



UC San Diego

SCHOOL OF MEDICINE

The Division of Geriatrics, Gerontology & Palliative Care Newsletter



#11
GERIATRICS

UC San Diego Health

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Congratulations to Dr. Lindsey Yourman



Lindsey Yourman, MD

Congratulations & we will miss you!

Lindsey has accepted a role as the *first Chief Geriatric Officer of San Diego County* (Health and Human Services Agency)

A note from Lindsey:

The UCSD Division of Geriatrics, Gerontology and Palliative Care is where I will always feel like I'm at home, with family. Since my Geriatric Medicine fellowship at UCSD, this community has been a source of inspiration, role models, mentors, colleagues, and friends. They've taken chances on me, supported me to explore new ways to learn about quality improvement, and helped me to believe in myself and others and thereby be a more effective Geriatrician and advocate for older adults. Not surprisingly, they were also the ones who connected and encouraged me to pursue this dream job as the Chief Geriatric Officer of San Diego County's Health and Human Services Agency; where I can put everything I've learned to its most effective use. In my new role, I can't wait to take the empathy, courage, and expertise I've gained from this Division and pass it forward through expansion of our collaboration with community partners to make Elderhood a reality for all older adults in San Diego County! P.S. If you haven't read *Elderhood* by Louise Aronson, I highly recommend it!

[More about Lindsey's new position](#)

Happy Thanksgiving!

THANK YOU



This time of year gives us the opportunity to pause and reflect, and to give thanks to those individuals, who have impacted us.

We would like to take this moment to thank **YOU** for your support of the UC San Diego Division of Geriatrics, Gerontology and Palliative Care!

We hope you have a wonderful Thanksgiving!

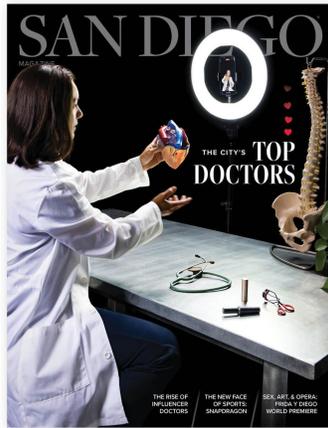
From all of us at the UC San Diego Division of Geriatrics, Gerontology and Palliative Care

UC San Diego Health's Top Docs

More than 100 UC San Diego Health physicians have been named Top Docs in the 2022 San Diego Magazine “Physicians of Exceptional Excellence” survey, an annual opportunity for doctors across the county to vote for their much respected and admired colleagues.

Our division has “top docs” into the double digits!

Congrats to Drs. Parag Agnitori, Tessa Antalán, Veronica Gonzalez, Roopali Gupta, Aireen Gutierrez, Alison Moore, Ramin Motarjemi, Ian Neel, Khai Nguyen, Anjoulie Pujji, James Templeman, Heidi Yeung and Lindsey Yourman!



Top Docs 2022

November is Alzheimer's Awareness Month and Caregiver Support Month!

**ALZHEIMER'S DISEASE
AWARENESS MONTH**

NOVEMBER

Here in San Diego, there are now approximately 100,000 individuals living with dementia. The Division of Geriatrics, Gerontology and Palliative Care is working on multiple initiatives related to Alzheimer's Disease

and Related Dementias (ADRD), including training and support of primary care and other service providers, health profession trainees, patients, families and care partners through our San Diego / Imperial Geriatric Education Center (a partnership with SDSU and many other local organizations and one of 48 HRSA-funded GWEPs (Geriatric Workforce Enhancement Programs) across the country). Learn more at our [new website](#).

We are also working with the UCSF and other Universities of California on a new California Dementia Care Aware Initiative, and we also continue to support early-career scientists from diverse backgrounds to conduct research on ADRD through our NIA-funded [Alzheimer's Disease Resource Center for Minority Aging Research \(AD-RCMAR\)](#).

Through these initiatives, we have developed multiple partnerships with several local organizations working diligently to support individuals living with dementia and their care partners, and to develop age-friendly and dementia-friendly communities. If you are in need of resources for yourself or someone you love, explore the many support services and resources available through some of these fantastic organizations:

- [Southern Caregiver Resource Center \(SCRC\)](#)
- [Alzheimer's San Diego](#)
- [George G. Glenner Alzheimer's Family Centers](#)
- [Alzheimer's Association - San Diego/Imperial Chapter](#)
- [San Diego Alzheimer's Project Initiative](#)

- [UC San Diego Shiley-Marcos Alzheimer's Disease Research Center](#)
- [Champions for Health](#)
- [Legal Resources: Elder Law & Advocacy](#)
- [Aging & Independence Services \(San Diego County Area Agency on Aging\)](#)
- [Imperial County Area Agency on Aging](#)
- [Live Well San Diego - Dementia Friendly Communities](#)

Visit our new GWEP website

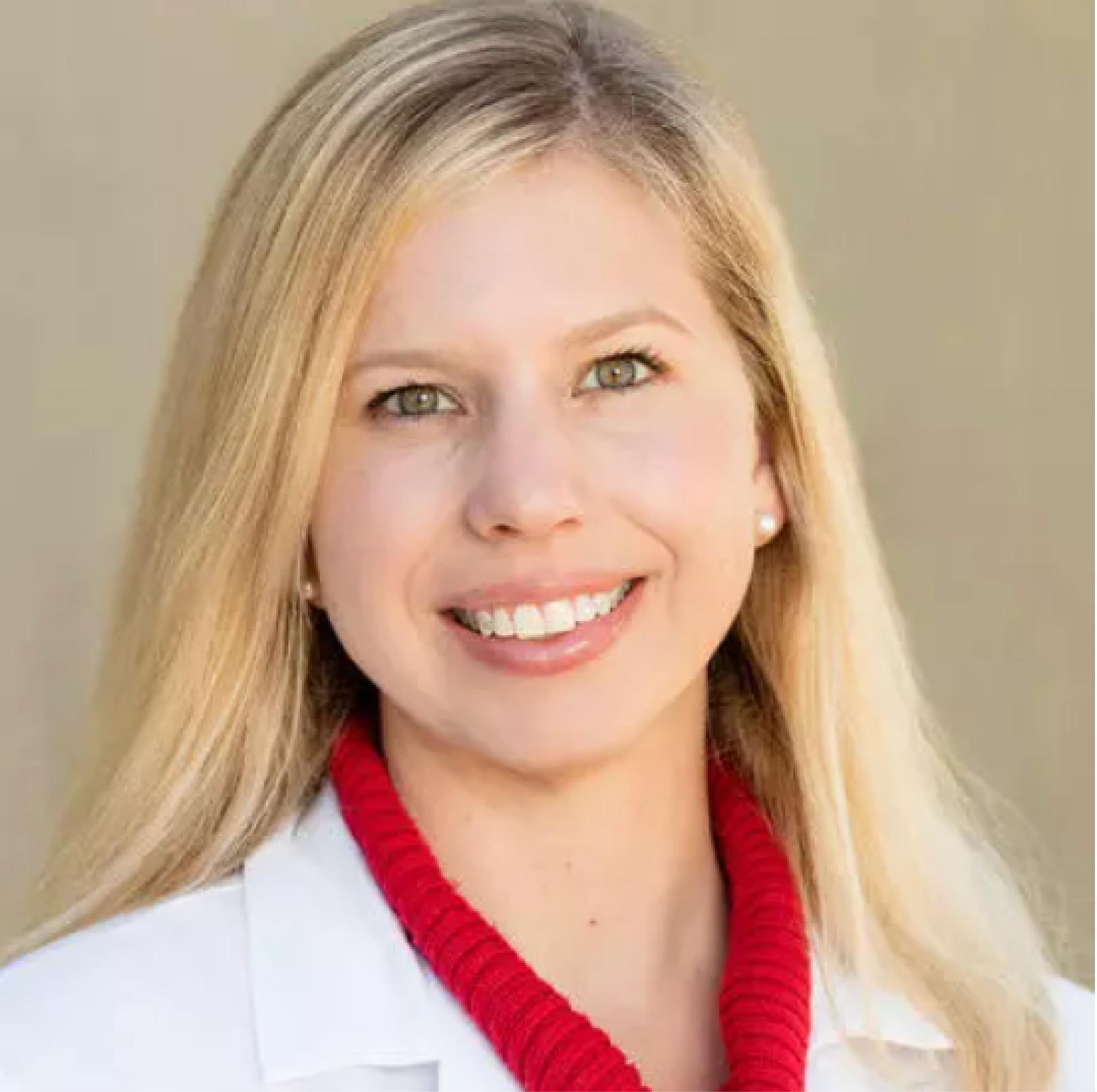
Congrats to our Palliative Care Drs. Rabia Atayee & Kira Skavinski

Congratulations to Rabia & Kira on meeting the qualifications for the Academy's highest honor, Fellow of the Academy of Hospice and Palliative Medicine (FAAHPM). This honor is achieved by members of AAHPM whose professional activity is devoted to the practice of hospice and palliative medicine.



Dr. Rabia Atayee, Pharm.D., BCPS, APh

Professor of Clinical Pharmacy
Associate Dean for Admissions and Outreach
Skaggs School of Pharmacy and Pharmaceutical Sciences



Kira A. Skavinski, DO

Palliative Care Specialist
Assistant Professor of Medicine

[More about AAHPM](#)

Benjamin Han recognized with Rising Star Award in

Health Services and Aging Research



The American Federation for Aging Research (AFAR), a national non-profit organization whose mission is to support and advance healthy aging through biomedical research, is proud to recognize the outstanding contributions of Benjamin Han, MD, MPH, with the 2022 Terrie Fox Wetle Rising Star Award in Health Services and Aging Research.

Read his interview with [AFAR "Ask the Expert: Benjamin Han, MD, MPH, on public health for older adults, opioid use disorder, and his 2022 Terrie Fox Wetle Rising Star Award"](#)

More about the Terrie Fox Wetle Rising Star Award

What's Happening/Events

Alzheimer's walk

We had a wonderful time supporting our community partners and the individuals and families living with Alzheimer's disease in San Diego.





Aireen Gutierrez and her family representing UC San Diego Geriatrics at the San Diego Alzheimer's Walk at Liberty Park!!

Fun with the Fellows

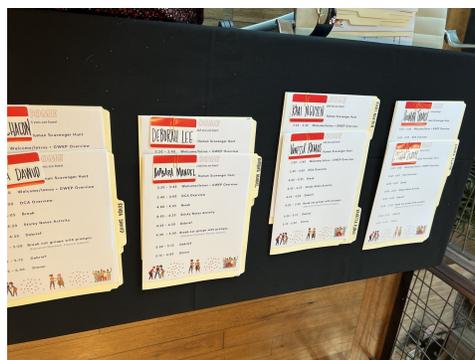
Two of our geriatrics fellows, Belicia & Mai-Anh, cooking up some deliciousness with Dr. Anjoulie Pujji, our fellowship wellness curriculum director



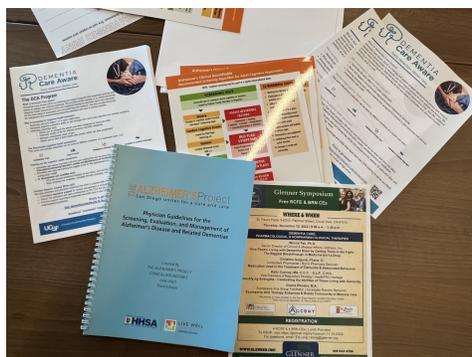


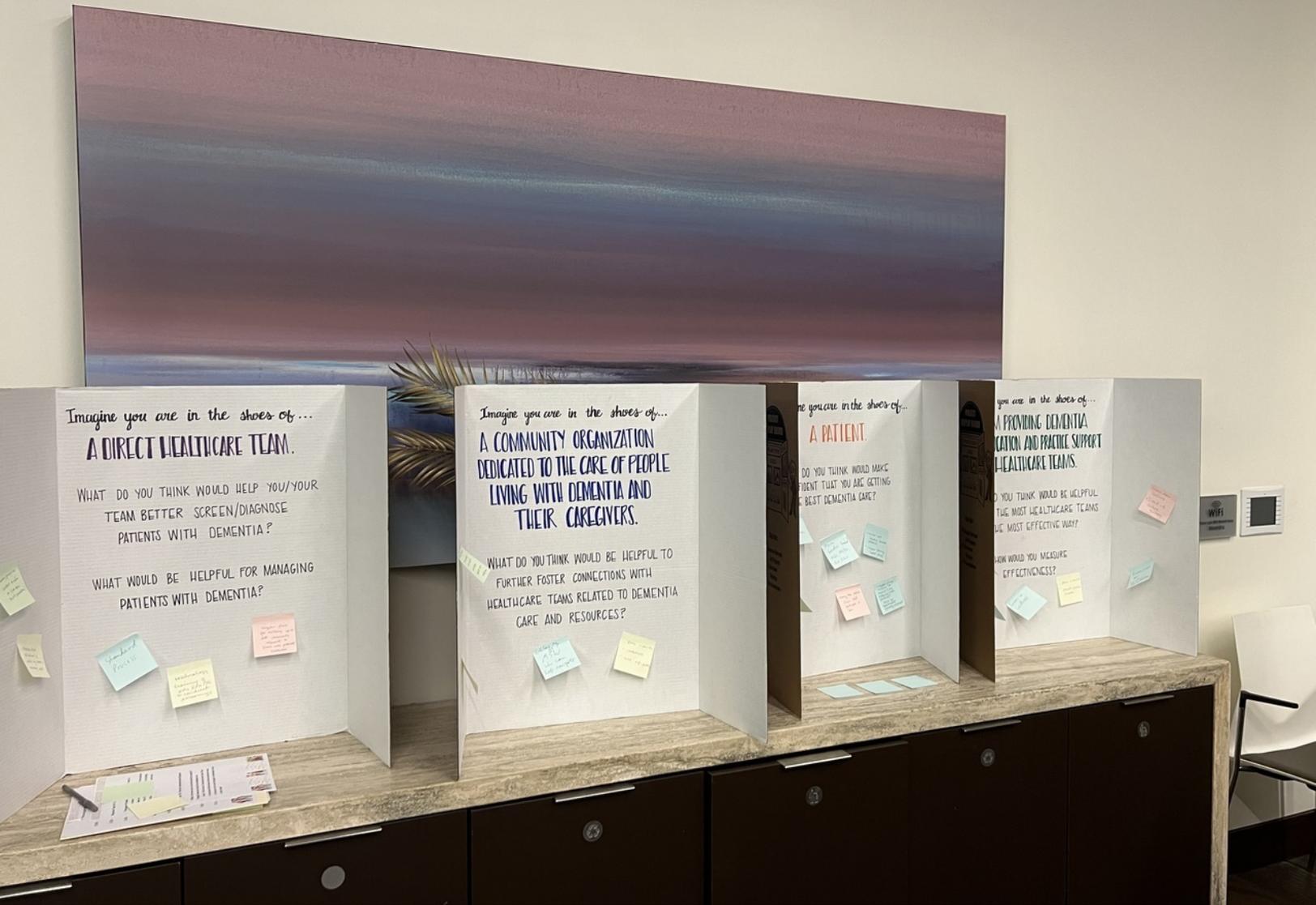
San Diego / Imperial Geriatric Education Center GWEP
Retreat with Dementia Care Aware Kick-Off





On October 20, partners involved with the San Diego / Imperial Geriatric Education Center and California Dementia Care Aware Local Advisory Council gathered for an afternoon retreat to discuss future directions for these programs, including education and outreach and practice support.





Our Division Members in the news:

- Article by Drs. Khai Nguyen and Laura Hart on [Polypharmacy in the Emergency Department](#) for National Institute of Health
- Senior Director of Association of American Physicians and Surgeons had a rave review for the Geri team and [Dr. Templeman](#): “The Geriatrics team is such a pleasure to work with, notes are always well written, easy to understand and they’re just fantastic!”

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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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