

# Newsletter of The Multicampus Program in Geriatric Medicine and Gerontology

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## Updates from Multicampus Programs & Units

### Awards & Honors

1. Jon Wanagat was announced (in absentia) as the 2025 recipient of the Arthur Cherkin Award for a career of distinguished service to the UCLA Multicampus Program in Geriatric Medicine and Gerontology at the Fellowship Graduation Ceremony on June 11<sup>th</sup>.
2. Dave Reuben received the 2025 UCLA Santa Monica Medical Center Board of Advisors Inspirational Physician Award on June 18<sup>th</sup>.
3. The winner of this year's David H Solomon Lectureship and Award for lifelong commitment to Geriatrics, Dr. Amy Kind of the University of Wisconsin – Madison, will deliver the UCLA Department of Medicine Grand Rounds on August 14th at 12 pm. Please save the date.
4. Shirley Wu won the Fellowship Director's award at the UCLA Geriatric Medicine graduation ceremony and celebration on June 11<sup>th</sup>.
5. The graduating fellows class presented the Faculty Recognition award to Erin Cook at the graduation celebration.

### Geriatric Medicine Fellowship

Fellowship graduation at Kerkchoff Hall on June 11<sup>th</sup> was well attended. Orientation for the new 2025-26 fellowship class includes a "bootcamp" this year with in-depth teaching on geriatric assessments, detailed introduction to the nuances of each health system the fellows will be working in, a communications workshop in collaboration with Palliative Care faculty, training on how to be on call for each health system, and training on Gero-fit.

There will also be a Meet-the-Leadership event on Wednesday July 16<sup>th</sup>, in the VA (Building 500, room 3400). It will be an opportunity for the new fellows to meet the leaders of the multicampus program, hear about mission/program of each unit, and learn how fellows can get involved in projects at the different MPMGMG sites.

### VA Geriatrics Research Education and Clinical Center – GRECC

Sally Frautschy delivered the national GRECC lecture on June 26<sup>th</sup>; it was well attended and well received. Two GRECC faculty, Jen Martin and Connie Fung, received fundable scores on their VA grant applications.

### Borun Center

The Borun Visiting Professorship has funding from the Borun Foundation for 4 consecutive years. The first visiting professor event was in September 2024 and was a big success. Planning for the 2<sup>nd</sup> year has begun.

## GeroScience Research Spotlight

We are starting a new segment to help keep us connected to the latest advances in the biology of aging. Jon Wanagat will be curating this segment, which will highlight a recent bench science article that offers insights into emerging directions in aging research, with the goal of bridging discovery and clinical care. We hope you find these updates useful and inspiring.

### Inaugural MPGMG Geroscience Update article

Tay et al., The Association of Physical Function and Physical Performance With DNA Methylation Clocks in Oldest-Old Living in Singapore—The SG90 Cohort. *The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences*, 2025, 80(4), glaf022

### Summary of Findings

This study examined how measures of physical function and performance—such as gait speed, handgrip strength, and activities of daily living—relate to DNA methylation (DNAm) clocks (biological age metrics) in adults aged 85+ years from the SG90 cohort in Singapore. Using blood samples, the researchers compared 18 DNAm clocks. They found that better physical function and performance were consistently associated with lower biological age, especially so for the GrimAge2 clock, which outperformed others. The findings suggest that DNAm clocks, particularly newer models like GrimAge2, may serve as predictive biomarkers of functional aging in the oldest-old. However, the study was cross-sectional and needs longitudinal validation.

### Clinical Implication of Findings

Biological aging markers like GrimAge2 could eventually help identify oldest-old patients at higher risk of functional decline in an efficient manner, guiding prevention and intervention efforts.

# CONGRATULATIONS

## *Arthur Cherkin Award*

Awarded for a career of distinguished service to the UCLA Multicampus Program in Geriatric Medicine and Gerontology

**JONATHAN  
WANAGAT, MD, PHD**



*Congratulations*

**2025 UCLA Santa Monica  
Medical Center Board of Advisors  
Inspirational Physician Award**



*David Reuben, MD*

SAVE THE DATE

**AUGUST 14, 2025**

12PM VIA ZOOM

# DOM GRAND ROUNDS

**41ST ANNUAL UCLA INTENSIVE COURSE  
DAVID H. SOLOMON MEMORIAL AWARDEE**



**DR. AMY KIND**

University of Wisconsin

Congratulations



Geriatric Medicine Fellows  
**CLASS OF 2025**

# Congratulations



Fellowship Director's Award  
**Shirley Wu, MD**



Faculty Recognition Award  
**Erin Cook, MD**

2025 Fellowship Graduation