledge and education, we could make successful aging a norm for everyone.

From genetics to mental health, our researchers have been pushing the envelope and driving innovation to the field of aging over the past decades. This includes groundbreaking studies in accelerated and successful aging, cutting-edge robotics, and much-needed work improving senior housing.

There are a number of ways through which private donations can make a tremendous impact.

One such example is the Successful AGing Evaluation (SAGE) study. SAGE is the only large-scale study of successful aging that considers the impact of positive psychological traits, such as resilience and wisdom, in addition to biological factors, providing a much more complete picture of older adults. The study findings were widely described in the media. Your continued support will help us extend this truly unique study—a major step forward in aging research. We are currently working on creating the SAGE 2.0 arm of the study focusing on genetics, neuroimaging, and microbiome.

Another example of how your support can help is with one of our most promising ongoing projects, our research on wisdom. We are one of only few top research centers in the world that look at wisdom as a biological function that could provide clues to behavior, brain function, and human evolution. Our studies aim to decipher how our brains compensate for physical aging and an unexpected evolutionary advantage to growing old, by gaining sage wisdom, which holds great promise to benefit society as a whole. Your generosity could help us extend this important program and fund some of the best and brightest researchers in the world.

To find answers to the most intriguing questions about increasing the human life span, we work not only nationally but also internationally. Take our study of a group of 300 citizens, all over 100 years old, living in Acciaroli, Italy, a remote village nestled between the ocean and mountains on the country’s coast. The next step is performing a full genetic analysis and examining lifestyle behaviors, like diet and exercise. The goal is to apply findings to clinical practice here and all over the world.

We strive to share our findings with the community and create a platform to quickly share knowledge with our supporters. That is why

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November and December lectures are canceled due to holidays.

We are gearing up for an exciting year of lectures on the science of aging in 2019.

PLEASE SUPPORT OUR LECTURES!

Are you enjoying our lecture series? While our events are free, please consider making a charitable donation to the UC San Diego Center for Healthy Aging. Please contact Danielle Glorioso, LCSW, at dglorioso@ucsd.edu or (858) 246-0767 to learn more.

Here is a glimpse of topics and speakers slated for 2019.

VISIONS: THE ART AND SCIENCE OF THE AGING EYE

Explore the unexpected intersection between art and science brought to you by a scientist-artist duo. Dorota Skowronska-Krawczyk, PhD, an assistant professor at the UC San Diego Shiley Eye Institute, investigates the genetics and molecular mechanisms of age-related eye diseases such as glaucoma. Images captured through her microscope are getting a new life thanks to watercolors by Eva Henry, a Toronto-based artist. During the event, we will be showing a series of watercolors by Eva Henry inspired by Skowronska-Krawczyk’s research.

MICROBIOME AND DIGESTIVE WELLNESS

Vicky Newman, MS, RDN, specializes in an integrated and personalized approach to nutrition, health, and healing that will help you learn and practice healthy eating with the goal of living life with exuberance regardless of age. In her 2019 talk, she will focus on microbiome, the assemblage of microbes that live in the human body. A number of conditions, from obesity to heart disease, seem to be linked to the thousands of microbes inside us. Learn more about the role of diet in keeping a healthy gut.

MAKE A PLAN TODAY TO CREATE AN IMPACT TOMORROW

Did you know there is more than one way to support the Stein Institute and the UC San Diego Center for Healthy Aging? From a bequest in your will or trust to a beneficiary designation in your retirement account to a donation of appreciated securities, there are many types of non-cash gifts that will help us achieve our goals. The UC San Diego Office of Gift Planning can answer your questions. Visit giftplanning.ucsd.edu or call (858) 534-5529. Thank you for the difference you are making today … and tomorrow!

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we have established a yearly Symposium of UC San Diego for Healthy Aging. Next year’s symposium will focus on our work on longevity, including early findings and take-home messages that everyone can implement into their lives. Several established international investigators will speak here in San Diego.

You may be wondering how your gift can have impact on such large programs. The answer is that without “seed” funding from individuals like you, many of our research studies might never get off the ground.

Your donation to the UC San Diego Center for Healthy Aging and Stein Institute for Research on Aging will allow us to help you and your loved ones lead longer and healthier lives. Please make a gift—before December 31, if you can—to help sustain our successful aging programs in 2019. Thank you.

Sincerely,

Dilip V. Jeste, MD
Senior Associate Dean for Healthy Aging and Senior Care
Director, Center for Healthy Aging
UC San Diego

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The Jackelyn Harris High School Summer Training in Aging Research (HS STAR) program is designed to provide exceptional underrepresented junior and senior high school students from San Diego with a chance to learn and practice the daily activities involved in aging research alongside a UC San Diego Center for Healthy Aging faculty mentor. The program encourages students to consider a career in aging or academic geriatrics.

I was volunteering in the lab since I entered college and I remember how great an experience it was for me. Not only did it allow me to learn techniques and critical-thinking skills way before my peers, but it also gave me an understanding of what science is and what it means to do experiments—both concepts quite unfamiliar to me at that time. Therefore, when I saw that the program helps young people to achieve their goals, I wanted to be included. This program is especially close to what we do in the laboratory (aging); therefore, I plan to be included as long as I can to help people in their early careers.

This year’s project of HS STAR students was exploratory. We were investigating changes in trabecular meshwork—part of the eye that is responsible for maintaining the healthy intraocular pressure. In this project, students analyzed the presence of senescent cells and adult stem cells in trabecular meshwork. After five weeks of study, we concluded that there are many senescent cells in the tissues isolated from patients suffering from glaucoma. Additionally, students observed the presence of scattered cells that could be named adult stem cells, which in the future could be harnessed to repair aged tissue in situ. This is the beginning of very exciting studies in the lab, and we wish to continue them during the year. We had two very eager-to-learn students, and this is why we were able to achieve so much.

Allison Balaguer
High School Student and HS STAR Trainee

I am so thankful for the amazing opportunity to work in Dr. Suzi Hong's lab on her HAPI-CHI research project! Dr. Hong is the associate professor in the Department of Family Medicine and Public Health at UC San Diego. The purpose of the HAPI-CHI study is to find out whether participation in a healthy aging seminar series or tai chi classes has an effect on the physical and mental health of older adults with elevated blood pressure. Participants are randomly assigned to receive either twelve weeks of a free healthy aging seminar series or tai chi classes. They are also asked to complete detailed cardiovascular assessments, laboratory blood tests, a bicycle exercise task, and questionnaires.

These first-hand experiences gained from working in a real-life lab environment with Dr. Hong offered something I could not have learned in a classroom setting. This internship has helped me advance my career goals by adding to my skill set and allowing me to learn about the different aspects of aging research.

After high school, I plan to further my education by going to a four-year college or university to study biology and be the first person in my family to graduate from college.
We Need Your Support!

When you choose to support the 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, your loved ones, and your local and global community. Your support is crucial to our ability to have an impact on our aging population here and around the world.

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 Glorioso, 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:

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