

RESILIENCE & HEALTHY AGING SYMPOSIUM

Speaker Bios



John M. Carethers, MD

John M. Carethers, MD is the Vice Chancellor for Health Sciences at UC San Diego. As Vice Chancellor, he oversees UC San Diego Health along with the School of Medicine, School of Public Health and School of Pharmaceutical Sciences to integrate, grow, and expand the missions of clinical excellence, education, discovery, and community engagement. Dr. Carethers is a trained gastroenterologist and physician-scientist who focuses his research in the area of hereditary colon cancer genetics and colon cancer disparities. He was

the founding Director of the NIH-funded UCSD Gastroenterology Center grant, and was the director of the gastroenterology T32 training grant. His laboratory research continues to be funded by the NIH. Dr. Carethers has interests in colorectal cancer disparities as it relates to genetics and outcomes. He has published over 250 manuscripts and book chapters. He served as Senior Associate Editor for Gastroenterology, the highest impact GI journal. He completed a 2-year appointment on the National Commission for Digestive Diseases, a U.S. Congressional Commission after his appointment by Elias Zerhouni, MD, then Director of the NIH. He currently serves on the National Diabetes and Digestive and Kidney Diseases Council. He was elected a member of the American Society for Clinical Investigation and elected a member and past President of the American Association of Physicians (AAP). He was elected a member of the American Academy of Arts & Sciences in 2016 and the National Academy of Medicine in 2012. He received the Robert H. Williams Distinguished Chair Award from the Association of Professors of Medicine in 2019, was the Jane Cooke Wright Memorial Lecturer for the American Association for Cancer Research in 2019, and received the 2020 Harriet P. Dustan Award for Science in Medicine from the American College of Physicians.



Alison A. Moore, MD, MPH, FACP, AGSF

Alison A. Moore, MD, MPH, FACP, AGSF is a nationally-recognized leader in academic clinical geriatrics and aging research. She is Professor and Chief of the Division of Geriatrics, Gerontology and Palliative Care at UC San Diego, and Director of The Sam and Rose Stein Institute for Research on Aging / UC San Diego Center for Healthy Aging. She also holds the Larry L. Hillblom Chair in Geriatric Medicine. She is a geriatrician who provides primary and consultative care to older adults and a public health researcher whose work

focuses principally on older adults and their use of alcohol and cannabis. She also has interests in healthy aging, gerontechnology to support independence, health equity, dementia, and aging with HIV.

Just recently announced, she has been elected as the President-elect of the American Geriatrics Society, and the honor of serving in this role will provide a great opportunity to make a profound impact on the future of geriatric care! Dr. Moore also has a passion for mentorship. Along with leading the San Diego Alzheimer's Disease Resource Center for Minority Aging Research (AD-RCMAR), Dr. Moore is also a member of the NIA-funded Clinician-Scientists Transdisciplinary Aging Research (Clin-STAR) Mentoring and Career Development Core, was the lead of their DEIA Task Force, and is also a member of the NIA-funded Research Centers Collaborative Network (RCCN) Executive Committee.



Anthony J.A. Molina, PhD

Anthony Molina, PhD, is a Professor of Medicine at UC San Diego and serves as the Research Chief in the Division of Geriatrics, Gerontology, and Palliative Care. In 2022, he was appointed Scientific Director for the Stein Institute for Research on Aging and the UC San Diego Center for Healthy Aging. In this role, he oversees a diverse portfolio of aging-related research programs. He serves as the Principal Investigator for the Successful AGing Evaluation (SAGE) study, a prospective longitudinal cohort study that has enrolled over 2000

adults across San Diego County. The SAGE study aims to identify factors that influence trajectories of healthy longevity. He also provides research leadership for a unique "Living Laboratory" that is located in Belmont Village, a San Diego senior living community. In addition to enabling research in real world environments, the Living Lab allows scientists to partner with residents in the design and conduct of studies focused on improving care for older adults. The overarching goal of Dr. Molina's research team is to advance evidence-based interventions for promoting healthy longevity and to improve precision healthcare for older adults. His team is leading efforts to: 1) understand the factors driving the cognitive and physical abilities of older adults, 2) develop improved diagnostic and prognostic tools, 3) identify and test strategies for promoting human resilience, and 4) create resources to support aging research. are responsible for converting nutrients into the chemical energy needed to maintain optimal health at the cellular level. His team has made major contributions to our understanding of the role of mitochondria in aging and various age related diseases and conditions, such as dementia, frailty, and heart failure. Ongoing studies are examining the drivers of mitochondrial health and the role of mitochondria in interventions designed to promote healthy longevity. Recent studies launched by Dr. Molina's team are applying cutting-edge multi-omic approaches to understand the factors underlying lifelong and dynamic resilience among older adults, and applying them in real world clinical settings. Understanding the drivers of human resilience is a critical step towards our shared goal of maximizing healthy longevity.



Heather E. Whitson, MD, MHS

Dr. Whitson's research is focused on improving care options and resilience for people with multiple chronic conditions. In particular, she has interest and expertise related to the link between age-related changes in the eye and brain (e.g., How does late-life vision loss impact the aging brain or cognitive outcomes? Is Alzheimer's disease associated with distinctive changes in the retina, and could such changes help diagnose Alzheimer's disease early in its course?). Dr. Whitson leads a collaborative Alzheimer's Disease initiative that

brings together investigators from Duke University and the University of North Carolina (UNC) at Chapel Hill, with a bold vision to transform dementia research and care across Eastern North Carolina. Dr. Whitson is also interested in improving health services to better meet the needs of medically complex patients. Within the Duke Aging Center, she leads research efforts aimed at promoting resilience to late-life stressors (e.g., surgery, sensory loss, infection). She has developed a novel rehabilitation model for people with co-existing vision and cognitive deficits, and she is part of a interdisciplinary team seeking to improve peri-operative outcomes for frail or at-risk seniors who must undergo surgery. As a co-leader of a national resilience collaborative, she seeks to better understand the biological and psychological factors that determine how well we "bounce back" after health stressors.



Maile Young Karris, MD

Maile Young Karris, MD, is a board-certified infectious disease physician who specializes in caring for individuals with HIV. She is a part of UC San Diego Health's Owen Clinic, one of the nation's outstanding primary care centers for HIV positive men and women. Her clinical practice includes caring for individuals newly diagnosed with HIV and helping individuals living with HIV age successfully. Dr. Karris has expertise in non-HIV associated infections in individuals with HIV and in preventing HIV infection (pre-exposure phylaxis

or PrEP). Her research focuses on understanding the barriers and facilitators that contribute to poor HIV linkage and retention; the biology and delivery of PrEP for HIV prevention; the impact of inflammation and other factors on HIV clinical outcomes, and care models for adults with HIV who are aging. She is an active HIV researcher and member of the UC San Diego Center for AIDS Research. As an associate professor in the Department of Medicine, she also participates in mentoring and educating internal medicine residents and infectious disease fellows. Dr. Karris completed a fellowship in infectious disease at UC San Diego School of Medicine and a residency in internal medicine at Oregon Health & Science University in Portland, Ore. She earned her medical degree from University of

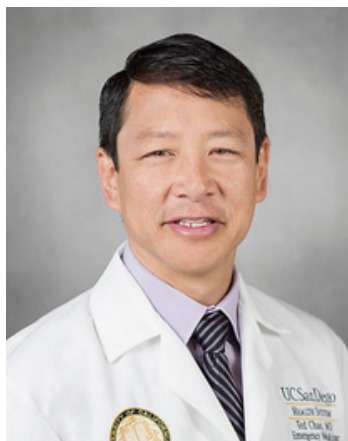
Hawaii at Manoa, John A. Burns School of Medicine in Honolulu. She is board certified in internal medicine and infectious disease. Dr. Karris is a member of the Infectious Diseases Society of America and Women Give San Diego, a group that funds non-profit organizations in San Diego County to provide underserved women and girls with opportunities to enhance their participation the local economy.



Ryan J. Moran, MD, MPH

Dr. Ryan Moran is an Associate Clinical Professor in the Department of Medicine and in the Herbert Wertheim School of Public Health. He is a member of the Center for Wireless and Population Health Systems, and Medical Director for the Exercise and Physical Activity Resource Center (EPARC), a state-of-science exercise physiology and measurement lab located on UC San Diego campus. He is an active clinician seeing primary care adult medicine patients, and an active researcher bridging across domains including

aging resilience in older adults and fall prevention. In this capacity he has worked to bridge cutting edge approaches to bring fall prevention science to patients in novel settings.



Theodore Chan, MD, FACEP, FAAEM

Dr. Ted Chan is Professor and Chair of the Department of Emergency Medicine at UC San Diego. He completed both medical school and an internship in Internal Medicine at the University of California, San Francisco Medical Center. Prior to that time, Dr. Chan had worked in Washington, DC in the Office of the Assistant Surgeon General, and in the state capitol at the California State Senate. He completed his training in Emergency Medicine at UCSD in 1996 where he served as chief resident in his final year. Dr. Chan

joined the faculty in July 1996 and is board certified in Emergency Medicine. His research interests include ED crowding and efficiency, informatics in health care, and tactical, disaster and prehospital medicine. Dr. Chan is active in health policy initiatives in at the national, state, and regional level, and has worked with a number of community health, law enforcement, and state/federal agencies. His work has been supported by research grants from the NIH, HRSA, NSF, US Dept of Justice, Robert Wood Johnson Foundation and West Health. Dr. Chan has focused on the issue of emergency care for the growing geriatric population in this country. Dr. Chan is editor of the Cardiology section of the Journal of Emergency Medicine; and has authored and edited 3 textbooks: Atlas of Emergency Procedures, ECG in Emergency Medicine and Acute Care, and Sudden Deaths in Custody.



Gail Levine

Gail Levine is a retired educator with over 30 years of experience as a teacher and administrator. A proud grandmother of six, she stays active with weekly workouts, gardening, and reading. Gail also volunteers with local and national organizations and is partnering with her daughter to open their own bookstore this fall.



John C. Newman, MD, PhD

Dr. Newman is a geriatrician, basic science researcher, and educator at the Buck Institute for Research on Aging and in the Division of Geriatrics at UCSF. As a physician-scientist, Dr. Newman hopes to translate what we are learning of the pathways that control fundamental mechanisms of aging into therapies that will improve the health and preserve the independence of older adults. His research work as an Assistant Professor at the Buck Institute, in sunny Novato, focuses on how ketone bodies, small molecules

that our bodies make for energy when we fast or exercise, also act as molecular signals to control inflammation and gene expression. The signaling functions of ketone bodies may be translational targets for protecting cognition and improving resilience in older adults. This is one example how environmental cues like diet and fasting signal through small metabolites in our cells to regulate the genes and pathways that in turn control aging. Dr. Newman is particularly interested in testing if harnessing these signals can protect older adults from the risks of hospitalization like delirium and functional decline. Dr. Newman attends on the inpatient medicine service and the acute care of elders unit at the San Francisco VA Medical Center, with a clinical focus on delirium and functional decline. He teaches students, residents, and fellows about geriatric clinical problems, as well as about the biology of aging and emerging translational science in geriatrics. He works as a part of the national Geroscience Network to develop frameworks and resources for testing interventions that target fundamental mechanisms of aging in clinical trials. He seeks to bridge the community of basic scientists that study aging to geriatricians and other clinicians who study the clinical problems of aging in order to develop innovative translational therapies. Dr. Newman completed an MD/PhD at the University of Washington in Seattle, then residency training in Internal Medicine and a fellowship in Geriatrics at UCSF before joining the faculty in 2014. He joined the faculty of the Buck Institute in 2018. Dr. Newman is a 2014 Beeson Scholar from the National Institute on Aging and the American Federation of Aging Research. His work has also been supported by generous funding from the Larry L. Hillblom Foundation and the Glenn Foundation for Medical Research.



Elizabeth W. Twamley, PhD

Dr. Twamley is a neuropsychologist and a Professor of Psychiatry at UC San Diego. Much of her work is based at the VA San Diego Healthcare System, where she is a VA Rehabilitation Research and Development Research Career Scientist and the Director of the Clinical Research Unit of the Center of Excellence for Stress and Mental Health. Dr. Twamley's research has focused on cognitive training and other interventions to improve real-world functioning for individuals with mild cognitive impairment, psychiatric condi-

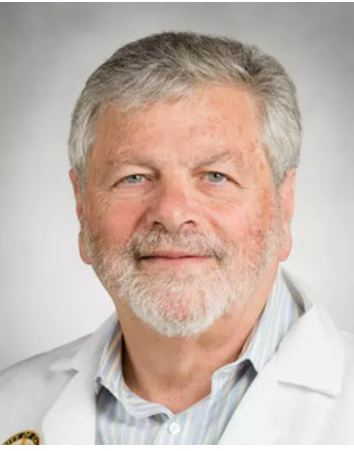
tions, traumatic brain injuries, and other cognitive impairments. She has developed and evaluated Compensatory Cognitive Training (CCT) and Cognitive Symptom Management and Rehabilitation Therapy (CogSMART) with funding from NIH, VA, DoD, NSF, BBRF/NARSAD, and UC San Diego grants. These treatment manuals and other clinical materials are available at no charge on her website, www.cogsmart.com.



Ellen E. Lee, MD

Ellen E. Lee, MD is the Estelle and Edgar Levi Memorial Chair in Aging, Associate Professor, and Division Chief of Geriatric Psychiatry at the University of California San Diego and Staff Psychiatrist at the VA San Diego Healthcare System. She is Board-certified in Psychiatry and Geriatric Psychiatry. She completed her medical degree at Cleveland Clinic Lerner College of Medicine at Case Western Reserve University, research fellowship at National Institutes of Health, residency in general psychiatry at University

of Maryland / Sheppard Pratt Hospital, and clinical fellowship in geriatric psychiatry at UC San Diego. Dr. Lee's research focuses on biological and psychosocial aging in persons with schizophrenia and healthy aging populations, examining relationships between aging, sleep disturbances, cognition, loneliness, and metabolic health. Her research is funded by grants from the National Institute of Mental Health, the Brain & Behavior Research Foundation, American Psychiatric Association, Altman Clinical and Translational Research Institute, and Desert-Pacific Mental Illness Research, Education and Clinical Center.



Sidney Zisook, MD

Sidney Zisook, M.D. is a University of California San Diego (UCSD) Distinguished Professor Emeritus of Psychiatry. He completed medical school at the St. Louis School of Medicine, residency at Massachusetts General Hospital and a clinical fellowship in psychiatry at Harvard University. As co-founder of the San Diego Chapter of American Foundation for Suicide Prevention (AFSP) in 2007, he launched and co-led a healthcare team suicide prevention program, the Healer Education, Assessment and Referral (HEAR)

program, for the UC San Diego medical school and health science community. He also was the founding director of the UCSD Physician Peer Support Program and serves on the Scientific Council of the American Foundation for Suicide Prevention, Scientific Advisory Board of the Depression and Bipolar Support Alliance, Board of Directors of the American College of Psychiatry. Dr. Zisook's academic interests include grief and bereavement, treatment resistant depression, suicide prevention with a special emphasis on healthcare workforce suicide prevention, and psychiatric education. He has published over 400 scientific articles, chapters and books in these areas.



Marti E. Kranzberg

Holistic health studies were a driving force in Marti's education after a "lifetime" of pursuing theatre arts throughout her college years. Faced with family members' challenges with rare, complex, and terminal diseases, she turned her focus to "body, mind and spirit" to earn a degree in Whole Person Health (with an emphasis in Movement) from Webster University. The actual degree preceded the holistic health movement, as there was no such formal field of study in the 1970s. Relocating from her hometown of St. Louis to

Southern California in order to learn from "new age" practitioners and work as a movement therapist in "granola country, land of fruit, flakes and nuts," she was warned "Don't join any cults!" As a single woman without children, Marti has pursued varying entrepreneurial careers, including representing artists and managing a gallery space, advertising/marketing, and public relations, video & radio production, and a career as a voiceover artist, all while pursuing studies in longevity, and quality of life issues. Driven by an innate sense of asking "How can I help?", Marti has ensconced herself in many volunteer activities including various cultural arts, palliative care, and urban livability concerns. She maintains in constant pursuit of oxytocin, serotonin, and endorphin-releasing activities.



Fadel Zeidan, PhD

Dr. Fadel Zeidan is a Professor in the Department of Anesthesiology in the Center of Pain Medicine and is Director of the Pain Health and Mindfulness Laboratory. He is also the inaugural Endowed Professor of UC San Diego's Sanford Institute for Empathy and Compassion and Co-Founder and Director of Neuroscience at the UC San Diego Center for Psychedelic Research. His research is focused on determining the active mechanisms that mediate the relationship between self-regulatory practices and health. In particular,

Fadel's research examines the neural mechanisms supporting the modulation of pain and health by mindfulness meditation and placebo. He is also dedicated to understanding how psychedelics like psilocybin, DMT and cannabis impact pain-related behavioral and neural processes. His research program has recently expanded to appreciate how empathy and compassion can be cultivated through self-regulatory practices and psychedelic therapies.



Erin E. Sundermann, PhD

Erin Sundermann is a cognitive neuroscientist and an Associate Professor of Psychiatry at University of California, San Diego. Her doctoral level training was in the role of sex hormones on cognition, mood, and brain function in women, and she brings this expertise to her current research program that examines sex differences in Alzheimer's disease as a window into disease discovery for all. Her research uses a lifespan approach to investigate how lifetime sex differences in brain function and female-specific reproductive

factors, such as menopause, oral contraceptive and hormone therapy, influence later life brain health and dementia risk. She leads multiple NIH grants focused on improving our understanding of the higher prevalence of Alzheimer's disease in women and serves on the Board of Directors of the Organization for the Study of Sex Differences.



Raeanne C. Moore, PhD

Dr. Raeanne Moore is a licensed Clinical Neuropsychologist, Professor of Psychiatry at UCSD, and a leader in digital cognitive health. As Director of UCSD's Mental Health Technology Center (MHTech), she's driving innovation at the intersection of technology and brain health. Her work is improving our understanding and management of cognitive disorders, particularly in aging and psychiatric populations. By extending research beyond traditional clinical settings, Dr. Moore's work is uncovering new insights into cognitive and emo-

tional function in daily life. Dr. Moore's innovations include NeuroUX, an NIMH-funded ecological momentary cognitive testing system, enabling real-world cognitive assessments. Her research leverages advanced digital phenotyping methods and AI to deliver personalized, data-driven insights into brain health and help better quantify treatment response. Her leadership in the field is significantly advancing personalized mental health care and cognitive assessment techniques, paving the way for more effective interventions and improved quality of life for individuals with cognitive disorders.



Carolyn Dunmore

Hi, I'm Carolyn! I'm a native San Diegan who grew up in the foster care system. I received my education through the San Diego Unified School District from kindergarten through some college achievements. I am a divorced mother of (4) four daughters, ages 58 yrs, 55 yrs, 51 yrs, 36 yrs, (birth-3 and adopted-1). I am a grandmother of (4) four, (2) beautiful and (2) handsome grandchildren. My skills and passion for the clerical field led me into the field of Business Administration where I worked for over 40 years in various posi-

tions, ending a 25-year career with San Diego Metropolitan Transit System as an ADA Transit Operation Specialist where I assisted our community of Americans with Disabilities with transportation issues at hand. I am currently the president of the George D. McKinney Retirement Center Tenants Association where I reside. I started out as secretary and three months in I became the facilitator, until election time when I was voted in as president and I've just celebrated my first year. This is the place where I get most of my activities, varying from exercise classes, bingo, karaoke, our infamous monthly meeting and birthday celebrations, plus any other type of activity that we can come up with. I have the gift of help and it has been rewarding. My hobbies include (but not limited to) cooking, sewing, crocheting, painting, dancing, reading, games, crafts and learning so much more of whatever...I love God and I love my church family.



Danielle K. Glorioso, LCSW

Danielle Glorioso is the Executive Director of The Sam and Rose Stein Institute for Research on Aging and the UC San Diego Center for Healthy Aging. She is a Licensed Clinical Social Worker with extensive experience in aging, community health, and clinical research, and has been a member of the UC San Diego Division of Geriatric Psychiatry since 2001. Ms. Glorioso provides leadership and direct oversight of the Stein Institute and Center for Healthy Aging operations, including strategic planning, organizational

development, community outreach, training, philanthropy, communications and marketing. As a certified Prolonged Grief Disorder Therapist specializing in manualized interventions, one of her major accomplishments includes creating and leading the research development of a licensed, evidence-based six-week program designed to enhance resilience, compassion, and self-compassion among older adults. The "Raise Your Resilience" program intervention, which has undergone nearly a decade of research, has been tested and validated in various community settings, including among older adults in group and individual settings. Through her work, Danielle has made significant contributions to improving the mental health and well-being of older adults.

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