

## Nancy Weintraub Q&A



Interview by Rachel Price, MSG

Nancy T. Weintraub, MD, Staff Physician with the VA Greater Los Angeles Health-care System (VA GLAHS) Geriatric Research Education Clinical Center (GRECC) and Associate Clinical Professor in the UCLA Division of Geriatrics, has held an academic appointment at UCLA since 1992. She received her bachelor's degree in biochemistry from Brown University followed by medical school at New York University. Dr. Weintraub completed her post-graduate residency training at Bronx Municipal Hospital Center, Albert Einstein College of Medicine, followed by two geriatric fellowships at Mount Sinai Hospital and New York University/Bellevue Hospital Center. Most recently, Dr. Weintraub received the prestigious MPGMG VA-UCLA Geriatric Medicine Fellowship Program Arthur Cherkin Award for 2006. The Arthur Cherkin Award is an annual recognition of efforts made toward improving medical care to older persons, conducting research on aging,

and training geriatric medicine fellows in the MPGMG.

**Q: When did you first get interested in geriatrics and what spurred this interest?**

During my medical residency in New York, I thought I wanted to go into an acute care field, but at the end of my residency I realized that wasn't what I wanted to do forever. I chose geriatrics because I really liked the patients. This population provided an amazing perspective: most of the patients were female and had been widowed longer than I'd been alive. Although I had gotten excellent internal medicine training in my residency, there was something missing in the way we were caring for older patients. For example, after two weeks of treating an elderly patient in the hospital for an acute condition like pneumonia, the pneumonia would be cured but the patient couldn't walk and, therefore, was unable to go home. It was clear to me that we were doing something wrong, but no one knew what it was. When I decided to do a fellowship in geriatrics, I wanted to train with experts who knew more about caring for older people and could teach me how to do it better. At that time, geriatrics was a very new field in the United States.

**Q: As a clinician educator, what are the major activities in your job?**

When I first started at the VA, I was unsure of what to do. There were areas in the program that no one had time to optimize. These were great opportunities for a clinician-educator. Since then, I have developed an organized teaching program in the nursing home. We have teaching rounds four days per week with a lecture each day. In addition, I have developed a set of teaching files that I constantly update on roughly 25 geri-

atric topics. The articles are available to our fellows and residents to use for their talks and each week the fellow is responsible for reviewing one file with the residents. I have also compiled a teaching file on home care topics for use by the Home-Based Primary Care (HBPC) fellows and attendings.

I am the Site Director of the UCLA Geriatric Fellowship program at the Sepulveda VA, as well as their Director of Geriatric Medical Education, which means supervising the residents and fellows in the HBPC and Nursing Home rotations. I rotate as teaching attending on Sepulveda HBPC and Nursing Home services, as well as in the Geriatric Fellows' clinic.

I also attend a half-day each week in the internal medicine residents' clinic at Sepulveda. Working with the younger patients and the residents helps me stay sharp, and it's always nice to interact with the general IM faculty.

The most exciting part of my job lately has been the Medical Education Rotation that Dr. Sue Charette and I developed three years ago for the Geriatric Fellowship. It is one of those projects that you enjoy the most but it also takes the most time and dedication. The main activity of the rotation is for fellows to write a review article for submission to a peer-reviewed journal, giving them a more academic experience. It is a vast amount of work for me because I supervise the writing of all of the articles. For those fellows who want an academic career, this activity is very beneficial to them. For those who are interested in a clinical career, this is a nice opportunity to publish an article. Over the past three years, over 40% of the fellow's papers have been published. Although it is not required this year, we continue to offer it as an option, and four of the eight fel-

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## Director's Column

MPGMG Director David B. Reuben, MD



The Multicampus Program in Geriatric Medicine and Gerontology continues to mature as an academic program. Two of our marquis

centers, the John A. Hartford Foundation Center of Excellence and the National Institute on Aging Claude D. Pepper Older Americans Independence Center (OAIC), were renewed this year. The former has been funded since 1988 and the OAIC is beginning its 4th 5-year cycle (years 16-20). As mentioned elsewhere in this issue, with the shift to the P30 mechanism, the OAIC emphasizes cores that support and drive aging research focus on bridging basic science and clinical research.

With maturity, comes remodeling—departures, arrivals, and promotions. This summer Jack Schnelle, PhD, Director of the Harry and Anna Borun Center for Gerontologic Research, and Sandra Simmons relocated to Vanderbilt to be closer to family. They will be missed. We have begun recruiting a new Director of the Center. Our longstanding Management Services Officer, Norma Vaquerano has moved into a more senior role within the Department but will maintain linkages with the Division. Similarly, several clinician scientist junior faculty, who seemingly just started (actually in 2000), are beginning to prepare their dossiers for promotion to Associate Professor. Our Academic Advancement mentoring program supports 32 junior faculty, including several new recruits, representing medicine (geriatrics, general internal medicine, family medicine, neurology, emergency medicine, and psychiatry), nursing, public health, and psychology. These junior faculty have developed a community of researchers who collaborate and learn from each other. They will be the future leaders of aging research at UCLA.

The maturity and strength of the program also gives us the confidence to innovate and experiment. In July, the Division of Geriatrics took the first step in a process of reinventing the care we provide for chronic geriatric conditions such as dementia, depression, falls, and incontinence, and heart failure. Each of these conditions has a strong evidence base defining high quality care but requires close monitoring to adequately provide this care. It cannot be squeezed into a 20-minute visit that is already dominated by the patient's immediate concerns and follow-up of other conditions. With support of the John A. Hartford Foundation, we have created a new system of care in which geriatricians can refer to a nurse practitioner for co-management of these conditions. The nurse practitioner is guided in her management by materials developed and implemented successfully in the Assessing Care of the Vulnerable Elderly-2 intervention study. This quality improvement program will be evaluated to determine the effect on patient care and patient and physician satisfaction.

Our research support infrastructure continues to grow with the refunding of our Pepper Center and the Research Operations Core (ROC) addition of the UCLA Research Center at Alhambra. The ROC comprehensively supports clinical and field research in community and academic settings. The ROC coupled with the OAIC Recruitment and Analyses/Cost-effectiveness Core, provide support at every step of the clinical research process. Moreover, our new Inflammatory Biology Core links clinical research to its basic science underpinning (and vice versa).

In spite of this prosperity, these are tough times. Locally, we continue to reel from the loss of Federal support for our research and educational missions. Effective education programs have been curtailed or closed due to loss of funding. Our successful researchers must scramble to cope with 20% cuts to already lean budgets. We must respond by renewing our commitment to innovation and entrepreneurship while maintaining a faculty and staff that is poised to lead.

## A New Charitable Way of Giving: The Charitable IRA

If you are 70½ or older and hold a traditional or ROTH individual retirement account (IRA), you may now have a new way of supporting UCLA in 2006 and 2007. The Pension Protection Act recently passed by Congress includes a special provision that enables you to transfer up to \$100,000 per year, regardless of your total income, directly from an IRA to a charitable organization. Although you will receive no charitable income tax deduction, neither will you pay income tax on the distribution. This new charitable incentive is temporary, in effect only through December 2007.

According to federal regulations, holders of traditional IRAs must begin taking distributions at age 70½ and that income is normally taxed. Under the Pension Protection Act however, you can request to have an IRA distribution of up to \$100,000 transferred directly to a charitable organization in each of the two years without being subject to income tax on the amount. You can help support UCLA and receive a tax benefit at the same time. Further, your contribution will count against your minimum required distribution.

To take advantage of the new law, you should notify the institution that is managing your IRA and request a "charitable IRA rollover" well before the December 31, 2007 deadline. The transfer will need to designate a specific amount directly from your IRA to UCLA as a current gift.

For more information about making a gift to UCLA by transferring funds from your IRA, please call Chad Holman, UCLA Office of Gift Planning at 310.794.2334 or 1.800.737.8252

# Two Legends: Carl Reiner & Dr. Michael Phelps Honored at 10th Annual ICON Event in Beverly Hills

## Special "Cirque" Performance Featured At Anniversary Event Celebrating Successful Aging

The UCLA Center on Aging raised nearly \$360,000 during its tenth Annual ICON Award event. Held at the Beverly Hilton Hotel on June 3, approximately 400 people gathered to honor this year's ICON Award recipients, legendary Hollywood actor and director Carl Reiner and UCLA's Dr. Michael Phelps, renowned scientist and PET scanning inventor.

"We have reached an important milestone this year as we celebrate our tenth anniversary tonight and honor two particularly noteworthy ICONs, Carl Reiner and Dr. Michael Phelps," says Dr. Gary Small, director of the UCLA Center on Aging. "They both continue to make outstanding contributions to society, Dr. Phelps with his important research and discoveries, and Carl Reiner who continues to entertain us all."

Dr. Michael Phelps is the Norton Simon Professor and chair of the Department of Molecular and Medical Pharmacology at UCLA, and director of the Crump Institute and the UCLA Institute for Molecular Medicine. He is the inventor of PET, or positron emission tomography, scanning technology, which allows for the first time the imaging and study of the chemical processes and metabolism in the living body. He has received countless awards and made presentations to groups around the world about the potential of PET to help in the early detection and study of disease. Elected to the National Academy of Sciences in 1999 and the Institute of Medicine in 1985, he has published more than 600 scientific publications.

This year's second ICON recipient is renowned producer, actor and director Carl Reiner. Reiner is best known for his role as co-star on the legendary "Your Show of Shows," and as the creator of the classic "Dick Van Dyke Show." He



Chancellor Carnesale, Carl Reiner (ICON honoree), Levey, Dr. Michael Phelps (ICON honoree)



Mike Hersch (2006 ICON Chair), Patricia Dunn Grey (President, Center on Aging Board of Directors), Dr. Gary Small (Director, Center on Aging Board of Directors)

directed feature films including "The Jerk," "All of Me," "Oh, God!" and "Where's Poppa." His cameo roles or directorial credits on films included "It's a Mad, Mad, Mad, Mad World," "The Russians Are Coming," "Dead Men Don't Wear Plaid," "Ocean's 11," and "Ocean's 12." He has published seven books, with his newest one released in February 2006 and has received 12 Emmy Awards for his work in television, and two Grammy Awards.

Presenting the awards to this year's honorees were UCLA's Wyatt "Rory" Hume and Nanette Fabray MacDougall. Carl Gottlieb served as master of ceremonies to an exciting evening that treated guests to dinner, dancing, and a special

"Cirque" performance with a ringmaster, aerial performances, chifon rope climbers, swings, stilt walkers, jugglers, and contortionists. The "Cirque" performance was presented by RLS Agency, courtesy of Tim Noonan and Lockton Insurance Brokers, Inc.

Among the guests were former ICONs and celebrity friends including Gail and Gerald Oppenheimer, Art Linkletter, Nanette Fabray MacDougall, Robert Ahmanson, Dr. William Dignam and Dr. Jerome Tamkin, Mike Farrell, Shelley Fabares, Jayne Meadows Allen, Red Buttons, Gene Barry, and Gary Collins.

The Annual ICON Award was established as the Center's key fund-raising event to recognize older adults who continue to make outstanding contributions to society and serve as icons for healthy and active living. This year's event, chaired by Mike Hersch, was produced by EventsbyOne and presented by OrthoMcNeil Neurologics. Other event sponsors included Union Bank of California, AARP, Warner Brothers, Siemens Medical Solutions USA, and Tiffany & Company.

Founded in 1991, the UCLA Center on Aging is a non-profit organization that aims to enhance and extend productive and healthy life through research and education on aging. The renowned Center brings geriatrics and gerontology to the forefront of public awareness and support. The UCLA Center on Aging is entirely supported by private and corporate donations. For more information about the event or to learn about additional ways to support the Center, please contact Helen Berman, executive administrator at 310.794.0676.

## UCLA Alzheimer Disease Center Education Core

For almost a decade, the Education Core (EC) of both the federal and state grants of the UCLA Alzheimer Disease Center (ADC) has resided at the MPGMMG. Under the direction of Diane Katz, MA, MPH, the EC is charged with providing education to both health professionals and the general public to raise awareness regarding the importance of diagnosis and treatment for Alzheimer's disease and other dementias. In the last year, the EC expanded its responsibilities to include community outreach efforts to enroll participants in the research studies conducted by the ADC as well as in the clinical trials conducted by the Kagan Treatment Development Program to find new treatments, prevention strategies, and even a cure. As part of the EC's education and outreach efforts, a new UCLA ADC website has been launched, providing information to health professionals, general public, patients, and caregivers. Please visit at [www.adc.ucla.edu](http://www.adc.ucla.edu).

The EC collaborated with the University of Southern California's Alzheimer Disease Research Center and the Alzheimer Association of Los Angeles, Riverside, and San Bernardino Counties to present *Ethnicity and Dementia: Outreach and Assessment* on May 19, 2006. This conference was presented in conjunction with the California Association of Long Term Care Medicine (CALTCM) with support from the California Geriatric Education Center (CGEC), Resource Centers for Minority Aging Research (RCMAR), and the Academic Geriatric Resource Center (AGRC). The goal of the conference was to support the translation of ethnicity and dementia research into improved practice for community and university based health professionals by focusing on how to tailor outreach strategies and assessment methods to diverse populations affected by dementia. Faculty for this half-day conference were Donna Yee, PhD, executive director of

the Asian Community Center, Sacramento, CA and Jennifer Manly, PhD, assistant professor, Columbia University Medical Center, New York, NY. More than one hundred physicians, nurses, psychologists, social workers, and allied health professionals were in attendance. The 2007 collaborative conference is planned for June 8, 2007 on *Dementia Research Advances: Risk Reduction through Physical Activity and Vascular Health*.

The UCLA ADC administrative office has recently moved to a new location in Westwood Village at 10911 Weyburn Avenue, Suite 200, Los Angeles, CA 90095-7226. To contact by phone, please call 310.794.3665.

For more information regarding the education and community outreach activities of the UCLA ADC, please contact Ms. Diane Katz at 310.312.0531 or [dkatz@mednet.ucla.edu](mailto:dkatz@mednet.ucla.edu)

## California Geriatric Education Center (CGEC)

The California Geriatric Education Center (CGEC) is a well-established statewide consortium that has included up to 11 member institutions. The CGEC, as well as all GECs nationwide, had funding eliminated by Congress in December 2005. This decision, in light of the national need for a prepared workforce to care for the rapidly increasing older population, was a severe blow to our plans and we redirected our efforts to secure needed funds to continue operation. The CGEC is focusing on new development, project expansion and program evaluation of its previously federally funded activities.

The consortium continues to meet monthly on a "volunteer" basis to strategize and share resources and activities that are occurring at the member institutions. For years, the CGEC administrative core at UCLA served as a platform to

build upon for other synergistic projects. Now, faced with the uncertainty of future HRSA/BHPf federal support, we are expanding these efforts.

Two important CGEC-affiliated efforts are within the professional association management arena. The California Association of Long-term Care Medicine (CALTCM) is a statewide professional association for health professionals and others working to improve the quality of all types of long-term care. The CGEC began assisting the association with their annual meetings and other regional training programs and received a contract that expanded our role to overall association management.

The second group we have been working with is the California Council on Gerontology and Geriatrics (CCGG). Previously run as an all-volunteer association, the

Archstone Foundation provided support last year to establish a paid executive management office based at the CGEC. Goals for both these associations include an expansion of membership, diversification of income sources and improved member communication. In a very short time, we have made great headway – the CCGG membership increased some 54% this year alone. One reason this is such a good fit for us is that all three organizations have similar missions – to improve the quality of care of older adults through education and training. This is the prototype of a win-win situation!

*Future CGEC articles will highlight new activities and projects and provide updates on the federal funding policies for geriatric training.*

# Donald W. Reynolds FD~AGE Program at UCLA completes 2 years

Donald W. Reynolds FD~AGE Program at UCLA completes 2 years. The Donald W. Reynolds Faculty Development to Advance Geriatric Education (FD~AGE) Program at UCLA recently concluded its second year of program activities. Highlights of Year 2 include:

## Mini-Fellowship Program

The Mini-Fellowship Program aims to strengthen physician faculty (clinician-educators') knowledge and skills in teaching contemporary issues in geriatric education. Two sessions were offered in Year 2 and a total of 37 medicine faculty were trained. Feedback and evaluations from both sessions were overwhelmingly positive. A total of three Mini-Fellowship Programs are planned for Year 3: October 18-20, 2006, February 21-23 and June 20-22, 2007.

## On-Site Consultations

As part of the FD~AGE Program, UCLA geriatrics senior faculty members conduct on-site consultations at academic health centers around the country. To date, UCLA senior faculty has conducted consultations at the University of California, Irvine; Washington University, St. Louis; University of Arizona, Tucson; Louisiana State University in New Orleans; and at the University of Pittsburgh. The program has a limited number of consultation opportunities each year and is available at no cost to host institutions.

## Junior Faculty Geriatricians Promote Quality Improvement Through Research

Jeffrey Mariano, MD was awarded a grant to adapt the Vulnerable Elders-13 (VES-13) test for clinically-based identification of vulnerability to functional decline or death, and incorporate the use of this test into a geriatric teaching module on functional assessment, prognosis, and clinical decision-making. A second proposal by Sonja Rosen, MD, will focus on mammography and the elderly. A request for proposals is issued every year. Junior clinician-educator faculty in geriatrics are encouraged to submit proposals for small creative educational projects.

## UCLA Intensive Course in Geriatric Medicine Scholarships

Ten clinician-educators were awarded scholarships to attend the 2006 UCLA Intensive Course in Geriatric Medicine. All awardees reported feeling more confident in teaching geriatrics and have used the IC materials for their own reference and to share with colleagues. Scholarships will be offered to qualified clinician-educators to attend the 2007 Intensive Course to be held on September 26-29, 2007.

## Advanced Fellowship

The FD~AGE Program at UCLA provides opportunities for a second-year, advanced clinician educator fellowship within UCLA's premier Geriatrics Fellowship Program. Susan Jung, MD, began the Reynolds Advanced Fellowship in July 2006.

Similar opportunities are also available with UCLA's three consortia partners; Duke University, Johns Hopkins University and Mount Sinai School of Medicine.

## About the Donald W. Reynolds Foundation

The Donald W. Reynolds Foundation is a national philanthropic organization founded in 1954 by the late media entrepreneur for whom it is named. Headquartered in Las Vegas, Nevada, it is one of the 50 largest private foundations in the United States. The Foundation launched its Aging and Quality of Life Program in 1996. Its goal remains improving the quality of life for America's elderly.



**For further information** and application deadlines for all of the FD~AGE Program training opportunities, please contact the Reynolds Program Coordinator, Anne Hu, [annehu@mednet.ucla.edu](mailto:annehu@mednet.ucla.edu) or 310.312.0531 or visit <http://www.geronet.ucla.edu/centers/reynolds/index.htm>.

## Nancy Weintraub Q&A

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lows have expressed interest in the project. One benefit of this opportunity is that when they start their new job/assignment, they go in as experts on a specific topic.

### Q: What do you find most gratifying about your job?

The most gratifying part of my job is working with the geriatric fellows and residents. I love to work with trainees, because it makes it mandatory for me to stay updated and relevant. I also love working with patients, and the VA is unlike any other place, because we are allowed more time with our patients. Also, in the nursing home, home care and clinic most of the patients are World War II veterans, which strikes a personal note for me because my father was a WW II Prisoner of War (POW) in Poland.

### Q: You've been very successful in balancing your professional responsibilities with family responsibilities. What advice would you give to upcoming junior faculty?

For the past 16 years, since the birth of my second child, I have been lucky to be able to work part time allowing me to spend more time with my children. My advice to upcoming junior faculty is to figure out what you can handle without going crazy. Once you have that figured then everything else falls into place. My mentor once told me that I could have everything; I just couldn't do everything at once. There is no right or wrong choice; it is different for everyone. Since my arrival at UCLA in 1992, the Division has been very respectful of my desire to work part-time and has been very flexible with me. For that I am tremendously grateful.

# UCLA Claude D. Pepper Older Americans Independence Center Receives Another 5 Years of Funding

Established in 1991, the UCLA Claude D. Pepper Older Americans Independence Center (UCLA OAIC) was recently awarded a third grant renewal to continue its mission of expanding the scientific knowledge that will lead to better ways to maintain or restore independence.

In its new 5-year funding cycle, the UCLA OAIC will focus on the theme, "Developing Interventions to Maintain Independence and Understanding Mechanisms of Successful Interventions," which extends the Center's prior research. Emphasis will be on research that builds bridges between basic biomedical science and clinical science.

The UCLA OAIC will stimulate scientific discovery through 4 Research Cores (Recruitment, Research Operations, Analysis and Cost-effectiveness, and Inflammatory Biology), a Pilot and Exploratory Studies Core, a Research Career Development Core, and a Leadership/Administrative Core.

Research Cores will provide 4 levels of support: consultation, short-term, ongoing, and partnership on new projects for external projects such as R01's and internal UCLA OAIC activities (pilots and career development awardees).

## RECRUITMENT CORE

Director: Carol M. Mangione, MD,  
Professor of Medicine,  
cmangione@mednet.ucla.edu

The UCLA OAIC Recruitment Core will enhance participation of older persons from diverse communities who are at greatest risk for functional decline and poor health outcomes in studies by providing a structure for sharing expertise in this essential area with a larger group of faculty who are conducting clinical research with the UCLA OAIC.

### Support provided:

- Identification of potential recruitment sites
- Review and modification of recruitment and retention plans for minority groups

- Introductions to specific community service/advocacy organizations
- Assistance with enrollment and retention
- Education on most effective strategies for recruitment and retention of minority elders

## RESEARCH OPERATIONS CORE

Director: Teresa E. Seeman, MD,  
Professor of Medicine,  
tseeman@mednet.ucla.edu

The UCLA OAIC Research Operations Core is an extension and expansion of the Data Management Core funded through the previous OAIC grant. This core provides state-of-the-art data collection and data management services to support the successful implementation of OAIC and externally funded projects that address questions relevant to the UCLA OAIC's theme and mission.

### Support provided:

- Consulting/assistance with study design, data collection methods, and analysis
- Design and implementation of data collection protocols
- Development of data collection forms or data entry for small projects
- Extensive data collection and/or data management services

## ANALYSIS/COST-EFFECTIVENESS CORE

Director: Emmett Keeler, PhD,  
Senior Mathematician, RAND,  
Emmett@rand.org

Due to increasing concerns over the costs of providing services and support to improve the health and independence of the nation's elderly population, interventions that improve health are also evaluated in terms of the resources needed to implement them. This research core will work with investigators to maximize the validity and value of information from interventions through the application of appropriate state-of-the-art designs and statistical methods.

### Support Provided:

- Statistical analysis
- Selection of measures to estimate health, satisfaction, adherence, and costs
- Specific analyses of these measures after collection
- New measure development and testing of methods to estimate health
- Cost-effectiveness analyses

## INFLAMMATORY BIOLOGY CORE

Director: Michael Irwin, MD, Professor of Psychiatry and Biobehavioral Sciences,  
mirwin1@ucla.edu

Inflammatory biology plays a central role in illness and disability among older people. The UCLA OAIC Inflammatory Biology Core provides intellectual and technical support for the analysis of inflammatory dynamics in research programs.

### Support Provided:

- Measures of circulating protein markers
- Cellular protein markers
- Molecular assays of cytokine production
- Genomic assessments of inflammatory activity and its cellular impact
- Assessment of neuroendocrine parameters and immune function

For more information about the UCLA OAIC, please contact:

### Lucio Arruda

Administrative Manager  
larruda@ucla.edu

### Janet C. Frank, DrPH

Administrator  
jcfrank@ucla.edu

### David B. Reuben, MD

Director  
dreuben@mednet.ucla.edu

## Focus on Research Center at Alhambra: Nutrition Education Research

This summer, two projects have been funded at the Research Center at Alhambra (RCA) that focus on nutrition education. Dr. Preethi Srikanthan, Principle Investigator (PI) for the two studies and an endocrinologist by training, is interested in examining new ways to educate people about proper nutrition and other lifestyle choices to prevent obesity. In particular, she is interested in developing such programs for ethnic groups that have been traditionally underserved and ensuring that the programs are culturally sensitive.

These first two projects will work with Hispanic adults. One project will focus

on older adults who are most comfortable learning in Spanish while the other project will target 18-45 year olds who prefer learning in English. A curriculum of three to four sessions will be developed using tools and methods that have been shown effective in previous research.

These two projects will also use a unique method to gather data about what participants will be learning through the project. In addition to a traditional class format with an instructor, web-based problem solving modules will be developed for each topic. Such computer-based curriculum can offer people the

opportunity to work at their own pace and focus on topics in which they have the most interest. More importantly, these modules will give the research team insight into the decision-making process participants are using by tracking the amount of time spent with each topic and how well the participants are using the information provided in the class format.

While these two projects are small, they highlight the new possibilities available to researchers through the RCA. We hope to build on such initiatives to improve the health of groups that have traditionally been underserved.

## UCLA Intensive Course 2006: Perspectives

UCLA held its 23rd Annual Intensive Course in Geriatric Medicine and Pharmacy, and Board Review, at the Marina del Rey Marriott from September 13-16, 2006. Approximately 250 physicians and pharmacists from the US and overseas attended the conference. The four-day course provided highly practical, comprehensive reviews of geriatric medicine, psychiatry, neurology, and pharmacology. This year's board review session utilized

an audience-response system, allowing faculty leading these sessions to engage attendees in clinical problem-solving, and board review preparation through multiple-choice questions.

"The Intensive Course experience really had a huge impact on how I should think as a geriatrician, and as a result I can better treat and manage my patients," said first year geriatric fellow Dr. Chielo Ogbogu, MD.

Liv Rusdal, PharmD, agrees with Dr. Ogbogu's sentiments. Since 2000, Dr. Rusdal has traveled from Norway each year to attend the Intensive Course. She looks forward to the conference every year as UCLA has the national and international reputation for excellence in geriatric education, research, and clinical care. What keeps her returning is the fascinating updated information she receives from renowned medical and pharmacy faculty who have made important discoveries leading to



Award recipient Harvey Jay Cohen receives the David H. Solomon award from David H. Solomon (left) and Course Director Cathy A. Alessi (right).



Arthur Cherkin Memorial Award recipient Lennart Mucke with Course Director Cathy A. Alessi.

improving the health of older persons. When asked about recommendations on how to improve the course, Dr. Rusdal responded, "I would not change a thing at all! Bring back all the lecturers again next year."

The 24th Annual Intensive Course in Geriatric Medicine and Pharmacy, and Board Review will be held September 26-29, 2007.

## UCLA's Center on Aging Hosts 11th Annual Research on Aging Conference

The UCLA Center on Aging presented the latest findings on age-related research at the 11th Annual Research on Aging Conference held June 20 at UCLA's Faculty Center. More than 200 people attended including faculty, students, fellows, and community donors. Fifty-three posters were presented in the fields of basic science, clinical neuroscience, clinical geriatrics, social science, and education. Research related to Alzheimer's disease, nutrition, estrogen, depression, arthritis, dementia and much more was presented. George M. Martin, MD, was

the keynote speaker of the event and presented a talk on "Classes of Gene Action that Escape the Force of Natural Selection". Dr. Martin is a professor of Pathology at the University of Washington and was a visiting scholar at the UCLA Molecular Biology Institute.

The event was sponsored by the UCLA Center on Aging and UCLA Division of Geriatrics. Co-sponsors included the ADC, AGRC and CGEC. For more information on the Center on Aging, call 310.794.0676.

## The Borun Center Searches For A New Director

The Division of Geriatrics of the Department of Medicine at UCLA is conducting a search for a faculty member to assume the Anna and Harry Borun Chair in Geriatrics/Gerontology. This position was previously held by Jack Schnelle, PhD, who recently moved to Vanderbilt University. This position is at the tenured Associate or Full Professor level and also serves as Director of the Borun Center for Gerontological Research. The position requires a Ph.D. and/or M.D. degree and a strong track record in applied research to improve the quality of life of frail older persons. The research program may focus on public policy, health care systems, health care institutions, providers and/or older persons. Candidates must have demonstrated ability to organize, lead, and oversee multidisciplinary research programs.

Please send a cover letter and CV by November 30, 2006 to:

**Alison A. Moore, MD, MPH**  
Chair, Geriatrics/Gerontology  
Search Committee

UCLA Department of Medicine  
Division of Geriatrics  
10945 Le Conte Ave, Suite 2339  
Los Angeles, CA 90095-1687

Email: [aamoore@mednet.ucla.edu](mailto:aamoore@mednet.ucla.edu)  
Phone 310.825.8253  
Fax 310.794.2199

UCLA is an equal opportunity employer. Women and minorities are encouraged to apply.

## The California Geriatric Education Center

### *Training of Trainer: Community Based Care of the Elderly*

This spring the California Geriatric Education Center (CGEC) offered a Training of the Trainer (ToT) course for community-based professionals in the San Joaquin Valley covering adult learning principles, normal aging, dementia, and legal and ethical issues of elder abuse. The "Training of Trainer: Community Based Care of the Elderly" course attracted 40 participants from four counties, Madera, Fresno, Kings, and Tulare Counties. Within the 4-day program organized by CGEC consortia partner UCSF/Fresno's Alzheimer's and Memory Center, a unique day of sessions on "Exploring the Interface of Legal and Ethical Issues in the Care of the Elderly" attracted an additional 18 attorneys, paralegals, and Adult Protective Service (APS) professionals.

Elder Law attorneys in this region are few, and the planning committee was innovative and proactive in reaching out to the legal community. The CGEC & UCSF/Fresno partnered with Central California Legal Services to provide State Bar Association accreditation for the legal community's continuing education. Additionally, POST certification (Police Offi-

cer's Standards in Training) allowed 5 police officers from 2 counties to attend the program.

The program was widely praised by participants, some of whom had been nervous about presenting topics of their own design. Two Sheriff's Deputies developed a strong presentation on elder abuse for delivery to other police agencies, and had presented twice before the end of the program. Additionally, they reproduced an old (1991) Alzheimer's Association brochure for law enforcement on how to approach and understand someone with dementia, and distributed it across the counties. Overall, this program not only increased knowledge about aging, but also strengthened relationships across county boundaries and facilitated case management and resource referral. With its ToT approach, the course also assisted the development of key targeted training materials. The 'ripple effect' of teaching others with these products extends the program's impact well beyond the immediate audience.

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## Faculty News

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The Veterans Administration Health Services Research and Development recently funded **Dr. Cathy Alessi** on a Merit Review proposal entitled: “Nonpharmacological Interventions on Sleep in Post-Acute Rehabilitation”. This 3-year trial builds on prior descriptive work by Dr. Alessi’s research team, who will now perform a randomized controlled trial to test whether a multicomponent, nonpharmacological intervention improves sleep/wake patterns and functional recovery among a large sample of older veterans undergoing post-acute rehabilitation. The long-term objective of this line of research is to identify ways to improve care for older veterans undergoing post-acute rehabilitation in order to improve their well-being, function and quality of life.

**Dr. Deborah Kado** has been awarded a UC Cancer Research Coordinating Committee (CRCC) grant: “A Common Functional Genetic Polymorphism, Folate Status, DNA Methylation, and Risk of Breast Cancer”. The goal of this project is to investigate the association between serum homocysteine, its related B vitamins (including folate), a related common functional genetic polymorphism, DNA hypomethylation status, and the risk of breast cancer in older women.

**Dr. Perry Hu** received an RO3 award from the NIA for a project studying the “Relations between Progesterone Levels and Inflammation in Postmenopausal Women”. The major goals of this study are to analyze data from Postmenopausal Estrogen Progesterone Intervention (PEPI) randomized clinical trial to investigate how serum levels of progesterone are related to inflammatory markers and influence the associations between inflammation and other cardiac risk factors.

**Dr. Janet Frank**, MPGGM Assistant Director for Academic Programs and Director of the California Geriatric Education Center (CGEC) was recently awarded a 3-year grant from the U.S. Department of Education Funds for Improving Post-Secondary Education (FIPSE) titled “A Systems Response to Improving Education on Aging in California.”

The John A. Hartford Foundation Center of Excellence (CoE) received a third renewal of its Hartford grant through June 2011. The PI for this project is

**Dr. David Reuben**. In addition to its current strategy, the UCLA CoE intends to build upon and leverage its existing institutional and extramural resources to support the development of faculty whose research, teaching, and service

will help ensure that the nation meets the health care needs of older persons. It will accomplish its goal through six methods:

- Support of medical student activities including the Geriatric Medical Student Interest Group and the student summer research program.
- Stipend, tuition, and leadership training support of advanced geriatrics fellows, including those who are in combined geriatrics-subspecialty training programs.
- Salary support of junior clinician-scientist geriatrics faculty to provide protected time for career development.
- An augmented mentoring program for junior faculty in geriatric medicine and other disciplines.
- Pilot-equivalent support for junior faculty in geriatrics and other disciplines focusing on aging
- Infrastructure support to facilitate junior faculty grant submissions and post-award grant management.

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## New MPGGM Staff and Faculty

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**Catherine Flores** joined the MPGGM fulltime as an administrative assistant supporting the Division’s administrative office. She received her BA in political science from the University of Southern California.

**Anne Hu** joined the MPGGM as Program Coordinator for the Donald W. Reynolds FD~AGE Program at UCLA in October 2006. In May 2006, Ms. Hu received her MPH degree from California State University, Northridge.

**Rebecca Saia** joined the MPGGM as a research associate working with Dr. Dan Osterweil on the Money Follows the Person project. She received her BS degree in both Business Management and Business Law from California State University, Northridge.

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## Other Faculty News

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**James W. Davis, MD**, received Outstanding Leadership Award for 25 years of service from WISE Seniors Services in Santa Monica

United Press International reported September 21, 2006 on research led by **Tara Gruenewald, PhD**, assistant professor of geriatrics, finding that certain combinations of biomarkers can predict death in adults 70 and older. More information on this research entitled “Statistics Found Biomedically Effective” can be found at <http://www.upi.com/NewsTrack/view.php?StoryID=20060921-044516-6383r>

**Lillian Min, MD** received an award under the NIH Clinical Research Loan Repayment Program for her proposal “Does Better Overall Quality of Care of Older Ambulatory Care Patients Result in Decreased Mortality and Functional Decline?” The NIH program is designed to attract health professionals into careers in clinical research. The award was based upon a competitive review of research proposals and will repay half of Dr. Min’s student loans over the next two years. Additional information on the program is available at <http://www.lrp.nih.gov/about/lrp-clinical.htm>

## Innovative Cross-System Gerontology Education Program Funded

The California Geriatric Education Center (CGEC) was awarded a 3-year grant from the U.S. Department of Education Funds for Improving Post-Secondary Education (FIPSE) program. Janet C. Frank, CGEC Director, states that the project, “*A Systems Response to Improving Education on Aging in California,*” addresses two national challenges to higher education: the need to educate an ethnically and culturally representative

workforce and the need to prepare health and social service providers to supply quality services and care to older adults. Our project intersects these two issues to improve the quality, accessibility, retention, and sustainability of higher education programs in gerontology and related health and social service disciplines”. This grant provides important infrastructure support for statewide efforts and involves long-standing CGEC

collaborative partners, including Ventura City College, CSU Northridge, Allan Hancock College, and CSU Channel Islands. The California Council on Gerontology and Geriatrics (CCGG), a statewide professional organization, will serve as the project’s steering committee and Goodman Research Group in Boston are the program evaluators. The project will launch January 1, 2007.

## VA-UCLA Geriatric Medicine Fellowship Program

The VA-UCLA Geriatric Medicine Fellowship Program has been named the best geriatrics fellowship in the country according to US News and World Report (America’s Best Graduate Schools 2006). For the first time, UCLA has ranked #1 in geriatrics post graduate training. For many years, UCLA has ranked #1 for best hospital for geriatrics care, but this is the first time the training program has received top honors. Credit goes to the hard work of our great faculty and the support from the entire Multicampus family.

The program continues to maintain high quality applicants who are often recruited to excellent positions. Our 2005 - 2006 graduating fellows took positions at Kaiser Permanente in both Folsom and Santa Clara, California. One went to private practice in Santa Monica and one took a faculty position in the UCLA Center for East-West Medicine. Two of our fellows have entered advanced training in geriatrics, one in the VA Advanced Geriatrics Fellowship and one in the Reynolds Advanced Fellowship program.

Our 2006-2007 fellowship class began in July with eight fellows. As part of the curriculum this year each fellow has the opportunity to give a community lecture at the Salvation Army Silvercrest Residence in Santa Monica. The variety of



*Left to right:* Lucia Dattoma MD, Parag Patel MD, Ali Makki DMD (2nd year BHPPr Dentistry), Maristela Baruiz MD, Esfandiar Nasr MD, Bolanle Oyeyipo MD, Namirah Jamshed MD.  
*In front:* Miriam Schwartz MD.

*Missing:* Chinelo Ogbogu MD, Susan Jung MD (2nd year BHPPr Medicine)

geriatric topics of these community lectures is very well received.

The program continues to support a wide range of learning opportunities. Weekly core lecture series and research seminars are held every Thursday afternoon from 3 – 5 pm at the West LA VA Medical Center, Building 500, room

3434 and all trainees and faculty are welcome to attend. Monthly schedules are available from the program coordinator, Robin Catino, at [rcatino@mednet.ucla.edu](mailto:rcatino@mednet.ucla.edu) or call 310.825.8253.

# 2006 - 2007 Calendar of Events

NOVEMBER 16, 2006

**Resource Center for Minority Aging Research Pre-Conference Workshop: Scientific and Professional Writing Skills Workshop for Junior Faculty in Minority Aging Research**

Gerontological Society of America's 59th Annual  
Scientific Meeting  
Adam's Mark Hotel  
Dallas, TX

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NOVEMBER 19, 2006

**Resource Center for Minority Aging Research Symposium:  
RCMAR Community Partnerships to Improve Diabetes Care and Outcomes of Minority Elders**

Gerontological Society of America's 59th Annual  
Scientific Meeting  
Adam's Mark Hotel  
Dallas, TX

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NOVEMBER 28, 2006

**Social Work Colloquium: Alzheimer Disease Diagnosis and Treatment and the Social Work Role**  
UCLA

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FEBRUARY 21-23, 2007

**Donald W. Reynolds FD~AGE Mini-Fellowship Program**

Los Angeles, CA

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MARCH 23-24, 2007

**Geriatric Medicine Leadership Training**

Hilton Long Beach Hotel  
Long Beach, CA

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APRIL 20, 2007

**California Council on Gerontology and Geriatrics (CCGG) 2007 Annual Meeting**

Long Beach, CA

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JUNE 8, 2007

**Dementia Research Advances: Risk Reduction through Physical Activity and Vascular Health**

Andrus Gerontology Center  
University of Southern California  
Los Angeles, CA

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JUNE 20-22, 2007

**Donald W. Reynolds FD~AGE Mini-Fellowship Program**

Los Angeles, CA

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JUNE 22-24, 2007

**California Association of Long Term Care Medicine (CALTCM)**

2007 Annual Meeting  
Long Beach Marriott Hotel  
Long Beach, CA

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SEPTEMBER 26-29, 2007

**The 24th Annual Intensive Course in Geriatric Medicine and Pharmacy Intensive Course**

Marina del Rey Marriott Hotel  
Marina del Rey, CA

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For more information please call **310.312.0531** or visit **[www.geronet.ucla.edu](http://www.geronet.ucla.edu)**

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