



UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology & Palliative Care Newsletter



#11
GERIATRICS

UC San Diego Health

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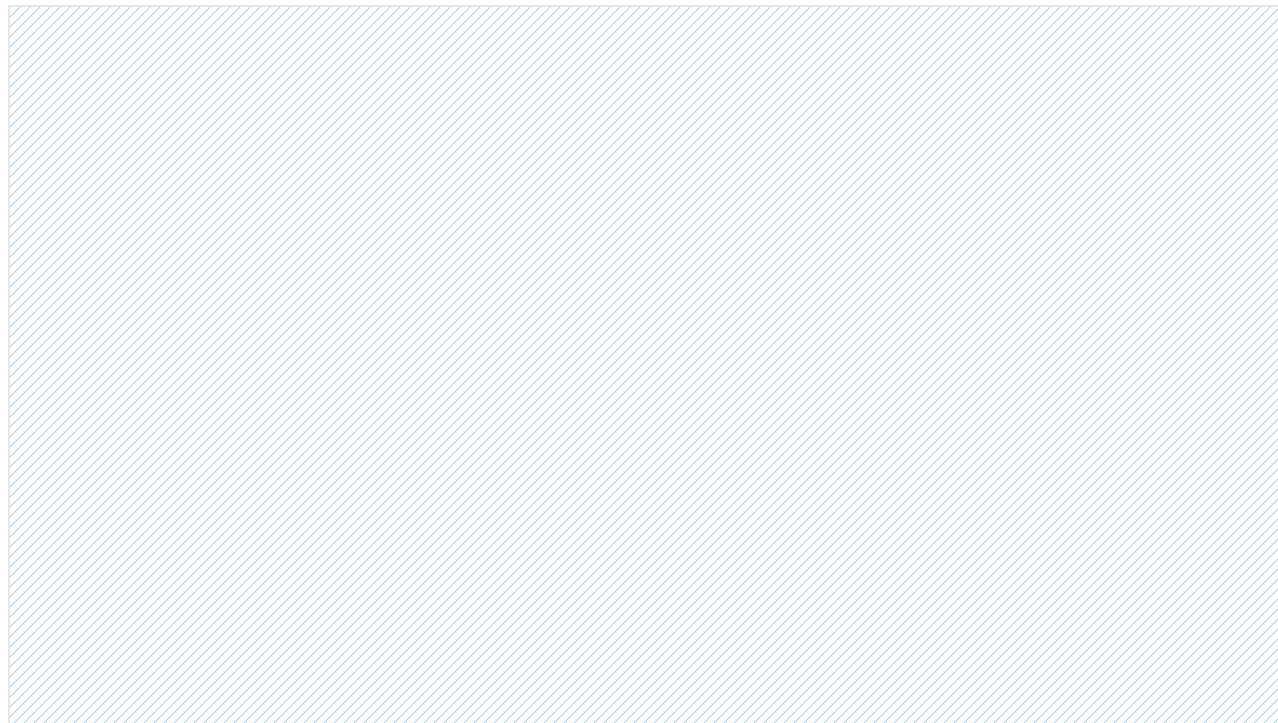
In this edition:

- Dr. Ian Neel on CBS 8
- Spotlight: UCSD at Home
- Older Americans Month
- What's Happening/Events
- Congratulations
- Helpful Resources
- In the News

Dr. Ian Neel, Associate Clinical Professor in our Division, on CBS 8



Dr. Ian Neel was interviewed by CBS 8 on May 9th to discuss the importance of proactively talking through mental health concerns with a geriatrician. Watch the clip below.



[See the video on CBS8.com](#)

Spotlight on UCSD Health at Home Program

by Lindsey Pierce, MSN, RN, CCM, Assistant Director

We believe it's important to have the resources and support you need to live a happy and healthy life.



The UC San Diego Health at Home program is revolutionizing healthcare by providing patients with comprehensive medical care in the comfort of their own homes. This innovative program offers a range of medical services, including home visits, telemedicine consultations, and remote monitoring, to ensure that patients receive the highest quality care possible.

One of the biggest advantages of the UCSD at Home program is that it allows patients to receive medical care without having to leave their homes. This is particularly important for elderly patients or those with chronic conditions who may have difficulty traveling to a medical facility. By bringing medical care to the patient, UCSD at Home is able to provide more personalized and effective care.

Home visits are the future of healthcare, as they offer a number of benefits over traditional medical care. Patients are more comfortable and relaxed in their own homes, which can lead to better outcomes and increased patient satisfaction. Home visits also allow healthcare providers to gain a better understanding of a patient's living conditions and lifestyle, which can help inform treatment decisions.

UC San Diego Health at Home's use of interdisciplinary care teams is another key aspect of the program. These teams consist of physicians, nurses, social workers, and other healthcare professionals who work together to provide patient-centered care. By taking a holistic approach to healthcare, the program is able to address not just a patient's medical needs, but also their social, emotional, and environmental factors that may be impacting their health.

This poignant quote from one of our patients in the UCSD at Home program perfectly encapsulates the importance of human connection in the healing process.


"She was so good to me - anyone who lived alone can understand the importance of human contact after surgery and she was just the best."

Being cared for and supported by a team of health professionals can be a tremendous source of comfort and reassurance to those who are struggling with a chronic illness.

Overall, the UC San Diego Health at Home program is a game-changer for healthcare. By providing patients with high-quality medical care in the comfort of their own homes, the program is helping to improve patient outcomes and revolutionize the way we think about healthcare delivery.

[More about UCSD at Home](#)

May is Older Americans Month



Aging **UNBOUND**

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

acl.gov/oam



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*.

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit the [official OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using [#OlderAmericansMonth](#).

[More about OAM](#)

What's Happening/Events

Geriatrics, Gerontology & Palliative Care

GRAND ROUNDS

*SPECIAL EDITION: FELLOWS
PRESENTATIONS*

12PM

TUESDAY, MAY 30TH - PALLIATIVE FELLOWS
STEPHANIE SCHMITT & RACHEL COHN

TUESDAY, JUNE 6TH - GERIATRICS FELLOWS
BELICIA DING & KARUN SINGLA

SEE MORE ON OUR WEBSITE AT

GERIGEROPAL.UCSD.EDU

More about Grand Rounds

*Congratulations
are in order...*

To Vanessa Serrano for receiving the 2023 Ambulatory

Nurse of the Year for Transformational Leadership



San Diego native Vanessa Serrano Ramos graduated from Stanford in 2013 with a degree in Human Biology. She worked in various research efforts, including the Women's Health Initiative, Chronic Fatigue Syndrome, HIV and Influenza. In 2017, she pivoted into nursing, attending an accelerated nursing program in Utica College. Since then, she's held numerous nursing roles in skilled nursing, sub-acute care, and long-term acute care. Her current role is as an outpatient primary care resource nurse at UC San Diego Health Geriatric Medicine. In her efforts to improve as a leader within the Geriatrics division, she attended the Health Leadership Academy and Lean Six Sigma Green Belt training, and has now been recognized as Nurse of the Year for Transformational Leadership. She got married last year and adopted two corgis, Lady Sadie and Sir Winston.

Congratulations and thank you Vanessa for your extraordinary contributions to our team and UC San Diego Health!

To all our presenters at AGS (American Geriatrics

Society) Annual Scientific Meeting

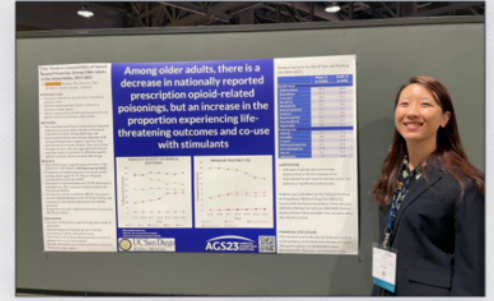
The AGS Annual Scientific Meeting is the premier educational event in geriatrics, providing the latest information on clinical care, research on aging, and innovative models of care delivery. Several of our faculty and trainees (along with incoming fellows and alumni) were in attendance. Congratulation to our faculty, geriatrics fellows, residents and students, who presented at this year's event!



Drs. Ian Neel & Division Chief, Alison Moore



Our division gathering at AGS 2023



Dr. Belicia Ding



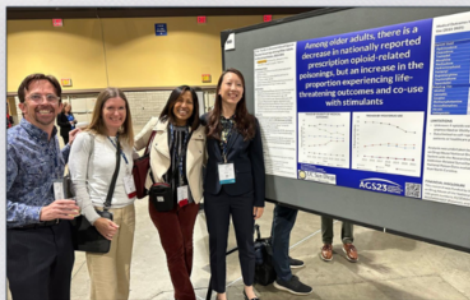
Dr. Roopali Gupta & colleagues from UCSF and Mt. Sinai



Current and Alumni Geriatrics Fellows



Division Chief, Dr. Alison Moore



Alumni Josh Bolla, Jennifer Reichstadt, Roopali Gupta & Belicia Ding



Dr. Karun Singla presenting at AGS

[More about AGS](#)

To the Irving Tragen Family Travel Fund Award recipients Leo Meller and Nhi Nguyen

The Tragen Family Travel Fund Award is funded by [Irving Tragen](#) to support trainees presenting at meetings focused on aging. This year's recipients are Leo Meller & Nhi Nguyen.



Leo Meller

Leo Meller is a first-year medical student at UC San Diego School of Medicine. Leo graduated from UC Irvine, where he earned a bachelor of science degree in Human Biology, graduated from the Campuswide Honors Collegium with Magna Cum Laude, and was inducted to the Phi Beta Kappa honor society. Leo is passionate about research and has already co-authored nearly 100 publications/abstracts/presentations as just a first-year medical student, and received grant funding for his work, including from the NIH. His research has been published in prestigious journals including *Nature Communications* and *Cell Reports*, and Leo has given many presentations at national and international meetings. Leo is also passionate about community health and serves as one of the UCSD Free Clinic managers. Leo enjoys the outdoors in his free time and takes his climbing training very seriously.

Leo's focus: Syndemics, or co-occurring conditions that contribute to excess disease burden and vulnerability, complicate the care of vulnerable older adults. Leo's project highlights the challenges of addressing syndemics (substance use, frailty, HIV) in vulnerable older adults who experience social disparities of health. Furthermore, Leo's project emphasizes that policy and advocacy efforts may benefit from ongoing consideration of specific vulnerable older adult populations to effectively address their integrated social and medical needs.



Nhi Nguyen

Nhi Nguyen is a second-year medical student at UC San Diego School of Medicine. She completed her B.S. in human biology and M.A. in global health at UC San Diego. Her research interests include aging, psychiatry, mental health, and health equity.

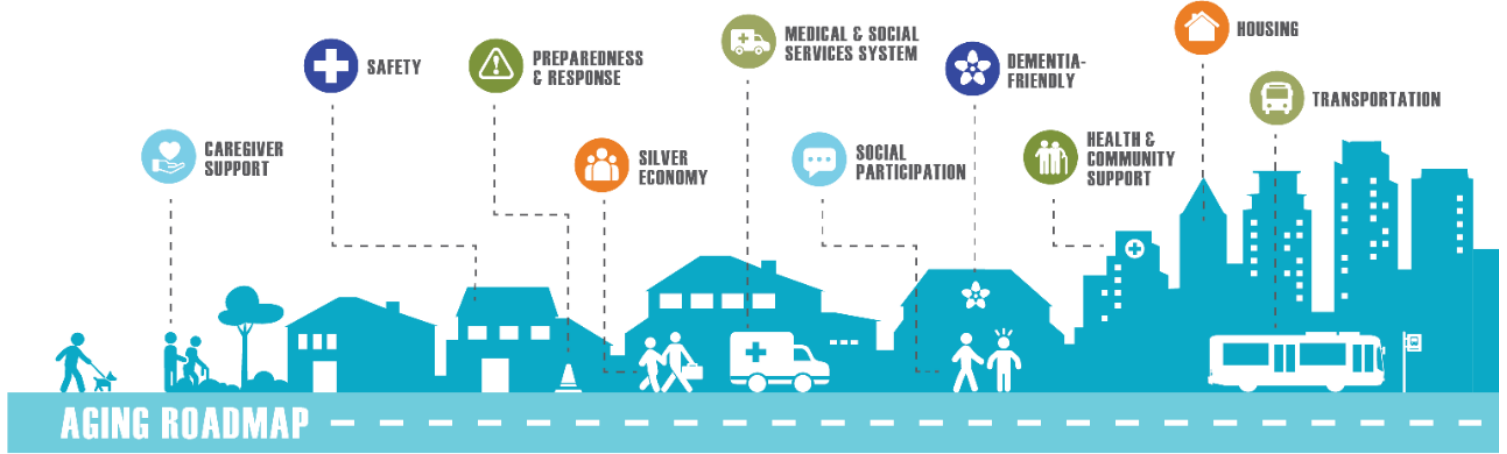
Nhi's focus: The legalization of cannabis across the United States has contributed to increased cannabis use among older adults, many of whom use cannabis for medical purposes. Still, we know little about older adults' interactions with healthcare providers regarding cannabis use.

Using a qualitative approach, Nhi's project explores the experiences of discussing cannabis use with healthcare providers among older medical cannabis users (aged 65+) residing in Southern California. Understanding these experiences can help inform areas of research and advocacy for cannabis use screening and monitoring in healthcare settings.

[More about Irving Tragen](#)

Helpful Resources

San Diego County Aging & Independence Services



Aging & Independence Services leads several regional initiatives, working closely with community partners, professionals and volunteers that include families and caregivers.

Visit the website

Patient Priorities Care



Choosing what matters.
Doing what works.

Patient Priorities Care aligns care among all clinicians with what matters most to their patients. It recognizes that patients are the experts in what they want to achieve from their healthcare, while clinicians are the experts in how to get them there.

Visit the website

Our Division Members in the News:

- Dr. Anthony Molina's latest paper "Are Skeletal Muscles the Key to Treating Heart Failure?" featured in UC San Diego Health Sciences blog. Read it [here](#).
- Congrats to [Dr. Tala Al-Rousan](#) on her new publication: "The influences of faith on illness representations and coping procedures of mental and cognitive health among aging Arab refugees: a qualitative study." Read it [here](#).

- Allison Kestenbaum has a chapter “Grief and Grieving Rituals” in new textbook Workplace Wellness: From Resiliency to Suicide Prevention and Grief Management, A Practical Guide to Support Healthcare Professionals. Get the book [here](#).
- EB Sladek received a Chief Medical Residents teaching award. Each of the Internal Medicine Chief Medical Residents nominated her to be a recipient of the CMR Teaching Award
- Veronica Gonzalez, Tamara Rubenzik and Maile Karris all received a 4.9 physician STAR rating (top 10% in the country).

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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UC San Diego Health

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