

UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology &
Palliative Care Newsletter



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Spotlight: Laura Jimenez



What is your current profession/role?

I'm the Geriatrics Education and Research Training Coordinator. I serve as the Program Coordinator for both the Geriatric Fellowship and the Medical Student Training in Aging Research (MSTAR) Program. In addition, I organize observations and clinical rotations in Geriatrics for medical students and residents across UCSD Family Medicine, Internal Medicine, Family Health Centers of San Diego and Scripps' Mercy Hospital.

What initially inspired and motivated you to pursue a career in Geriatrics?

I've been a UC San Diego employee for almost 19 years, primarily working on the main campus. When I came across my current position, I hadn't given much thought to Geriatrics. But I started thinking about my mom and the kind of care and treatment I want for her. That shifted my perspective.

I saw an opportunity to support the training of future Geriatricians and to contribute—even in a small way—to a field that's important. Ultimately, it was my mom that inspired me to pursue this position. I knew the knowledge I'd gain could help my own family, and also allow me to educate and assist others. That continues to motivate me every day in this role.

What parts of your work have been particularly inspiring or rewarding for you?

In one of the talks I attended, I learned about what's being called the "Geriatric tsunami"—the idea that as the baby boomer generation ages, there will be an overwhelming need for more Geriatricians in the U.S. I had never thought about it in those terms before. That realization deepened my appreciation for the work being done in this Division. It continues to inspire me to support our faculty, staff, and leadership, and motivates me to help promote the Geriatric Fellowship and careers in Geriatrics.

One of the most rewarding aspects of my role has been the personal growth I've experienced through our Fellowship didactic sessions. I've been able to apply what I've learned in my own life—encouraging my mom and other family members to see Geriatricians or specialists. It's incredibly meaningful to see the impact of this work extend beyond the workplace.

Another inspiring part of my role has been watching the growth of medical students who rotate with us. When they return for a second Geriatric rotation after doing an observation the year before, it's a clear sign that we're offering something of value. That feedback drives me to continue developing thoughtful, engaging schedules that leave a lasting impression. My hope is that these early experiences plant a seed that leads to a deeper interest—and possibly even a career—in Geriatrics.

What is your go-to stress relief activity during a busy workweek?

My go-to stress relief activity during a busy workweek is going for a walk after work. Sometimes, I just need to step outside, breathe some fresh air, and clear my mind. I live near Balboa Park, so I'll walk through the park—it's such a beautiful, calming space. I still feel incredibly fortunate to live in San Diego. I put on some music, go for a walk, and for a little while, nothing else matters.

If you had to choose a different profession, what would it be?

If I had to choose a different profession, I would have become a lawyer. I even have a minor in Law and Society, so it was something I seriously considered during college. But after graduation, it just didn't feel like the right path for me. That said, I still enjoy a good debate, and it never surprises my friends or anyone who knows me when I say I once wanted to be a lawyer.



Celebrating Older Americans Month

FLIP

the

SCRIPT

on aging



#OlderAmericansMonth



Each May, we join the nation in recognizing **Older Americans Month (OAM)**—a time to honor the contributions of older adults, highlight key aging trends, and reaffirm our commitment to serving this vital population. First established in 1963, OAM is led by the Administration for Community Living.

This year's theme, **"Flip the Script on Aging,"** encourages all of us to challenge ageist stereotypes and embrace more accurate, empowering narratives about growing older. It's an opportunity to reframe how we think and talk about aging—celebrating the value, resilience, and potential of older adults in our communities.

Our division is proud to support this mission through our clinical care, research, education, and advocacy. From training future leaders in geriatrics and palliative care to leading groundbreaking studies in healthy aging, our work is rooted in promoting dignity, inclusion, and opportunity for people at every stage of life.

Ways to Participate in Older Americans Month:

- Share stories, photos, or reflections on social media using **#FlipTheScriptOnAging**.
- Highlight the achievements of older adults in your community.

- Avoid ageist language in everyday conversations.
- Celebrate intergenerational connections through events or mentorship opportunities.
- Promote facts about aging to dispel common myths.

Let's work together to build a more age-inclusive society—one that values the experiences and contributions of every generation.

[More Info about Older Americans Month](#)

What's Happening

UC San Diego represented at the American Geriatrics Society (AGS) Annual Scientific Meeting 2025

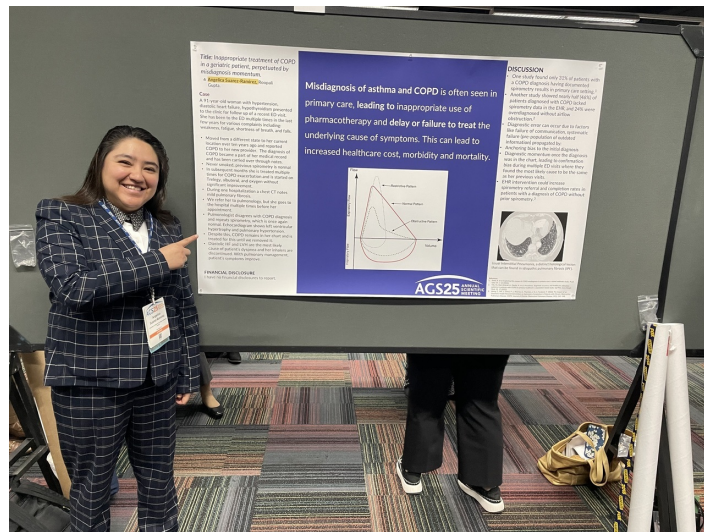


#AGS25



AGS 2025 ANNUAL SCIENTIFIC MEETING
MAY 8–10 ■ Pre-Conference Day: MAY 7 ■ CHICAGO, IL

This month, our Division was proud to be well represented at the **2025 American Geriatrics Society (AGS) Annual Scientific Meeting** in Chicago. Faculty, fellows, alumni, and collaborators from **UC San Diego** came together to share research, present posters, and engage in meaningful dialogue around the future of geriatrics care. We're grateful for the connections, collaborations, and shared commitment to advancing the health and well-being of older adults.



Geriatrics Fellow, Angelica Suarez-Ramirez





Dr. Alison Moore connecting with leaders in the field—Dr. David Reuben and Dr. Mark Supiano



Dr. EB Sladek with fellowship alumni Drs. Jennifer Li & Rachael Petry



Dr. Alison Moore, Dr. Khai Nguyen, Jennifer Reichstadt, Laura Jimenez, and Dr. Roopali Gupta

More about AGS

Congratulations
are in order...

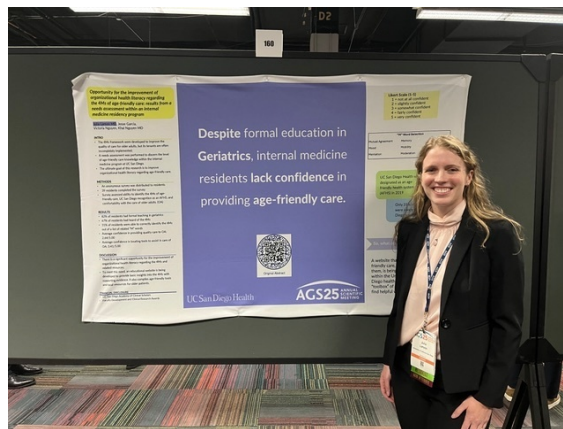


Congrats to Florence Labrador!

We're proud to share that Florence Labrador, one of our outstanding P2 pharmacy students, presented her research at the Symposium for Innovation in Medical Education at Rady Children's Hospital. Her poster was selected as the *Top Abstract in the Medical Education Research* category! Florence was mentored by Dr. Rabia Atayee, along with physician collaborators Drs. Tolúwalàṣẹ "Làṣẹ" Àjàyí and Kyle Edmonds. Congratulations to the whole team on this well-deserved recognition!

Congrats to Julia Larson!

Congratulations to Julia Larson, current Internal Medicine resident here at UC San Diego and incoming geriatric medicine fellow! Dr. Larson was awarded first place in the Education category for her presentation in the Resident Poster Session at the recent AGS meeting titled: "Opportunity for organizational health literacy to improve knowledge and use of the 4Ms framework of age-friendly care: results from a needs assessment within an internal medicine residency program."



In the News...

New findings from the landmark EXERT trial! Dr. Aladdin Shadyab & colleagues show that exercise may help slow cognitive decline in older adults with mild cognitive impairment. Read about it [here](#).

Dr. Alison Moore has been named president-elect of the American Geriatrics Society. The celebration of her new position with the American Geriatrics Society began with the first pitch at a Padres game and reflection on a career grounded in care for older adults. Read more [here](#).

Dr. Aladdin Shadyab's research shows that metformin use is linked to exceptional longevity among older women.

Read more [here](#).

Our division has joined BlueSky (an alternative to Twitter/X)! Please follow us [here](#).

Not signed up yet? SIGN UP HERE

Please consider donating to our mission! While we continue to make great strides, we are limited on what we can accomplish with existing funds. We encourage you to become involved with the UC San Diego Division of Geriatrics, Gerontology, and Palliative Care and join us in helping older adults live their best lives longer and improving care for individuals with serious illness. By supporting our efforts, you can ensure that our research, education programs, and clinical care keep pace with the needs of our community and remain strong.

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