

UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology &
Palliative Care Newsletter



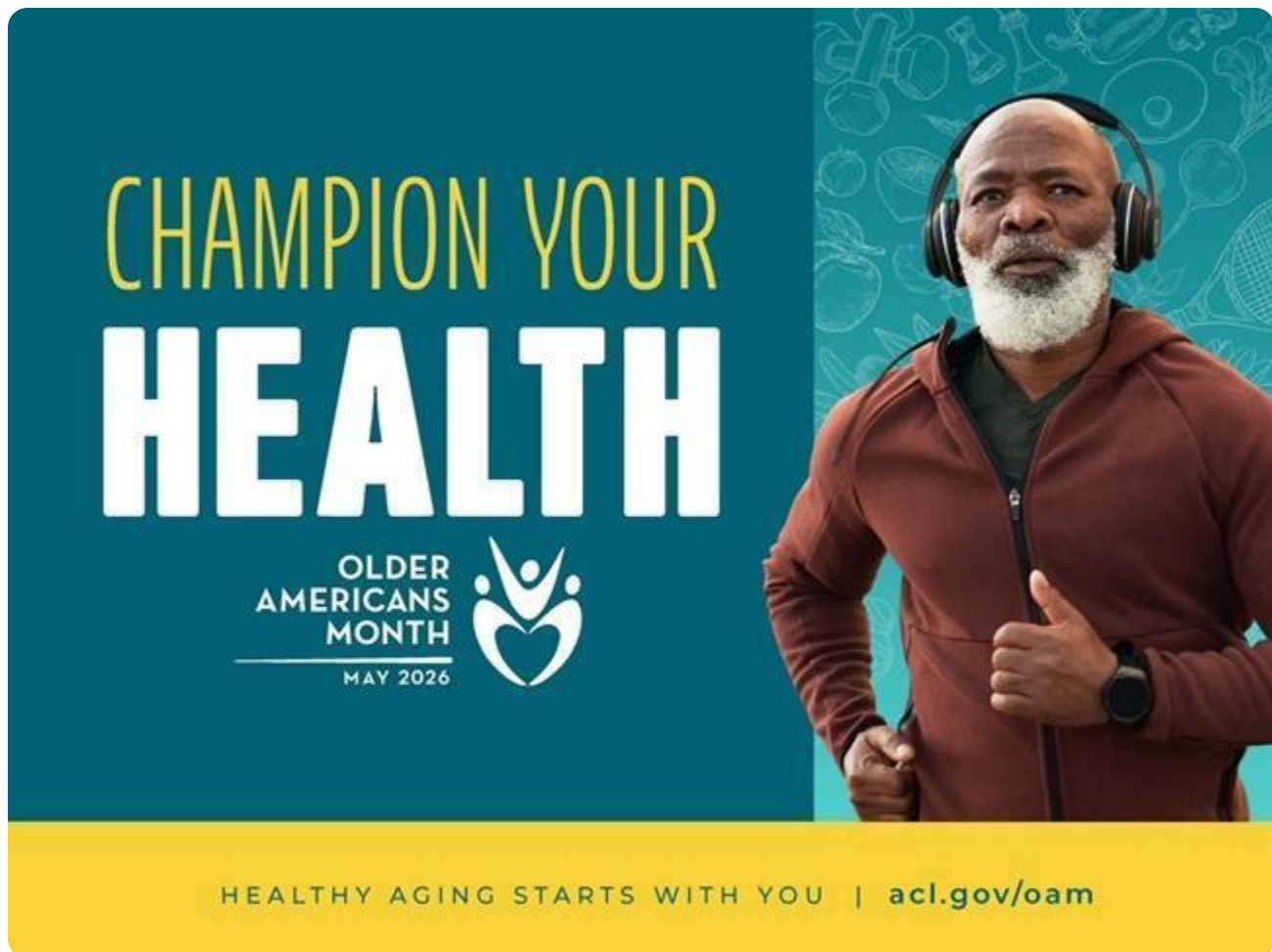
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Older Americans Month 2026



OLDER
AMERICANS
MONTH
MAY 2026

HEALTHY AGING STARTS WITH YOU | acl.gov/oam

Each May, we celebrate Older Americans Month, a national observance recognizing the contributions, resilience, and vitality of older adults in our communities. This year's theme, "Champion Your Health," highlights the importance of prevention, wellness, and proactive health management as foundations for healthy aging.

At the Division of Geriatrics, Gerontology, and Palliative Care, we are committed to advancing healthy aging through compassionate clinical care, innovative research, education, and community partnerships. Older Americans Month is an opportunity to reaffirm the importance of empowering older adults with the tools, resources, and support needed to maintain independence, well-being, and quality of life at every stage of aging.

Throughout May, we celebrate the older adults, caregivers, clinicians, researchers, and advocates who help build healthier and more age-friendly communities every day.

Spotlight: Kristie Hsu, M.D.



What is your current profession/role?

I am a geriatrician in our VA's Community Living Center (CLC) and an assistant professor in our division. I am lucky enough to work with the geriatric medicine fellows during their CLC rotations and through my role in the fellowship's core faculty.

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

My path into geriatrics was really shaped by personal and early training experiences. Growing up in Indiana and helping my non-English-speaking grandma navigate the healthcare system gave me an early look into the complexities of our system. Later, in medical school and residency, I was fortunate to have mentors who modeled a truly team-based approach and emphasized the "matters most" philosophy. I was especially drawn to the nuance of clinical geriatrics, where decision-making requires close partnership with patients and their families while integrating biomedical, psychological, and social factors.

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

What continues to inspire me is the people! I feel incredibly lucky to work with such a mission-driven clinical team and larger division. I also love teaching trainees how to “geriatricize” their approach to care -- seeing that shift in perspective happen is really rewarding.

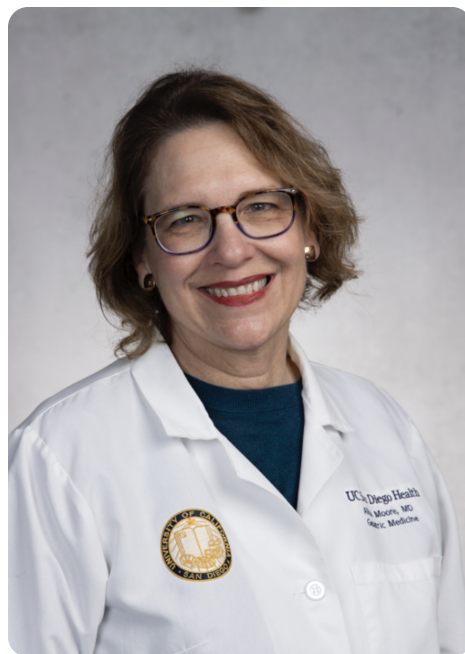
What is your go-to stress relief activity during a busy workweek?

My go-to reset is a group fitness class.

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

In another life, I would have loved to be a recurring food judge or critic on Iron Chef America.

Our Division Chief, Dr. Alison Moore is President of the American Geriatrics Society



The Division of Geriatrics, Gerontology, and Palliative Care is proud to announce that our Division Chief, Dr. Alison Moore is now officially serving as President of the American Geriatrics Society (AGS), the nation’s leading organization dedicated to improving the health, independence, and quality of life of older adults.

Dr. Moore’s leadership reflects her longstanding commitment to advancing geriatrics research, education, and clinical care while advocating for the unique needs of older adults. As AGS President, she will help guide national efforts to promote healthy aging, strengthen the geriatrics workforce, and improve care for aging populations across the country.

We congratulate Dr. Moore on this distinguished achievement and are excited to see her continued impact on the field of geriatrics at both the national and local levels.

[Read more here](#)

What's Happening

Dr. Aladdin Shadyab Shares Research on Healthy Aging and Women's Health

Dr. Aladdin Shadyab recently spoke at the 11th Annual Healthy Aging Conference in Rancho Santa Fe, sharing insights on longevity, healthy aging, and well-being. The event was recently featured in the The San Diego Union-Tribune.

[Read more here](#)



In addition, Dr. Shadyab presented at the Women's Health Initiative Annual Investigator Meeting held at the National Institutes of Health headquarters in Bethesda, Maryland. He is pictured with Dr. Janine Clayton, Associate Director for Research on Women's Health and Director of the NIH Office of Research on Women's Health.





Collaborating for a More Age-Friendly San Diego

Dr. Lindsey Yourman met with Assembly member, Tasha Boerner to discuss priorities for older adults in San Diego including housing affordability, rental burden, & support for aging populations. Their meeting stimulated exciting conversations to advance actionable solutions for older adults in our region!

[More about the California Commission on Aging](#)

Bittersweet Goodbyes

We want to wish both Dr. Marielle Bolaño and Dr. Veronica Gonzalez all the best as they pursue new chapters and leave their positions at our UC San Diego geriatric medicine clinic! We're grateful for their contributions and excited to see them continue making an impact in aging and palliative care. Dr. Bolaño will be joining the Division of Geriatrics at UCSF. Dr. Gonzalez will still remain as a faculty member here at UC San Diego, but will clinically focus on seeing patients through our VA Home-Based Primary Care Program.



Molina Lab & Aloha Outrigger Challenge

The Molina Lab and friends competed in the annual Aloha Day Outrigger Challenge in April, hosted by the Hanohano Outrigger Canoe Club. This was the lab's 4th year participating. Thank you to Dr. Anthony Molina for sponsoring this fun tradition year after year!



More about the Aloha Outrigger Challenge 2026

Division Wellness Walk



In the News...

Division member, Tessa Antalan, MD is serving on the Board of Directors for the Social Service League La Jolla, supporting older adults and strengthening community-centered care in our region. More [here](#).

Kristie Hsu, MD, PhD, was quoted in a new AARP (American Association of Retired People) article exploring what persistent tiredness can signal about your health and why fatigue shouldn't be ignored—especially in older adults. Read it [here](#).

Dr. Michael Corley's study in *Nature Partner Journals (npj) Aging* explores how metabolic treatments, including semaglutide, may influence biological aging and epigenetic markers—offering early insights into improving healthspan. Read it [here](#).

New research by Drs. Ajayi, Atayee, & Edmonds, published in the *American Journal of Hospice and Palliative*

Medicine, found continuous IV ketamine reduced cancer-related pain in hospitalized adults, with 57% achieving meaningful relief. Read it [here](#).

Chris Onderdonk, MSW, LCSW, AHPSW-C, inpatient palliative care social worker at UC San Diego Hillcrest, co-authored a new national call to action in the Sage Journal *Palliative Medicine Reports* focused on the future of palliative social work. Read it [here](#).

Recent publications from PubMed:

[Combining external placebo-arm data in a prevention trial: effects of cocoa extract supplementation on cardiovascular disease](#)

No abstract

Mon, May 18, 2026

[Read more](#)

[Enhancing Dementia Care in Primary Care: Impact of Targeted Training and Electronic Medical Record \(EMR\)-Integrated Algorithms](#)

INTRODUCTION: The number of medical specialists whose training programs provide robust education in dementia diagnosis and treatment pales in comparison to the increasing number of individuals living with dementia. Primary care providers (PCPs) care for most older adults with cognitive concerns and dementia. Summarized here are the results of an effort to help PCPs care for these patients using targeted training and electronic medical record (EMR)-integrated clinical algorithms.

Mon, May 18, 2026

[Read more](#)

[Pediatric home-based hospice and palliative care: a scoping review](#)

Pediatric palliative and/or hospice care is provided across a broad spectrum of settings, ranging from inpatient to outpatient to a child's home. Pediatric home-based hospice and/or palliative care teams offer a specialized, interdisciplinary approach to care, allowing children to stay in the home while offering comprehensive support. This scoping review seeks to summarize what is known about pediatric home-based hospice and/or palliative care and to identify gaps in the current research....

Sat, May 16, 2026

[Read more](#)

[Retrospective Chart Review Evaluating Efficacy and Tolerability of Ketamine Continuous Infusion for Cancer-Related Pain](#)

ContextKetamine is used to treat refractory cancer pain, but evidence for analgesic and opioid-sparing benefits remains mixed.ObjectiveThis study assessed the efficacy and tolerability of ketamine continuous infusion (CI) for cancer pain.MethodsThis retrospective analysis assessed adult patients admitted to an academic health system between October 2022 and December 2024, who received at least 48 hours of ketamine CI initiated by the palliative team for pain. Data included ketamine dose,...

Thu, May 14, 2026

[Read more](#)

[The interplay between loneliness, cortisol, and NK cell function: The role of cortisol in NK cell dysfunction](#)

Chronic psychosocial stressors contribute to cardiovascular disease (CVD) and related risk factors, particularly in under-resourced communities. Psychosocial stressors activate the hypothalamic-pituitary-adrenal (HPA) axis, leading to sustained cortisol action on immune cells. Natural killer (NK) cells are altered in distribution and function in cardio-metabolic diseases; however, pathways linking cortisol as a marker of chronic stress to NK cell dysfunction remain understudied. We recruited 186...

Sat, May 09, 2026

[Read more](#)

We want your feedback!

Did you know that the division has a virtual suggestion box where you can provide anonymous feedback? [You can access that here.](#)

You can also access the virtual suggestion box on the division's [website](#) – scroll to the bottom of the homepage and click on the feedback link.

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. Join us to help older adults live their best lives longer and improve 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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