

UCSF GeriNews

A multi-campus division

November 7th, 2025



DEMENTIA ASSESSMENT AND HISTORY

[Anna Chodos, MD, MPH](#), is pleased to share the fifth video in the GERI Videos: Brain Health Topics video series, titled “[Dementia Assessment and History](#)”. After a positive cognitive screen, what information is needed from the medical history? This video walks through what information about cognitive symptoms and functional decline should be gathered to help shape an accurate diagnosis. [You can check out this video and other videos in the series here.](#)



**We are recruiting for the next
Associate Chief of Staff for
Geriatrics, Palliative and Extended
Care (GPEC) at SFVA and UCSF**

We are delighted to be recruiting for the next ACOS for Geriatrics, Palliative and Extended Care (GPEC) and job postings are now active on several non-VA sites, including: <https://jobs.practicelink.com/jobs/1496531/physician/geriatric-medicine/california/san-francisco-va-health-care-system?searchIndex=1>. This leadership role is responsible for the clinical and educational programs of the SFVAHCS GPEC service line.

[Learn more](#)



Our [Geriatrics Clinical Fellows](#) made shrinky dinks, starring their pets, AI image-to-cartoon capabilities, and a Californian avocado!

GERIPAL BLOG

Palliative Care in Sickle Cell



[Palliative Care in Sickle Cell: Craig Blinderman, Stephanie Kiser, Eberechi Nwogu-Onyemkpa](#)

[Visit the GeriPal Blog](#)

GERIATRIC & PALLIATIVE MEDICINE GRAND ROUNDS



Alex Smith, MD, MPH, MS, Professor of Medicine,
Division of Geriatrics, UCSF

Eric Widera, MD, Professor of Medicine, Division of
Geriatrics, UCSF

***Lessons and Controversies From Nearly 400
[GeriPal Podcasts](#)***

[View recording](#)



Vince Mor, MD, Florence Pirce Grant University
Professor of Health Services, Policy and Practice,
Professor of Health Services, Brown University

Wednesday, December 17, 2025

4:00 - 5:00 PM

Location: Parnassus at HSW-303

[Register here](#)

[View Past Grand Rounds Recordings](#)

GERI CHRONICLES COOKBOOK

Food has a way of bringing people together and offering comfort and connection. Each week in GeriNews, we will share a recipe from our Geri Kitchen Chronicles Cookbook, comprised of recipes that our Division members love to make and share. We're delighted to share it with GeriNews subscribers as reminder of the joy that comes from sharing something homemade with our community.

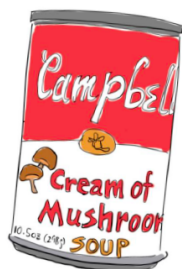
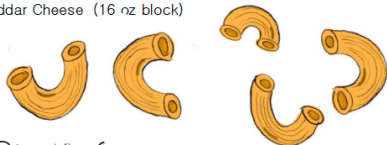
Try this quick and easy weeknight recipe: [Baked Macaroni by Jordan Werner](#)!

Baked Macaroni by Jordan Werner

Prep time: 15 min
Cook time: 60 min

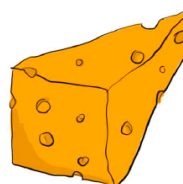
Ingredients

Elbow Macaroni Noodles (16 oz or 1 Box)
Cream of Mushroom Soup (31.5 oz or 3 cans)
Cheddar Cheese (16 oz block)



Chef's Notes

As a family of 8 (6 daughters), my grandmother had a big family to feed on a budget. This recipe, although simple, is a quick, cheap, and hardy meal with a generous serving. Our family does not come from a long line of chefs so this recipe is one of the few things we can masterfully cook, and it is one that we have all come to know and love. From our family to yours, I hope you enjoy it as much as we do!



Directions

1. You will need a 13x9 baking dish, cheese grater, can opener and a pot to boil the noodles.
2. Start by setting the oven to 350 degrees.
3. Boil 6 cups water in a large pot or a deep pan and bring it to boil over medium flame. When it comes to rolling boil, add noodles. Boil until noodles are soft. Stir occasionally in between.
4. Turn off the flame and transfer it to colander to drain excess water. Pour 1-2 cups cold water over boiled noodles and drain again to remove excess stickiness.
5. Open the Mushroom soup cans and add them all to a microwave safe bowl, place in microwave for 3-5 minutes. This allows for easier mixing.
6. Combine noodles and warm cream of mushroom soup into the 13x9 baking pan, mix thoroughly, making sure to coat all noodles. Feel free to add an extra can of cream of mushroom soup if you want it creamier.
7. Grate block of cheddar cheese (sharp or mild) and cover the top of the noodle and soup mixture. Add as much or as little cheese as desired.
8. Place dish in oven and bake for 30-45 minutes, bake until cheese is all melted. For added crunch leave in oven longer.
9. Take out oven, turn oven off and let cool before serving.

If you try any of the recipes featured, please share a photo with Caroline.Ziesmer@ucsf.edu so we can showcase your creation in GeriNews and our Division social media outlets!

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[#DayOfTheDead](#) is a celebration of life for all ages. A great way to honor your family is to share your medical wishes. Check out [PREPAREforyourcare.org](https://prepareforyourcare.org) for resources for people, family, and caregivers ☐☐ [#caregivers](#)

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- **Rebecca Sudore** [@prepareforyourcare.org](https://twitter.com/prepareforyourcare)

LEARNING & DEVELOPMENT OPPORTUNITIES



FitRec Offering - Free Fitness Center Access!

Exclusively for UCSF faculty, staff and affiliates participating in the UCSF Step It Up Challenge, this trial membership includes access to both the Mission Bay and Parnassus fitness centers and amenities from Nov. 17 to Dec.

14. [Learn more about this offer.](#)

[Register for Step It Up!](#)

GERI COMMUNITY RESOURCE

Welcome to UCSF
Geriatrics Community
Resources



This week's Geri Community
Resource is: [Central City Older Adult
Clinic](#).



Central City Older Adult Clinic

[Central City Older Adult Clinic](#) offers a variety of mental health services for adults aged 60 and older who reside in the South of Market, Tenderloin, and Civic Center neighborhoods of San Francisco. Services include case management, dual diagnosis treatment, crisis intervention, consultation, and medication management. The mission of Central City Older Adult Clinic is to support the mental health and well-being of older adults through supportive, community-based care. Services are offered in Spanish, Cantonese, Tagalog, and English. For more information, visit their website.

[Learn more](#)

UPCOMING EVENTS

November 12: Geriatrics
Works in Progress

8:30 - 9:40 AM

Speaker: Free for sign-
up

[Zoom Link](#)

December 3: Geriatrics
Works in Progress

8:30 - 9:40 AM

Speaker: Free for sign-
up

[Zoom Link](#)

December 17: Geriatric
and Palliative Medicine
Grand Round

4:00 - 5:00 PM

Speaker: Drs. Vince Mor

Location: Parnassus at
HSW-303

[Register here](#)

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
\(JPF05557\)](#)
- [Administrative Coordinator \(86541BR\)](#)

GIVING



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

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

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