

MSTAR highlight & Symposium photos

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!

Medical Student Training in Aging Research

The Medical Student Training in Aging Research (MSTAR) Program is funded by the National Institute on Aging and has been offered at UC San Diego since 2005. Each year, this popular program provides up to 18 medical students from across the nation an opportunity to conduct 8 to 12 weeks of summer research guided by the mentorship of a UC San Diego faculty member. Students receive full-time training conducting hands-on research in an area of personal interest pertaining to aging or an age-related disorder. Additionally, students participate in a variety of didactics that help shape their knowledge related to aging and teach valuable skills needed to conduct research. Students are provided an opportunity to showcase their work locally and encouraged to travel to the Annual Meeting of the American Geriatrics Society to present their findings.

This year we had 15 students, a combo of in person and virtual, coming from locations ranging from Hawaii to New Orleans to Vermont. We held 10 successful seminars, including one panel of our very own faculty and physicians, and Dr. Lindsey Yourman (Chief Geriatric Officer, County Health and Human Services Agency (HHS) Medical Care Services department) to give them an opportunity to hear about all the possibilities within the field of Geriatrics and the unique journeys their mentors have taken to get where they are. They took a field trip to see the [Town Square at the George G. Glenner Alzheimer's Family Center](#) in Chula Vista. If you haven't been, it's a really amazing thing to see. Town Square is the first Reminiscence Therapy Day Center for individuals with dementia in the

US. The center has been designed on the interior to facilitate immersive Reminiscence Therapy and bring its participants back to a time where their memories are the strongest.

The MSTAR students had their final presentations at the end of the summer at which they each presented for 10 minutes about their area of research and their findings. Some are still working with their mentors, even after the program officially ends. We also encourage them to submit their work to American Geriatrics Society (AGS) this year. It was a wonderful group of students and we hope we have persuaded all of them to pursue a career in geriatrics!

Our 2023 MSTAR students:

Noorhan Amani (Mentor: Tala Al-Rousan)
Pallavi Chandrasekhar (Mentor: Erin Sundermann)
Jessica Daly (Mentor: Samir Gupta)
Matinder Dhillon (Mentor: Melody Schiaffino)
Jacquelyn Ferguson (Mentor: Alison Potok)
Ha Mieu Ho (Mentor: Ellen Lee)
Dylan Lawton (Mentor: Ryan Moran)
Sidney Lin (Mentor: Benjamin Han)
Sydney Maraath (Mentors: Benjamin Han, Maile Karris)
Shay Nakahira (Raeanne Moore)
Pearse O'Malley (Mentor: Alison Moore)
Vy Pham (Mentor: Brian Jiang)
Emma Rice (Mentor: Sarah Banks)
Liz Timple (Mentor: Biren Kamdar)
Michelle Trinh (Mentor: Katie Bangen)
Abigail Zaratan (Mentor: Lisa Delano-Wood)

Thank you to those who attended our Healthy Longevity Symposium last week!

For those who could not attend, a recording will be available in a month or so on [UCTV](#). We will send it in a newsletter when it's available. In the meantime, please enjoy some amazing photos from the Symposium!

If you appreciate our community programming and events like our symposium please consider supporting us with a charitable [donation here](#).

Danielle Glorioso & Dr. Anthony Molina



Theresa Latosh (Vi Senior Living), Dr. Alison Moore (Interim Director), and Paula Lemkuil (Belmont Village)



The space at UC San Diego Park & Market



Our amazing volunteers!



Poster Presentations by UC San Diego Students, Trainees, and Junior Faculty





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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UC San Diego Center for Healthy Aging | 9500 Gilman Drive 0664, La Jolla, CA 92093

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