As the year draws to a close, we would like to take the opportunity to thank you for your continued support of the various activities and programs at the Stein Institute for Research on Aging and the UC San Diego Center for Healthy Aging. The accomplishments we have made related to aging research, training, and public education could not have been achieved without you!

Here are some highlights from 2015:

Cross-Campus Initiative for Promoting Healthy Aging

We are proud that within a few short months, the entire UC San Diego campus has come together to support and actively participate in our Cross-Campus Initiative for Promoting Healthy Aging. For the first time in the history of any major university in the United States, the UC San Diego School of Medicine; Skaggs School of Pharmacy and Pharmaceutical Sciences; Jacobs School of Engineering; Rady School of Management; the Divisions of Biological Sciences, Physical Sciences, Social Sciences, and Arts and Humanities; and major institutes for aging, engineering, technology, and neurosciences have come together. This initiative will include innovative projects in cross-campus, multiprofessional, collaborative research; education; and partnerships with community, industry, and state and county agencies.

Part of the initiative is the Healthy Aging Initiative Seed Grant Program. The goal of this program is to stimulate novel research that catalyzes new collaborations across disciplines. We have selected nine multi-disciplinary projects to receive $10,000 to $30,000 of funding during a one-year period.

National Think Tank on Healthy Aging

We have established a national think tank on aging issues comprising experts from top universities around the country; private foundations; and business leaders in health care, housing, and social services. By collaborating and cross-pollinating their ideas, these world-class experts are addressing aging issues in new ways that will provide a road map for policy makers and social drivers.

Creating Buzz and Educating the Public


We also continue to host the free Stein Public Lecture Series monthly on the UC San Diego campus. After the live lecture, these talks are available on UCTV, You Tube, and iTunes and have been tremendously popular, receiving more than twenty million views.

TEDMED Talk

We are thrilled that our very own Dilip V. Jeste, MD, has joined the prestigious group of TED speakers. His talk is scheduled for November 2015 at the TEDMED Conference in Palm Springs, CA, and the video of the talk will be available online. This year’s conference will focus on the steady, daily process of “breaking through” and driving continuous progress toward a healthier future. Dr. Jeste will speak on his novel research on the neurobiology of wisdom and successful aging. TED talks had been watched more than one billion times.

Your Donation at Work

The year ahead promises to be tremendously eventful and productive as we continue to become a national and international resource on successful aging and to affect people’s ability to age healthily. Today we invite you to consider making a financial contribution to support the further development of our many programs and activities. We are dependent upon community support, and all gifts are sincerely appreciated.

continued on page 4
There are no lectures in November and December due to holidays. The Stein Public Lecture Series will continue in January 2016.

**UCSD-TV**

**Age-Friendly Homes and Communities**

In 2050, the United States will be home to more than eighty million adults over age sixty-five, and San Diego County alone will see a 130 percent increase in this age group between 2000 and 2030. To adapt to and support this evolution, we must rethink how we craft our public spaces, homes, transit systems, and mindsets about aging. Watch Laurence Weinstein—founder of Shared Solutions America, retired AARP national events housing consultant, and architectural design-build professional for more than forty years—as he makes sense of it all. The lecture is the kickoff of the Age-Friendly Communities Initiative, in partnership with The San Diego Foundation to help create an Age-Friendly San Diego County.

**November 12, 8:00 p.m.**  
**November 13, 10:00 p.m.**

Please tune in to UCSD-TV to watch the Stein Institute’s monthly lecture series. Lectures air on

- Cox (digital) Ch. 135  
- Time Warner San Diego (digital) Ch. 1231  
- AT&T Ch. 99  
- UHF (no cable) Ch. 35

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**Spotlight on HS STAR Trainee**

**BY JAZMIN MORALES, HS STAR STUDENT**

**This summer, I had the opportunity to take part in the High School Student Training in Aging Research (HS STAR) Program at the Stein Institute under the guidance of mentor, Maria Marquine, PhD, assistant professor of psychiatry.**

Dr. Marquine had me focus on research projects that studied the effects of human immunodeficiency virus on the cognitive function of older adults and established normative data for cognitive impairments in the Hispanic community in order to improve how mental health is assessed among Latinos. In addition to participating in these important projects, I was given the chance to attend in a variety of lectures on geriatrics given by UC San Diego faculty and was able to tour the many research facilities on campus. This internship has allowed me to gain much needed insight into aging and conducting research and has also given me an abundance of new friends with whom I am glad to have shared these experiences.

Conducting research at a renowned university is not something that I had imagined myself being a part of a few months ago, but I am immensely pleased to have taken advantage of the opportunity. Having the chance to make a difference for the future of the older Hispanic population has instilled a newfound and remarkable awareness for the problems that plague underserved populations in our community, whether it is a lack of resources to receive medical attention or problems arising from not being able to communicate in the same language. It does not go unnoticed how much Dr. Marquine’s research projects work to try and eradicate these dilemmas, and I am grateful for being able to contribute to this cause.

My most enjoyable tour was at UC San Diego’s Center for the Future of Surgery, where we viewed where surgical residents attend their training and the resources they use to prepare themselves for surgery. To our surprise, we were all permitted to become mock surgeons while operating the Da Vinci robot, which is meant to perform minimally invasive surgery on patients, including older adults.

**Jazmin Morales**

The simulation that I performed was challenging to get used to, but it was fun and also opened up a career path that I had not given much serious thought.

The skills that I acquired during these projects will benefit me greatly as I transition into college. Thanks to a new perspective gained about research experience and aging, I plan to use these skills in future research ventures. Overall, HS STAR made my summer an unforgettable one. I was able to contribute to a meaningful research project that will better the lives of many people in the future, learn about the importance of aging research in health care, and attain an efficient work ethic—all in five weeks.

However, I think that the moments that will truly stick with me are those that were spent making connections with Dr. Marquine; the staff at the Stein Institute; the HS STAR interns; and the many professors, doctors, and medical students whose advice has convinced me to always follow my dreams, whether they are working as a physician or scientist, or in any other career path. Because of all these people, I am confident that I will go far in whichever career path I choose to pursue as long as I make an effort to succeed, and I highly appreciate HS STAR for allowing me to realize this.

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**HS STAR is designed to provide exceptional ethnic minority 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 faculty mentor. This program is supported by private donations and The Edna Marryman Fund. On behalf of our students, we thank you for your generosity.**
Improving healthy aging requires more than medicine and health care. It demands breaking traditional professional silos and developing collaboration across disciplines to create new solutions to the challenges of growing older. With this in mind, the Center for Healthy Aging has launched the Healthy Aging Initiative’s Seed Grant Program.

The grant program supports education and research focused on the study and promotion of healthy aging by enabling projects for which no standard funding stream is available. A further goal is to generate preliminary data that will help researchers receive larger funding from other sources. Preference was given to proposals encompassing several disciplines or laboratories, and to projects that catalyze new collaborative research.

Congratulations to the grant recipients:

**A Pilot Trial to Evaluate the Utility of Integrating Visual and Electrophysiological Measures of Movement to Understand and Reduce Injury Prone Behavior to Promote Healthy Aging**

Todd Coleman, PhD
Elaine Tanaka, MD

**Targeting Electrophilic Stress for Healthy Aging**
Mohit Jain, MD, PhD
Aitor Aguire, PhD
Jehad Almaliti, PhD

**IL-17 Signaling Regulates Age-Related Changes of Liver-Brain Axis**
Tatiana Kisseleva, MD
Cedric Geoffroy,
Jun Xu, PhD

**Healthy Cognitive Aging through BMI Augmented Proprioceptive Exercises**
Virginia de Sa, PhD
Andrea Chiba, PhD
Gert Cauwenberghs, PhD

**Development of Novel, Noninvasive Technology to Study the Role of Motility in Anorexia of Aging**
David Kunkel, MD
Todd Coleman, PhD

**Life Course Scholars Program**
Leslie Lewis, PhD, MPH
Mirle Rabinowitz-Bussell, PhD
Farrell Ackerman, PhD

This program has been made possible through the generosity of the following UC San Diego contributors: the Institute of Engineering and Medicine, the Kavli Institute for Brain and Mind, Qualcomm Institute, the School of Medicine, the Skaggs School of Pharmacy and Pharmaceutical Sciences, the Division of Biological Sciences, and the Stein Institute.
worldwide. Past speakers include Bill Clinton, Richard Dawkins, Bill Gates, and Bono.

Making San Diego More Age Friendly

We have partnered with the San Diego Aging and Independent Service, and The San Diego Foundation to work on the Age-Friendly Communities Initiative spearheaded by the World Health Organization and AARP. We hosted the kickoff of the San Diego Initiative during the special lecture on September 16 titled “The Future of Age-Friendly Homes and Communities” with Larry Weinstein, architect and retired AARP housing consultant. More than 350 people attended the event.

Training New Leaders

To prepare the next generation of leaders who will continue to make breakthrough discoveries in the study of healthy aging, our scientists have provided training to three hundred students, including local high school students and medical and graduate students from across the country. In addition, we provide numerous grants to junior faculty as well as education programs for doctors and researchers through our new Multiprofessional Lecture Series.

Breakthrough Research

Our investigators are continuing their ground-breaking studies in accelerated and successful aging, including genetics and genomics, and geriatric mental health. Our findings have been published in the most prestigious peer-reviewed journals and quoted by popular media. One of our most promising ongoing projects is the Successful Aging Evaluation (SAGE) Study. SAGE is the only large-scale study on 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.