

Multicampus Program in Geriatric Medicine and Gerontology Newsletter

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MPGMG News & Awards

Deborah Oyeyemi Walton, a current fellow, who is interviewing for a clinician scientist position with us (aside: thanks to all who came to her job talk in person or by Zoom), had a publication in JAMA Health Forum.

Connie Fung was featured in a new publication in the VAA Research News Brief, which is on the VA website.

Alejandra Sanchez-Lopez co-authored a module on Alzheimer's disease on the new AGS online curriculum on Alzheimer's disease

Geriatric Medicine Fellowship

Fellowship match day this month brought good news - we filled 10 of the 11 spots with our top choices; all 10 have excellent backgrounds and potential. One is a former M-STAR student, one is from UCLA IM residency, and one from the new Charles Drew Family Medicine residency. In fine, we did very well, thanks to all the faculty who participated in the selection process, and to all who make our program a desirable one.

Nationwide, only 40% of fellowship programs filled. UCSD filled 2 out of 3 spots, Irvine 1 out of 3 spots, Davis 1 out of 2, and UC San Francisco only filled 2 of their 4 spots. But Stanford filled; our former faculty now at Stanford are doing a good job recruiting there. Kaiser also filled all 3 of their spots with their own family medicine residents. The number of fellowship spots nationwide has not increased, but the number of applicants has gone down every year for the last 4 years. We are working on ways to make our fellowship attractive in this environment.

Medicine Residents & Medical Students Teaching

For the first time, we have been conducting Geriatrics skills bootcamps for the entire Medicine residency program; in previous years we did this only for residents in the primary care track. Faculty participating in it report having a blast.

We started having MS2 students doing core Medicine clerkships with us on the Geriatrics service in Santa Monica hospital, and it has been well received by both faculty and students, as well as by residents on the team who have been enjoying the one-on-one teaching opportunity. Thanks to Matt Mulroy and all faculty for your teaching.

Medical Student Training in Aging Research (MSTAR)

Applications for the 2026 MSTAR class has opened online. As of the first week of December, more than 40 students had requested an application. UCLA students in Discovery Year working with geriatrics faculty will be joining MSTAR as the UCLA MSTAR cohort.

Intensive Course in Geriatric Medicine and Board Review

The 2026 Intensive course will be September 16th through 19th, 2026. We are in the planning process for some dissemination events on the internet before the course to increase attendance. More on that to come.

Geriatrics, Aging, & Gerontology Research

We have four active recruitments, two for senior PhD research scientists (one is the LOU stage, one is visiting us January 5-6 for a formal interview and talk), one junior clinician scientist whose job talk on Dec 3rd was well attended - thank you all, and one junior PhD investigator trained in Epidemiology.

The California Academic Geriatrics Institutions (CAGI) conference will be in Stanford this year. Abstracts for posters and oral presentations are due this month. There will be another deadline in March for posters only, but it's harder to get things in then if the session is already close to full. In the past, CAGI has been local, in Irvine, and we had a very good showing. But this time it's in Palo Alto. Keeping that in mind, do submit your abstracts.

UCLA Health Geriatrics

We have made an offer to a recent fellowship graduate for a clinician educator position and are interviewing an applicant who is interested in doing primary care geriatrics in the UCLA Pasadena clinic. We are also working with the Palliative Medicine section and the VA to recruit a current Geri-Palli fellow who was chief IM resident a couple of years ago at UCLA.

VA Geriatrics

The federal hiring freeze exempts provider positions: we are thus able to continue hiring for doctors, nurses, even security and other patient-facing positions. We have not been able to hire into administrative positions.

We are excited that we have a new director for the Home-Based Primary Care (HBPC) program, who will be starting on December 15th. To expand the number of veterans served, we are looking into each provider carrying their own panel of patients. We are also converting one of our West Los Angeles HBPC NP positions to an MD position; recruiting for this position should start in February 2026. If you have a trainee interested in providing home care to senior veterans, please direct them to Manuel Eskildsen.

Researcher Spotlight: Dr. Teresa Seeman

Dr. Teresa Seeman is Distinguished Professor in Geriatrics and Epidemiology and holds the Elizabeth and Thomas Plott Chair in Gerontology. She received her PhD in Epidemiology from UC Berkeley and was on faculty in Yale University and USC before moving to UCLA Geriatrics in the mid-1990s. She has been Principal Investigator or co-Principal Investigator on multiple national US cohort studies and was the first person to create and measure a composite allostatic load score to quantify the biological imprint of psychosocial and life stresses over multiple physiological systems. She is one of the most highly cited researchers in UCLA and her publications have been cited more than 100,000 times.

Teresa's acclaimed Generation Exchange program brings around 100 senior volunteers to ten poorly performing elementary schools in LAUSD to assist teachers in classrooms to improve

students' reading and math skills and address behavioral issues. Volunteers put in 30,000 person-hours in classrooms each academic year. Data show benefits to the kids - improving academic performance scores, as well as benefits to seniors - significantly improving blood pressure, walking speed, body weight, inflammation, and immune system health. She is starting a randomized trial, in collaboration with Steve Cole, in which the seniors will be randomized to immediate vs. delayed start of volunteering, to look at whether participation in Gen X changes gene expression with respect to increased antiviral activity and reduction in pro-inflammatory activity.

HAPPY HOLIDAY SEASON