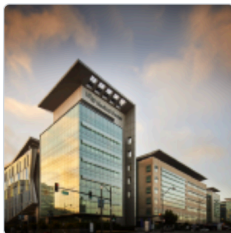


UCSF GeriNews

A multi-campus division

August 1st, 2025



UCSF Health-UCSF Medical Center

San Francisco, CA 94143-2204

 **# 2** in National Geriatrics Hospitals Rankings

Score **99.1/100** • [See Geriatrics Performance Details](#)

Patient Experience ★★★★★ 4 / 5

UCSF Health-UCSF Medical Center in San Francisco, CA is nationally ranked in 13 adult specialties and 11 pediatric specialties. [Read more »](#)



UCSF is now ranked #2 for Geriatric Care across the nation by the [2025 U.S. News & World Report](#) which released its annual Best Hospitals rankings on 7/29/25. (We ranked #3 in 2024).

Geriatrics continues to be the top ranked specialty at UCSF, tied with Neurology/Neurosurgery. This link also includes a link to find top [geriatricians](#) in a zip code or city.

Thanks to everyone in the Division of Geriatrics and our many partners and collaborators for your great work that has improved the health and well-being of older adults and how well we are regarded in our field.



We are thrilled to introduce **Paola Alban Zavala** as the newest **Clinical Social Worker for Dementia Care Aware**, in our Division of Geriatrics! With an impressive academic background and a wealth of experience, Paola is sure to be a tremendous asset to our team.

In her new role as Clinical Social Worker for the Dementia Care Aware San Francisco (DCA SF) program, Paola will be working closely with an interdisciplinary team to support the Guiding an Improved Dementia Experience (GUIDE) Program. Her main focus will be to complete patient and caregiver assessments, patient alignment, care planning, home safety assessments, ongoing monitoring and supports, care coordination and transitional care management, referral and coordination of services and supports, caregiver education and support, and monitoring respite services.

[Learn more](#)



Claire Bainbridge, PharmD, BCCCP, BCGP, pharmacist on our [Age-Friendly Emergency Department \(AFED\)](#) team, received the peer-nominated **2024-2025 Excellence in Interprofessional Teaching Award**.

GERIPAL BLOG

GeriPal

Geriatrics & Palliative Care for
All Healthcare Professionals

WHY WE NEED A CARE REVOLUTION



[We Need a Care Revolution: Victor Montori](#)

[Visit the GeriPal Blog](#)

GERIATRIC & PALLIATIVE MEDICINE GRAND ROUNDS



[Shari Ling, MD](#), Deputy Chief Medical Officer,
Centers for Medicare and Medicaid Services

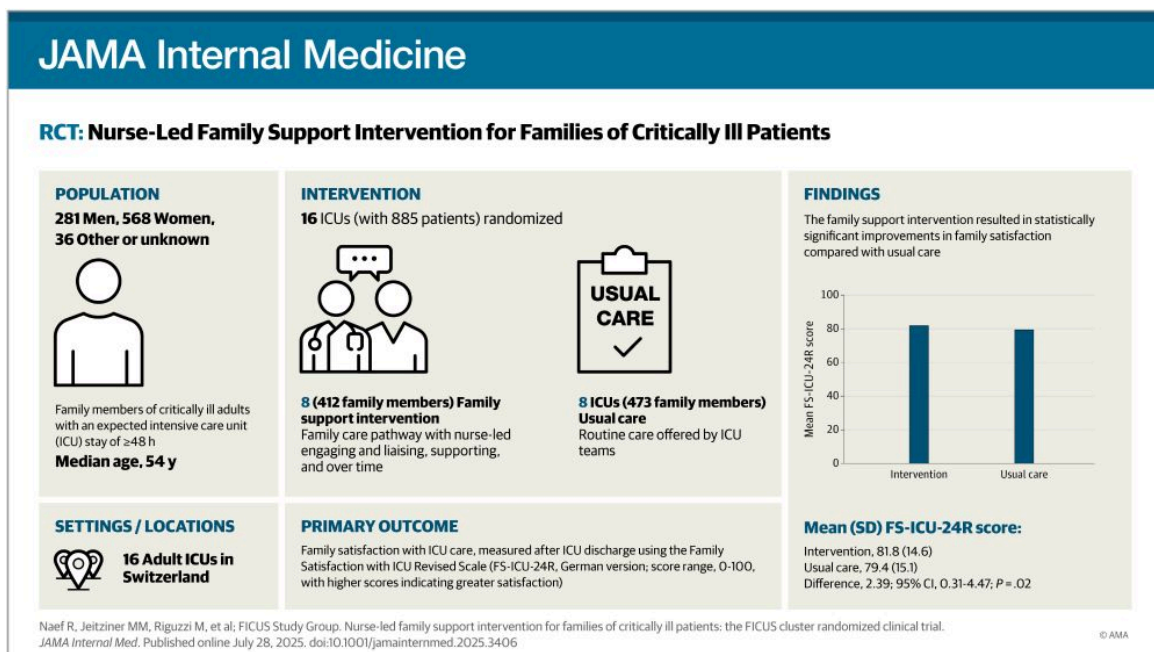
Wednesday, September 10, 2025

4:00 - 5:00 PM

[View Past Grand Rounds Recordings](#)

GERI SOCIAL MEDIA POST OF THE WEEK

“



Terrific RCT shows that including a nurse that psychological support to family members of critically ill ICU patients to the care team improves family experience and quality of care.

[Support Intervention for Families of Patients in the ICU](#)

”

- Ken Covinsky @kencovinsky.bsky.social

LEARNING & DEVELOPMENT OPPORTUNITIES

End your day with a gratitude journal	Take an actual lunch break	Take joy from daily tasks	Grab lunch with a colleague or friend. Zoom counts too.	Stretch for at least 15 minutes
Get an extra hour of sleep	Attend a UCSF social or wellness event	Use a Wellness Zoom background	Find and try a new healthy recipe	Check out the resources from our ESAP team
Enjoy a healthy snack	Dance (Anywhere, with people or alone)	Free Space - Do something you enjoy!	Take 3 mindful breaths	Take a screen break
Take a day to prioritize your mental health	Try the 1-day Fitness Center free trial or move for 10-min	Join the UCSF Wellness Newsletter	Participate in the Big Joy study	Attend or watch the August Town Hall recording
Use a UCSF Discount	Attend an art exhibit	Give thanks to a family member	Spend quality time in nature or outdoors	Check out the COPE Resource

Wellness Bingo is Back!

August is National Wellness Month – Let's Play Wellness Bingo!

Take time for yourself this month by completing wellness activities on our Bingo board. Play solo or with colleagues to stay motivated!

Prizes:

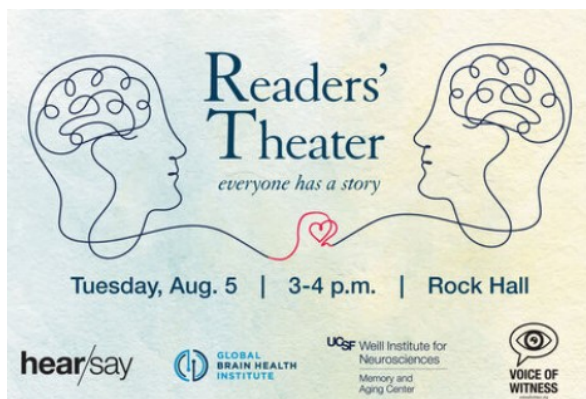
- Complete 5 in a row = entered to win a **\$10 gift card** (20 winners)
- Complete all 25 squares (blackout) = entered to win a **\$50 gift card** (5 winners)

Submit your board anytime, but no later than the end of August!

[Download your Bingo card](#)



This week's Geri Community
Resource is: [Bernal Heights
Neighborhood Center \(BHNC\)](#).



[Bernal Heights Neighborhood Center \(BHNC\)](#) focuses on assisting individuals with incomes below the federal poverty level who live in Bernal Heights, the Excelsior, and surrounding neighborhoods. BHNC works to promote community equity through affordable housing and culturally sensitive services. BHNC's Senior Program serves more than 1,000 multilingual older adults and adults with disabilities. The program offers wellness classes, food assistance, and referrals, with services available in Cantonese, Mandarin, Spanish, and English. For more information, visit their website: <https://bhnc.org/senior-programs/>.

**Find Geriatrics
Community
Resources here**

UPCOMING EVENTS

August 6: Geriatrics
Works in Progress

8:30 - 9:40 AM

Speaker: Thiago Avelino
Silva, MD, PhD

Location: GPEC
Conference Room SFVA

[Zoom Link](#)

August 13: Geriatrics
Works in Progress

8:30 - 9:40 AM

Speaker: Angela Suen,
MD

Location: GPEC
Conference Room SFVA

[Zoom Link](#)

August 20: Geriatrics
Works in Progress

8:30 - 9:40 AM

Fellows WIP

Location: GPEC
Conference Room SFVA

[Zoom Link](#)

EMPLOYMENT OPPORTUNITIES

**UCSF Division of
Geriatrics is
Recruiting!**

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

Current Career Opportunities:

- [Clinician Educator \(JPF05568\)](#)
- [Research Scientist \(JPF05507\)](#)
- [Harris Fishbon Distinguished Professor for
Clinical Translational Research in Aging
\(JPF05557\)](#)

GIVING



Donations play a vital role in sustaining our
Mission. [Learn More >>](#)

Donate now

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

UCSF Division of Geriatrics | 490 Illinois Street, Floor 8, San Francisco, CA 94143 | geriatrics.ucsf.edu

