Our goal is to create a world in which older adults enjoy the highest level of well-being, through innovative science, interprofessional collaborations, and community partnerships. Our work seeks to transform the care of older adults in San Diego and beyond and improve their quality of life. Your support enables us to fund innovative pilot projects, create multi-professional local and global working groups, conduct important community projects, and host conferences and educational events for those in professional fields, as well as the public. Here are some examples of our projects:

- Training for students and health-care professionals
- Research on technology for older adults
- Intergenerational housing and activities
- Making San Diego more age friendly

Mają Gawronska

BY MAJA GAWRONSKA, MA

On a Friday morning, students arrive on the UC San Diego campus to see a functional magnetic resonance imaging (fMRI) machine and learn about changes in the brain with age, along with the various types of dementia. Another afternoon, these same students experience firsthand what it is like to be visually impaired, have stiff joints and hearing loss, and its impact on being able to perform basic activities, such as reading a nutrition label, writing a check, and looking up a phone number. One morning, these same students talk with faculty to discuss career options in aging and the possibilities of choosing a research career in geriatrics. Another day, they are off to visit Senior Behavioral Health, an inpatient program at UC San Diego designed to treat and care for people sixty-five and older with mental health concerns related to aging, chronic health problems, loss of loved ones, or other stress-ful life events. In addition to these various activities, these medical students from all over the country work alongside a faculty member on a research project deciphering different aspects of aging.

This is a snapshot of some of the many activities a participant of the Medical Student Training in Aging Research (MSTAR) Program at UC San Diego takes as a future geriatrician. With an insufficient number of specialists in aging and geriatric medicine, along with the need for more individuals to pursue research careers, the MSTAR Program is one step being taken to address this shortage.

Medical students come from all over the country to learn more about aging from our faculty members. This year’s research projects are vast and include topics such as physical activity, aging with a serious mental illness, cannabis and its effect on older adults, improving cognition after cancer, gender difference in sleep, and characteristics of patients presenting to emergency departments for a fall-related complaint.

Some students work in a clinic, others in vet labs like Stephen Macasac (pictured on pg. 2). Stephen came to San Diego from Hawaii, where he attends The John A. Burns School of Medicine at the University of Hawaii at Mānoa. He spent his summer exploring the lipid elongation enzyme, ELOVL2, as molecular regulator of aging thanks to his mentor Dorota Skowronska-Krawczyk, PhD, assistant professor at the Department of Ophthalmology.

“The MSTAR Program is an incredibly valuable program for both students and mentors. It is a great satisfaction to observe students gain the confidence and skills needed to become future scientists in such an important field,” said Dr. Skowronska-Krawczyk.

This was the fifteenth year of the MSTAR Program at UC San Diego. Many of our past trainees from the first cohorts continue training as geriatricians and geriatric psychiatrists. We look forward to following this year’s students over time to see just where they end up on their career path.
This Month’s Successful Ager: A Conversation with Rosemary du Aime

BY JANE SAWYER

Rosemary du Aime is a youthful ninety-two-year-old lady who divides her time between Solana Beach, California, and Paris, France. In Solana Beach, she swims a half hour in the mornings; takes weekly Spanish, French, and Italian classes at the library; studies yoga and exercise classes at a church; drives herself to the symphony and opera; and attends speaker and social events with a newcomer’s club. She reads at least two-three library books a week and her well-planned monthly calendar induces her varied interests, but “always,” she says, “allows her to meet new people, which is a necessity in later years.”

Vitality springs from Rosemary’s five-foot, five-inch frame, and during her senior year theater production at Saint Monica’s High School, she caught the attention of Paramount Studios Director, John Farrow, (father of Mia). After graduation, she signed a two-year contract to study theater and drama and screen test for the studio. While the movie star career was never to be, she had wisely coenrolled at UCLA never to be, she had wisely coenrolled at UCLA ping thirty-two dollars a semester tuition leading to the symphony and emotional wounds from WWII, gained rec

“With a life that arcs between the arts, literature, lifelong learning, and family, Rosemary brings her positive attitude, warmth, and light into any room.”

Life was evenly punctuated by Rosemary’s and her children’s school schedules and long summer vacations. The predictability of each school year and Rosemary’s steady attention to what was good for her family and her husband’s strengths, steadied their course as her husband, who had survived disabling physical and emotional wounds from WWII, gained recognition, painting primarily in the Latin Quarter and then as an internationally known novelist.

Using the pen name William Wharton, his first book, Birdy, won the American Book Award and from their houseboat, he penned an additional eleven published novels, three becoming movies and famous, especially in Poland.

As in life, the du Aimes bought an ancient mill—rented out the house—and the three children, now joined by a fourth, attended to focus on the family amid literary and film successes while trying to avoid its commercialism. There is also a website, https://wharton-duaime.wixsite.com/williamwharton/visual-biography. The family suffered tragedy in 1989, as an automobile accident took not only their oldest daughter Kate, but also her husband and two of her children—then an infant and a toddler.

Today, Rosemary’s remaining three children and their families live in Atlanta, Georgia; Prague, Croatia, and Morvan, France. With a life that arts between the arts, literature, (along learning, and family, Rosemary brings her positive attitude, warmth, and light into any room. Like the little kindergarteners she nurtured and cherished through the years, she smiles toward the future, looking for her next good time, albeit on her own now.