UCSF GeriNews

A multi-campus division

March 1st, 2024







We are thrilled to announce the Division presenters for our **Wellness Video Series**, supported by the <u>UCSF Community Wellbeing grant</u>!

Special thanks to those who nominated their colleagues, and a big shoutout to the Division members who have generously volunteered for this exciting project!

We look forward to revealing the completed video series at our **June Division Wide Meeting** on <u>Weds 6/26, 3-4pm</u>. ALL Division members are invited to attend!



Emotional Wellness



Brenda Fagan Program Manager, **Dementia Care Aware**



Financial Wellness



Helen Chen Professor of Medicine, Associate Chief of Staff for Geriatrics



Career Wellness



Theresa Allison Professor of Medicine, **Professor of Family & Community Medicine**



Physical Wellness



Landon Haller **Research Programs** Coordinator



Environmental Wellness



Mary Tran Administrative Coordinator



Social Wellness



Krista Harrison Associate Professor of Medicine







Michi Yukawa **Professor of Medicine**, **Medical Director**







Karen Yuan **Division Manager**

GERIPAL BLOG

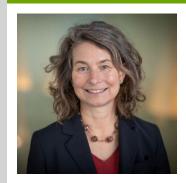
Geria Palliative Care for All Healthcare Professionals



GeriPal 300th Episode: Ask Me Anything Hot Ones Style

Visit the GeriPal Blog

GERIATRIC & PALLIATIVE MEDICINE GRAND ROUNDS



Jennifer L. Wolff, PhD, Eugene and Mildred Lipitz Professor, Professor, Department of Health Policy and Management, Bloomberg School of Public Health, Johns Hopkins University

Supporting Care Partners in Real-World Care Delivery

View Recording



<u>Lillian Min, MD, MSHS</u>, Associate Professor, Geriatric and Palliative Medicine; Ambulatory Care Clinical Chief, Geriatrics, University of Michigan

Title: TBD

Wednesday, March 27 @ 4- 5PM

Location: Parnassus, N-217 and Zoom

Registration required to attend via Zoom

View Past Grand Rounds Recordings

GERIATRICS SPOTLIGHT

The Geriatrics Spotlight initiative fosters community building within the Division, especially during this age of hybrid/remote work where it can be challenging to find ways to interact with colleagues outside of your immediate teams. This is a way for Division members to learn more about all the wonderful work we're doing!

This week, we get to know our division members, Ashley Johnson and Evie Kalmar.



Ashley Johnson

Role: NP for Dementia Care Aware

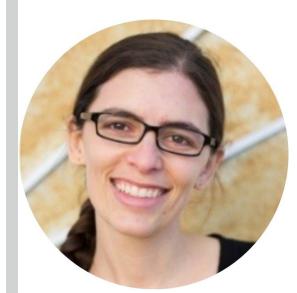
Joined Division: 2023

Work site: Mission Bay and from home in San Francisco, CA

Email: ashley.johnson@ucsf.edu

What is a professional goal you would like to accomplish by the end of this year?

Ashley's professional goal for this year is to find a way to stay in geriatrics and the Division after the dementia care aware funding ends. She also wants to explore another certification.



Evie Kalmar

Role: Physician, Geriatrician, Palliative Care, and Faculty

Joined Division: 2020

Work site: SFVAHCS and from home in Menlo Park, CA

Email: Evie.Kalmar@ucsf.edu

What's one "fun fact" about you that not many people know? (e.g., hidden talent)

Evie can speak 4 languages: Hebrew, Spanish, Mandarin, and English.

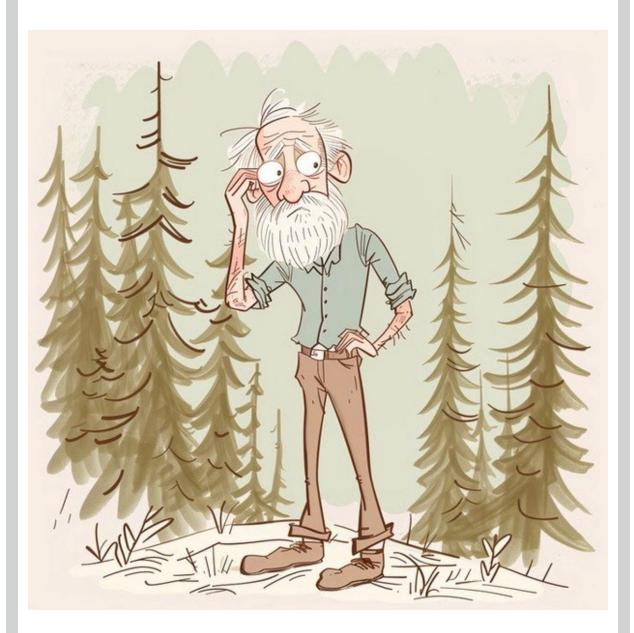
What is the best advice you've ever heard?

"Focus your energy on one thing at a time."

Learn more about Evie

GERI TWEET OF THE WEEK

"



Adjusting to a new environment can be disorienting for vulnerable older adults, often leading to feelings of being lost or out of place, and may even precipitate delirium. Everyone should have access to a serene and stable environment, especially older adults. When changes like hospital admissions are unavoidable, attention to detail becomes paramount in minimizing stress—this includes reducing noise, honoring sleep schedules, and incorporating familiar items into their surroundings. For instance, my indispensable comfort item is my pillow... What's your must-have item for a hospital stay? <u>#DeliriumAwareness</u> <u>#BrainHealth</u>

"

- Thiago J. Avelino-Silva @geri_tjas

LEARNING & DEVELOPMENT OPPORTUNITIES

Canva

Bella Gonzalez-Vidaña

Higher Education Customer Success Manager



WIT@UCSF Tech Cafe: 🙀 Navigating Canva: Design, Publish, Repeat

The long awaited Canva for Campus is coming to UCSF! Join us for a thorough session on the Canva platform from Canva Customer Success Manager, Bella Gonzalez-Vidana. From navigating the homepage to delving into the Magic Studio, this session will cover everything you need to know about Canva. This Tech Cafe will be the first of four in our Canva series. Participants will learn how to collaborate with colleagues and create beautiful designs effortlessly!



MICROSOFT OFFICE PEARL

Microsoft Outlook



Set up rules in outlook!

Outlook rules allow you to automate the organization and management of your emails, ensuring that your inbox works seamlessly with your unique preferences. Whether you want to categorize, filter, or redirect emails based on specific criteria, rules give you the ability to tailor your email workflow.

Learn how

UPCOMING EVENTS

March 6: Geriatrics Works in Progress

8:30-9:40AM

Speaker: Dr. Kevin Yu

March 13: Geriatrics Works in Progress

8:30-9:40AM

Speaker: Dr. Elizabeth Dzeng

March 20: Geriatrics Works in Progress

8:30-9:40AM

Speaker: Dr. Julien Cobert

In-person: Geriatrics Conference Room, Building 1 3rd Floor,	In-person: Geriatrics Conference Room, Building 1 3rd Floor, SFVA	In-person: Geriatrics Conference Room, Building 1 3rd Floor,
Zoom	Zoom	Zoom
UCSF Division of Geriatrics is Recruiting!	Current Career Opportunities:	
	<u>Clinician Educator (JPF04355)</u>	
<u>Click here for more</u> <u>details>></u>	<u>Research Scientist (JPF04741)</u>	

- Harris Fishbon Distinguished Professor for Clinical Translational Research in Aging (JPF04285)
- <u>Program Manager (STAFF001433)</u>
- Associate Research Finance Analyst (75135BR)

GIVING



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

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