

Ann Pongsakul, DO

**Statement from Ann Pongsakul, DO  
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I'm currently a geriatrics fellow at UT Houston, and I've always been drawn to the big-picture questions, how we can create better systems, improve care delivery, and make aging a healthier, more dignified process for everyone. My interest in geriatrics took off during rural training in West Virginia and Arkansas, where I saw firsthand both the challenges and opportunities in caring for older adults. That experience deepened my commitment to building stronger, more compassionate systems that truly support patients and caregivers. I'm excited to bring this systems-focused mindset to the Co-Chair role and collaborate with others who are equally passionate about shaping the future of our field.

My vision is to become a medical director in long-term care, driving changes that result in better outcomes, greater dignity, and higher quality of life for older adults. I'm especially interested in the intersection of geriatrics and health technology, and how we can use data, innovation, and smart systems to improve care and reduce burden on frontline teams. Through this role, I hope to grow into that kind of leader while giving back to the community that's shaping my training.

One thing I've come to appreciate is how valuable it is to have people in your corner, peers, mentors, and communities that help you grow, stay grounded, and figure out what's next. I'd love to help other fellows build those connections through small, scheduled peer groups of three or four people who meet regularly to share challenges, hold each other accountable, and stay connected through training and early career transitions. I also hope to expand access to mentorship, organize informal conversations on topics like career direction or work-life balance, and develop a regular newsletter or community board that shares relevant news in geriatrics, highlights fellows' work, and promotes opportunities in areas like research, policy, and education. We all bring different goals and strengths to geriatrics, and I believe we're stronger when we support each other with honesty, curiosity, and intention.

A two-year term offers the time and space for us to build something that lasts. Programs, relationships, and ideas all take time to grow, but when they are built with intention, they create real and lasting impact. I'm excited about the opportunity to contribute to this kind of work and help shape a community where fellows can lead, connect, and grow together in meaningful ways.