



UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology & Palliative Care Newsletter



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In this edition:

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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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Spotlight: Dr. Kathryn Winters



What is your current profession/role?

I'm an assistant clinical professor here at UCSD Health. I joined the faculty in 2017 and am an inpatient palliative care attending. Clinically, that means I take care of patients and families facing serious or life-limiting illness. Often these patients are dealing with symptoms like pain, nausea, shortness of breath, and constipation. Palliative Care's aim is to improve quality of life and support patients and their loved ones. I also am an Academic Community Director at the School of Medicine, which means I mentor and advise about 100 medical students each year.

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

In medical school, I found palliative and hospice care just made sense to me, as both a budding physician and a human. The whole focus of the field is improving quality of life -- to me, all medical care ought to be aimed at improving quality of life. What else is there?

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

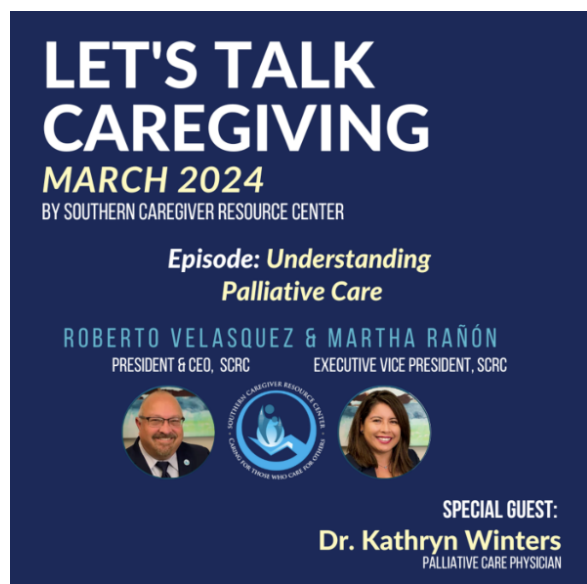
For me, working with my colleagues is core. Good palliative care is, by definition, care for the whole person -- and that requires a team -- nurses, social workers, spiritual care providers, doctors. I lean on and learn from my non-physician colleagues every single day and would not be able to do the work without them.

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

Listening to music is my go-to. Usually emotionally evocative with the volume loud.

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

So many! A baker, an artist, a writer, a lawyer, a garbage truck driver... I'm interested in just about everything.



Dr. Kadee Winters was a special guest on Southern Caregiver Resource Center's "Let's Talk Caregiving" podcast "Episode 60: Understanding Palliative Care"

We are delighted that Dr. Winters was featured in this podcast. Listen to her discussion with leadership at Southern Caregiver Resource Center about navigating end-of-life care decisions, the value and benefits of palliative care, and personal experiences as family caregivers.

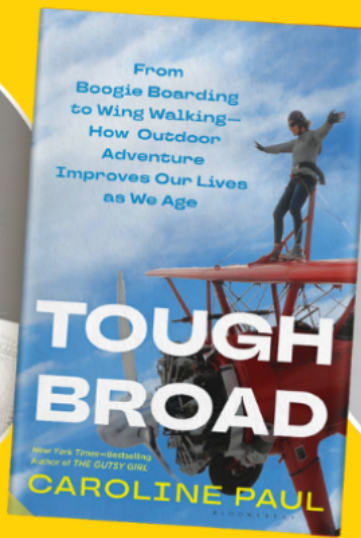
[Listen here](#)

What's Happening/Events

Dr. Anthony Molina at Warwicks in La Jolla

Join Dr. Anthony Molina at Warwick's Bookstore in La Jolla on April 3rd at 7:30pm .

WEDNESDAY, APRIL 3
at WARWICK'S



CAROLINE PAUL
in conversation with Dr. Anthony Molina

Co-Presented by the UCSD Stein Institute
for Research on Aging

7:30pm PT

Warwick's
7812 Girard Avenue
La Jolla, CA 92037

Join Dr. Anthony Molina in conversation with New York Times bestselling author Caroline Paul about her new book **TOUGH BROAD: How Outdoor Adventure Improves Our Lives as We Age.**

Caroline Paul is the author of the New York Times bestseller *The Gutsy Girl: Escapades for Your Life of Epic Adventure* and *Lost Cat: A True Story of Love, Desperation, and GPS Technology*, which has been translated into fifteen languages. She is also the author of the memoir *Fighting Fire*, the middle-grade book *You Are Mighty: A Guide to Changing the World*, and the novel *East Wind, Rain*. Her TED Talk, "To Raise Brave Girls, Encourage Adventure," has been viewed over 2 million times. A longtime member of the Writers Grotto, she lives in San Francisco.

Anthony Molina, PhD, is a Professor of Medicine at UC San Diego and serves as the Research Chief in the Division of Geriatrics, Gerontology, and Palliative Care. Dr. Molina is also the Scientific Director for the Stein Institute for Research on Aging and the UCSD Center for Healthy Aging. The overarching goal of Dr. Molina's research is to promote healthy aging and to advance precision healthcare for older adults. His team is leading efforts to: 1) understand the multi-faceted factors influencing the cognitive and physical abilities of older adults, 2) develop improved diagnostic and prognostic tools for age-related diseases and disorders, and 3) identify strategies for promoting healthy longevity. He lives in La Jolla with his wife, son, and dog. The Molinas enjoy shopping at Warwick's and stop by often for a game of chess.

[Click here for more info & to register](#)

UC San Diego at Dementia Care Aware 2024 Annual Conference



Dementia Care Aware is a state-wide program in California geared toward primary care providers.

It provides the information and tools needed to help primary care teams across all counties to successfully assess patients' cognitive health and determine the appropriate next steps, including connections to local resources. Early Detection. Better Care.

UC San Diego is a partner helping to build and promote the program as well as implement the cognitive health assessment and program framework at local pilot sites.

In March 2024, Dementia Care Aware held a conference in Newport Beach, CA.



Top Right: Dr. Roopali Gupta

Middle Row Left: Vanessa Serrano, Jennifer Reichstadt, Roopali Gupta

Middle Row Right: Dementia Care Aware Director, Dr. Anna Chodos

Bottom center: Dr. Roopali Gupta, Jennifer Reichstadt, Vanessa Serrano

Visit the Dementia Care Aware Website

- Dr. Aladdin Shadyab has co-authored a publication in JAMA Psychiatry entitled the "Longitudinal Associations Between Optimism and Objective Measures of Physical Functioning in Women." Read it [here.](#)
- Another paper co-authored by Dr. Aladdin Shadyab has been published in Annals of Internal Medicine entitled "Long-Term Effect of Randomization to Calcium and Vitamin D Supplementation on Health in Older Women: Postintervention Follow-up of a Randomized Clinical Trial." Read it [here.](#)
- A new publication of Drs. Benjamin Han and Alison Moore's research can be found in the Journal of General Internal Medicine entitled "Experiences of Aging with Opioid Use Disorder and Comorbidity in Opioid Treatment Programs: A Qualitative Analysis." Read it [here.](#)
- Dr. Tala Al-Rousan is featured in UC San Diego's "Ask Away!" Blog series. Read it [here.](#)

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