

UCSF GeriNews

A multi-campus division

October 4th, 2024



This week we are excited to welcome **Dr. Maki Nakazato** to the UCSF Division of Geriatrics faculty starting on October 1, 2024.

She will be joining our clinician educator faculty as an attending physician in a new wing of the UCSF Center for Geriatric Care, which will be based at 1600 Divisadero for the first year and ultimately based at UCSF-St. Mary's. She also will be an attending physician at the UCSF Osher Center for Integrative Health, focusing on Aging & Geriatrics Consults and providing older adult group visits.

[Learn more](#)



Stephanie Rogers, MD, James Harrison, PhD, Sasha S. Binford, PhD, MS, RN, PHN, AGCNS-BC and team published an article "Mobility Loss in Hospitalized Adults Predicts Poor Clinical Outcomes" in the Journal of Nursing Care Quality. We are grateful to MSTAR student Jade Mulvey from Utah and CURES student Joanna Lopez for their hard work on the research team!



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Anna Chodos, MD, MPH presented on Caregivers As Partners in Care Teams (CAP-CT) as part of a panel moderated by the Administration for Community Living (ACL) at the 3rd Biennial Conference on Family Caregiving Research. The conference, held in September 2024, brought together experts on caregiving policy, research, and advocacy to highlight innovations across disciplines aiming to support family caregivers.

LISTEN TO OUR LATEST
PODCAST
EP #14



with guest: Margaret Wallhagen, PhD

www.DementiaCareAware.org/podcast
FREE CME/MOC/CAMFT & CE credit



DEMENTIA
Care ON AIR



AVAILABLE ON:
  

Episode 14 of Dementia Care on Air is now live! “The Role of Hearing on Physical and Cognitive Health” with Margaret Wallhagen, PhD, GNP-BC, AGSF, GFSA, FAAN Director, UCSF Center of Gerontological Nursing Excellence discusses the link between hearing and physical and cognitive health. This podcast covers best practices for supporting individuals with difficulty hearing including how to get them hearing aids or appropriate corrections.

Check it out on [Spotify](#), [Apple Podcast](#), [Amazon Music](#), and [YouTube](#)

Podcast listeners are eligible to receive FREE CME/MOC, CAMFT, and CE credit.



On September 28th, [Mitchel Erickson, DNP, MS, BSN, BSc, ACNP-C](#) hosted the annual [Division of Geriatrics AFED Team](#) social gathering at his home in Sonoma. The day was sunny and warm. The day included wine, Prosecco, a variety of salads and of course great conversation. This event promotes well-being and stress reduction by inviting spouses, children, and significant others to relax outside in the company of colleagues. A single photo was taken below including two of team member’s children relaxing post-swimming in the pool. Their expression is indicative of the afternoon.



Dementia Care Aware hosted a retreat with 39 attendees from organizations across the state celebrating the program's activities and successes to date. Learn more at <https://www.dementiacareaware.org/>.

GERIPAL BLOG

Geripal

Geriatrics & Palliative Care for
All Healthcare Professionals



[Images of the Dying: A Podcast with Wendy MacNaughton, Lingsheng Li, and Frank Ostaseski](#)

Visit the GeriPal Blog

GERIATRIC & PALLIATIVE MEDICINE GRAND ROUNDS



[Sharon Brangman, MD, FACP, AGSF](#), Distinguished Service Professor of Geriatrics Medicine; Department Chief of Geriatrics, Upstate University Hospital; Director of Center of Excellence for Alzheimer's Disease (CEAD); Director of University Geriatricians; Chair of Department of Geriatrics

Achieving Diversity in Clinical Trials Through Community Engagement

Weds, October 23rd, 2024
4:00 - 5:00 PM

Location: Health Sciences West Building, Room 303
(HSW-303) Enter via Medical Sciences Building at 513
Parnassus Ave

[Zoom Registration Link](#) (remote)

[View Past Grand Rounds Recordings](#)

GRATITUDE

This Gratitude section is an opportunity for us to post thank-you/gratitude messages to each other. Please email your gratitude posts to Caroline.Ziesmer@ucsf.edu to include in future newsletters.



Hello all,

The Life Stages course ended [last Friday, 9/27/2024], and the students are currently taking their exams as I write this. I heard lovely, spontaneous feedback about the course overall, how much it was enjoyed by so many in the class (including some future geriatricians!!!), and kudos for individual facilitators as well. The training in geriatrics the students received these past 2 weeks could never have happened without the entire division's generous giving of their time and expertise. By numbers, I count:

13 geri faculty who taught large group sessions - panels, home visit demonstration, lectures, 38 geri faculty who taught in small group sessions (including community geriatricians! and T32 fellows),

15 geri faculty who have contributed to curriculum development (including the previous course directors who deserve special thanks for fighting to develop and maintain this curriculum despite expanding competing curricular demands),

18 sites of care who hosted our students for the Models of Care site visits. Depending on the site, this included learning from administrators, social workers, therapists, aides, nurses, and clients/participants/patients,

3 geri faculty who will help me grade the essay style exams currently taking place,

And the geri admin team who have supported recruitment and the curriculum in myriad ways.

This is truly a community effort, and I am grateful for every one of you who sacrificed your time to help create the future clinicians we believe all older adults deserve. The saying "it takes a village" has never been truer.

Sincerely,

Kathryn Eubank, MD

GERI TWEET OF THE WEEK

“ It's Health Literacy Month! All our PREPARE materials are targeted toward the 5th grade reading level!! Discover how to plan step-by-step with our easy-to-read materials @ [PrepareForYourCare.org](https://www.prepareforyourcare.org). Let's prioritize informed decisions!

[#HealthLiteracyMonth](#) [#PlanForHealth](#)

”

- [Rebecca Sudore @prepareforcare](#)

LEARNING & DEVELOPMENT OPPORTUNITIES



Four Easy Ways to Get 'Deep Rest'

Deep rest is best achieved in prolonged practices that relax the body and quiet the mind, such as a yoga class or meditation. But you can also combat stress within seconds by embracing a few simple approaches.

[Explore the list](#)

OFFICE APPLICATION PEARL



Tech Pro-Tip: Excel – Center Across Selection

Instead of merging cells (which can cause formatting issues), you can use the "Center Across Selection" feature to achieve the same effect while maintaining the flexibility of individual cells.

[Learn more](#)

GERI COMMUNITY RESOURCE

Welcome to UCSF
Geriatrics Community
Resources



This week's Geri Community
Resource is: [Openhouse](#).

housing, services, and community for LGBTQ seniors
openhouse

[Openhouse](#) provides support for individuals looking for affordable housing in San Francisco. Their main services include Housing & ADRC Drop-in Hours, personalized one-on-one housing counseling sessions, and several housing workshops, which are hour-long presentations that introduce participants to the housing search process. These workshops cover housing availability and eligibility criteria, explore effective strategies, and share valuable resources—all in a welcoming and LGBTQ+ affirming space!

To learn more, please call 415-296-8995 or email housing@openhousesf.org.

Find Geriatrics
Community
Resources here

UPCOMING EVENTS

October 9: Geriatrics

Works in Progress

8:30 - 9:40 AM

Speaker: Dr. John
Newman

Location: Geriatrics

Conference Room, SFVA

[Zoom Link](#)

October 16: Geriatrics

Works in Progress

8:30 - 9:40 AM

Speaker: Dr. Krista Reich
and Victoria Tang

Location: Geriatrics

Conference Room, SFVA

[Zoom Link](#)

October 23: Geriatrics

Grand Rounds

4:00-5:00PM

Speaker: Sharon
Brangman MD

Location: TBD

[Zoom Registration Link](#)

EMPLOYMENT OPPORTUNITIES

**UCSF Division of
Geriatrics is
Recruiting!**

[Click here for more
details>>](#)

Current Career Opportunities:

- [Clinician Educator \(JPF05152\)](#)
- [Research Scientist \(JPF04741\)](#)
- [Harris Fishbon Distinguished Professor for Clinical Translational Research in Aging \(JPF04285\)](#)
- [Program Manager \(80838BR\)](#)



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For questions, comments, or suggestions, email GeriAdmin@ucsf.edu
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