

UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology &
Palliative Care Newsletter



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Spotlight: Nancy Herbst



What is your current profession/role?

I currently serve as the division administrator for the Division of Geriatrics, Gerontology and Palliative Care (along with two other divisions). I jokingly tell family and friends that my duties can be described as ‘everything but the kitchen sink.’ It is also what I love about my position.

How did you come to work in the Division of Geriatrics, Gerontology and Palliative Care?

In the spring of this year, one of the Department of Medicine’s division administrators left UC San Diego. Rather than fill the position, the Department decided to reorganize the divisions among the remaining administrators. As part of this reorganization, I assumed responsibility for both the Division of Geriatrics, Gerontology & Palliative Care (GG&PC) and the Division of Genomics and Precision Medicine, in addition to my ongoing role with the Division of Biomedical Informatics.

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

I’ve always found it inspiring to keep learning and tackling new challenges. One of the most rewarding parts of my work is being able to draw on my 18 years as a legal assistant—specializing in higher education and human resources and my 20 years of experience in higher education. I also enjoy applying my Lean Six Sigma Green Belt training—a data-driven methodology for reducing waste, minimizing variation, and improving efficiency—to find creative and effective solutions to complex problems.

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

I'm kind of a gym junkie and workout many times a week. I'm not sure if it is the love of lifting weights or just hanging out with my workout buddy, but it always helps me find my center.

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

A professional traveler.



Spot Nancy... if you can! Surrounded by a whole school of fish in Maui.

What's Happening

Congratulations to Our 2025 Top Docs!

Each year, *San Diego Magazine* highlights local physicians recognized by their peers for outstanding skill, compassion, and dedication to patient care. Being named a **Top Doctor** is a special honor that reflects both professional excellence and community trust.

We're proud to celebrate 17 incredible physicians from the UC San Diego Division of Geriatrics, Gerontology, and Palliative Care who were named among San Diego's Top Docs for 2025. Their commitment to healthy aging and compassionate care makes a lasting difference every day.

Congratulations



GERIATRIC MEDICINE

Parag Agnihotri, MD
Tessa Antalan, MD
Belicia Ding, MD
Veronica V. Gonzalez, MD
Roopali Gupta, MD
Momo Kurosaka, MD
Eddie Lam, MD
Alison Moore, MD, MPH
Ramin Motarjemi, MD
Ian C. Neel, MD
Khai H. Nguyen, MD, MHS
Anjoulie Pujji, DO
James R. Templeman, MD, MPH
Lindsey Yourman, MD
Emily Sladek, MD

HOSPICE & PALLIATIVE MEDICINE

Marielle Bolaño, MD
Heidi Yeung, MD

UC San Diego
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Our Faculty In the News



Dr. Alison Moore
quoted in
The New York Times

Dr. Alison Moore provides her perspective on healthy aging featured in The New York Times' profile of Jane Goodall and her inspiring longevity.

[Read it here](#)



Dr. Aladdin Shadyab
quoted in
TIME

[Read it here](#)



Welcome New Hires

Welcome Adrian Arciniega

UC San Diego
Division of Geriatrics,
Gerontology & Palliative Care



**We are excited to welcome
Adrian Arciniega, who joins us
as a Research Associate for
The Molina Lab in the Division
of Geriatrics, Gerontology and
Palliative Care**

Adrian Arciniega is a Research Associate with research interests in exercise science, nutrition, and healthy aging. He was born and raised in San Bernardino County and earned his BS in Neurobiology from UC San Diego and completed the UCSD Premedical Postbaccalaureate Program. He is happy to return to Dr. Anthony Molina's lab, where he previously conducted research as an undergraduate. Outside the lab, he enjoys going to the gym, spending time with family, and relaxing at the beach.

PLEASE JOIN US IN WELCOMING ADRIAN!

Welcome Ashley Weitensteiner

UC San Diego
Division of Geriatrics,
Gerontology & Palliative Care



**We are excited to welcome
Ashley Weitensteiner, who joins
us as a Research Coordinator for
Dr. Benjamin Han's lab in the
Division of Geriatrics, Gerontology
and Palliative Care**

Ashley Weitensteiner grew up in Washington and earned her undergraduate degree from Oklahoma State University before completing a Master's in Social Work at San Diego State University. She is currently a Ph.D. student in the Joint Doctoral Program in Interdisciplinary Research on Substance Use at UC San Diego and San Diego State University. Her research focuses on health disparities related to substance use, including overdose outcomes among marginalized populations. Outside of work, Ashley enjoys hiking and spending time at the beach with her family and dog.

PLEASE JOIN US IN WELCOMING ASHLEY!

Helpful Resources

Southern Caregiver Resource Center



Southern Caregiver Resource Center

Caring for those who care for others

Next month is National Family Caregivers Month, and we want to take a moment to highlight resources for caregivers in preparation. The Southern Caregiver Resource Center offers a wide range of programs and services to support those caring for loved ones. Additionally, the Caregiver Handbook from San Diego County provides practical guidance and tips for managing caregiving responsibilities. Download the [Caregiver Handbook PDF here](#).

Visit SCRC website

In the News...

Dr. Alison Moore and Dr. Satchin Panda (the Salk Institute) discuss their pioneering work in healthy aging and longevity research. Their insights highlight how San Diego is leading the way in advancing science that helps us all age well. Read it [here](#).

Former MSTAR (Medical Student Training in Aging Research) scholar Shay Nakahira co-authored a new study exploring the biology of aging across species. We're proud to see our student alumni advancing the science of healthy aging. Read it [here](#).

Drs. Alison Moore & Igor Grant explore why more adults are using cannabis and its medical uses, and risks, along with the urgent need for research and education in geriatrics care. Watch it [here](#).

Dr. Aladdin Shadyab co-authored a study on menopausal hormone therapy and heart health. Findings show that hormone therapy is safer for younger postmenopausal women, with risks rising after age 70. Read it [here](#).

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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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UC San Diego Health

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