

Jackuelyn Harris
Awardees, Public
Lecture next week!

UC San Diego
Center for Healthy Aging
Stein Institute for
Research on Aging

Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

Stein Institute's Jackuelyn Harris Award for Excellence in Aging Research

The Center for Healthy Aging and the Stein Institute's Jackuelyn Harris Award for Excellence in Aging Research has been named in honor of Jackuelyn M. Harris, MD, whose young career was devoted to geriatric psychiatry and senior care. Dr. Harris was the very first fellow in the Division of Geriatric Psychiatry at UCSD and VA, went on to become the Co-Director of the program, which is the largest such program in the country today. This award recognizes a graduating student or students who has demonstrated special interest, dedication, and success in the field of aging research while maintaining genuine compassion and generous spirit with which Dr. Harris was so richly endowed.

**Congratulations to this year's awardees, Julia
Yuan and Rekha Narasimhan**



*Julia Yuan and Rekha Narasihan with
"Ruth Covell Award in Geriatrics" awardee,
Kemeberly Charles.*

Julia Yuan's nomination letter from Dr. Alison Potok:

It is with immense pleasure that I write this letter in support of Julia Yuan's nomination for The Center for Healthy Aging and Stein Institute's Jackuelyn Harris Award for Excellence in Aging Research. Julia Yuan is an outstanding medical student and I cannot think of anyone more qualified to receive this award. I mentored Julia during her research elective. She worked on the Osteoporotic Fractures in Men (MrOS) study, and was interested in how markers of kidney function may inform on frailty, and whether muscle mass (defined by deuterated creatine dilution) could account for this relationship. Julia was very engaged from the very first time I met her, when she was considering doing a research elective. She showed interest in geriatric research right away and was very excited to work on MrOS data. Julia was extremely efficient throughout her elective. I had made a timeline for her to follow, with some deadlines/milestones every few weeks throughout the elective, and Julia delivered her work much earlier than planned at every single step. She is one of the most efficient students I have ever worked with. Julia was a quick learner, and was very interested in learning more about aging.

Julia contributed to study design. She quickly familiarized herself with the dataset. She ran the statistical analyses under my supervision. She put together tables and figures to illustrate the results. She was very keen on learning, asked intelligent and insightful questions when interpreting the results. Julia put together a power point with materials to present at our weekly nephrology research meeting. My colleagues investigators were quite impressed by her presentation. MrOS site PI, Dr. Ginsberg, then invited Julia to present her findings at the MrOS PI meeting which will take place in May. She wrote an abstract that was accepted at the National Kidney Foundation Spring meetings (April 2023, Austin, TX). Julia has also already drafted a manuscript that will soon be ready to be reviewed by our co-authors before submission. She also completed a geriatric clinical elective and was part of MSTAR. I cannot think of anyone more deserving of this award than Julia Yuan and I am delighted to nominate her for this award.

Rekha Narasimhan's nomination letter from Dr. Alison Moore:

I would like to nominate Rekha Narasimhan for this award. She has been taking a lead in conducting analyses of qualitative data for an ongoing project on cannabis use in older adults in my lab. In this role she has organized other student volunteers, succeeded in managing many challenges in the use of the qualitative analytic software and lead the coding efforts. In addition to this work, she has also worked on clinical research in rheumatology investigating the pathobiology of older-onset RA and PMR in older adults (>60). Her study used data from an observational cohort of 64 older adults with newly diagnosed arthritis and explored associations between serum eicosanoid concentrations (determined via mass spec) and clinical symptoms. She presented this work at the ACR Annual Meeting (2018) and published a paper entitled “Imbalance Between Omega-6 and Omega-3 Derived Bioactive Lipids in Arthritis in the Elderly” in the Journal of Gerontology. Her CV reveals that she has consistently engaged in research, much of it focused on older adults, and has demonstrated leadership in activities involving student wellness, mentorship and DEI.

Given my experiences working with Rekha and her other contributions, I strongly believe she is an outstanding candidate for this award.

Congratulations to Julia and Rekha!!

Next Week's Public Lecture

Barton W. Palmer, PhD on Wednesday, July 26th



Barton W. Palmer, PhD
Professor, Psychiatry

Save the Date **PUBLIC LECTURE**

**"WHAT DO WE KNOW ABOUT
HOW TO FOSTER MENTAL
WELLBEING AS WE AGE?"**

Please join us for a talk with Professor of
Psychiatry, Barton W. Palmer, PhD.
Q & A to follow.

 4-5pm

 Wed July 26

 Zoom

[Register Here!](#)

Save the Date

Anthony Lim, MD, JD at Belmont Village on September 1st

LET FOOD BE THY MEDICINE THE MIRACULOUS HEALING POWER OF FOOD

SPEAKER

ANTHONY LIM, MD, JD

Dr. Lim is the Medical Director of the McDougall Program, a lifestyle medical program based in Santa Rosa, California, that has helped thousands of patients to successfully transition to a whole-food, plant-based diet and radically improve their overall health and well-being. He also teaches the plant-based classes offered by Kaiser Permanente Santa Rosa Medical Center. Dr. Lim is a graduate of Stanford University, Harvard Law School, and Boston University School of Medicine.



He is board-certified in family medicine as well as lifestyle medicine, and completed his residency training at Santa Rosa Family Medicine Residency. He is also a bar-certified attorney in the state of California. Dr. Lim lives in Santa Rosa with his wife, Jean, and their two children, Joshua (15) and Julia (11), who bring them endless joy and laughter. His other interests include playing out in nature, learning guitar, and continually growing in his Christian faith.

SEPTEMBER 1ST

3PM-5PM

AT BELMONT VILLAGE SENIOR LIVING
LA JOLLA
3880 NOBEL DRIVE

REGISTRATION REQUIRED
AT [HTTPS://CONTA.CC/3NF4IT1](https://conta.cc/3NF4IT1)

UC San Diego
Center for Healthy Aging
Stein Institute for
Research on Aging

BELMONT Village
SENIOR LIVING
LA JOLLA

**Note: seating is limited, when at capacity a waitlist will be enacted as well as a virtual attendance option*

CLICK HERE TO REGISTER

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Registration is NOW OPEN for our Symposium on
October 6th



REGISTRATION OPEN

SYMPOSIUM OF THE UC SAN DIEGO CENTER FOR HEALTHY AGING

with keynote speakers

Laura Cartensen, PhD

Director, Stanford Center on Longevity

S. Jay Olshansky, PhD

Professor, University of Illinois at Chicago

and many panel discussions

 **October 6, 2023**  **9.30 am - 4.00 pm**

 **Park and Market, UC San Diego**

HEALTHYAGING.UCSD.EDU

Register Here!



We Need Your Support!

When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support **the pursuit of a healthier, longer life for you and your loved ones**. Please **make a gift** to help sustain and expand our successful aging programs.

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