

UCSF GeriNews

A multi-campus division

May 30th, 2025



Lucille Abrahamson, one of our [Care at Home](#) patients, just celebrated her 104th birthday! Her family learned that one needs a large sheet cake if you plan to use all the candles. For her 100th birthday party, the cake was too small and caught fire!

SUE RUNYAN
Wellness Award



This award supports the wellbeing of our clinical geriatrics and geri-pal fellows

We are launching a sustaining effort for the **Sue Runyan Wellness Award** to support the well-being of our clinical geriatrics and geri-pal fellows to have annual community-building events. This award recognizes Dr. Sue Runyan's dedication to primary care, medical education, and the well-being of the clinical fellows. Our past and current fellows have utilized the Sue Runyan Wellness Award for self-directed group-bonding activities in 2024 and in 2025, including a group dinner and rug tufting.

Please support the Sue Runyan Wellness Award for future years by 1) visiting and donating at <https://giving.ucsf.edu/fund/other?giftComments=Geriatrics> AND specify in the comment section, "**Sue Runyan Wellness Fund**" or 2) mail check payable to "**UCSF Foundation**" with the subject line "**Sue Runyan Wellness Fund**" to **UCSF, PO Box 45339, San Francisco, CA 94145-0339**.



Congratulations to **Lingsheng Li, MD, MHS** on being selected as a **Research Education Component (REC) scholar** at the **UCSF Alzheimer's Disease Research Center**! This prestigious recognition is a testament to Dr. Li's invaluable contributions to the field of Alzheimer's disease and related dementias. With this award, Dr. Li will have the opportunity to connect with leading researchers and participate in impactful events, further advancing her career and research. We are confident that Dr. Li's work will continue to make significant strides in understanding and combating Alzheimer's disease.



Join **Anna Chodos, MD, MPH** and a panel of experts for “**The ABCs of Aging: Getting Older and Wiser.**” They'll answer your questions and explore key topics like dementia, caregiving, and resources for families. See you there!

□ Tuesday, June 3, 2025

□ 6:30 PM

□ San Mateo Main Library – Oak Room



Ashwin Kotwal, MD, MS and **Carla Perissinotto, MD, MHS** published a paper entitled “*Loneliness and Social Isolation in the Care of the Seriously Ill Older Adult*” in *Clinics in Geriatric Medicine*.



On Wednesday, May 21st, **Elizabeth Dzeng, PhD, MD, MPH, MPhil, MS**, Associate Professor at UCSF and Senior Research Fellow at King's College London, delivered a hybrid seminar at the Cicely Saunders Institute in London. She shared findings from her large-scale ethnographic study comparing end-of-life care in the US and UK, focusing on how hospital cultures shape treatment intensity and contribute to moral distress among American physicians.



[Lucid Episodes: Andrea Gilmore-Bykovskyi & Andrew Peterson](#)

[Visit the GeriPal Blog](#)

GERIATRIC & PALLIATIVE MEDICINE GRAND ROUNDS



[Heather Schickedanz, MD](#), Chair, Harbor-UCLA
Department of Family Medicine; Health Sciences
Assistant Clinical Professor, David Geffen School of
Medicine at UCLA; Chair, LA County Health Agency
Geriatrics Workgroup

***Cultivating Community: Better Care Through
Collaboration***

[Watch video](#)



[Anna Chang, MD](#), Professor of Medicine, Director,
Clinical Microsystems Clerkship, Director,
Tideswell Emerging Leaders in Aging Program,
Associate Chief, Geriatrics Education,
Geriatrician, SFVAHCS

Wednesday, June 25, 2025
4:00 - 5:00 PM

[Register here](#)

[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.



UCSF Care at Home Program is very grateful to receive a philanthropic gift from an anonymous donor. Thank you for supporting our team and the care of our patients and families!

GERI SOCIAL MEDIA POST OF THE WEEK

“

Top 10 Tips #Palliative Care Clinicians Should Know About Supporting Coping in Serious Illness. # 6 is key - patient's coping is not “good” or “bad”; instead, ask how it serves or hinders a patient in a given time and situation. #medsky #palliativecare www.liebertpub.com/doi/full/10....

1. Almost everything we see from patients can be considered a form of coping.

2. Coping will look different from person to person, informed by life history, personal psychology, and culture.

3. Patient coping is impacted by one's internal and external stressors and resources.

4. Serious illness can threaten one's ability to engage with their usual coping style.

5. The definition of "successful coping" is unique to each patient.

6. A patient's coping is not "good" or "bad"; instead, ask how it serves or hinders a patient in a given time and situation.

7. The primary goal is to prioritize patients' psychological integrity.

8. We can mindfully calibrate and pace how we lean into or away from coping strategies.

9. Patients often cope within dyadic or family systems rather than as isolated individuals.

10. Understanding ourselves—our own coping patterns and reactions—is key to supporting our patients.

”

- Eric Widera, MD @ewidera.bsky.social

LEARNING & DEVELOPMENT OPPORTUNITIES



Staff Resource Days are June 2-6

Celebrate and learn at the UCSF Staff Resource Fair on Thursday, June 5 at Mission Bay, with virtual Staff Resource Days events and pop-ups throughout the week of June 2-6.

Staff Resource Days connect staff to UCSF and partner resources that support personal and professional development.

New additions this year include the Well Within food resource zone with giveaways and demos, and a [Supplier Connections Expo](#) in partnership with the Anchor Institution Mission.

[Learn more](#)

GERI COMMUNITY RESOURCE

Welcome to UCSF
Geriatrics Community
Resources



This week's Geri Community Resource is: [On Lok 30th Street Senior Center](#).



on LOK®

[On Lok 30th Street Senior Center](#), located in Twin Peaks/Glen Park, has been a place for older adults to interact, volunteer, exercise, develop their creativity, and have lunch. On Lok 30th Street Senior Center offers senior meals, a health workshop, a computer room, fitness, a place to be involved in gardening or exercise at the garden, and involvement in activities. For more information, visit their website: <https://onlok.org/senior-center>.

[Find Geriatrics
Community
Resources here](#)

UPCOMING EVENTS

June 4: Geriatrics Works in Progress

8:30 - 9:40 AM

Speaker: TBD

[Zoom Link](#)

June 11: Geriatrics Works in Progress

8:30 - 9:40 AM

Speaker: TBD

[Zoom Link](#)

June 18: Geriatrics Works in Progress

8:30 - 9:40 AM

Speaker: TBD

[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

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