

UCSF GeriNews

A multi-campus division

November 8th, 2024

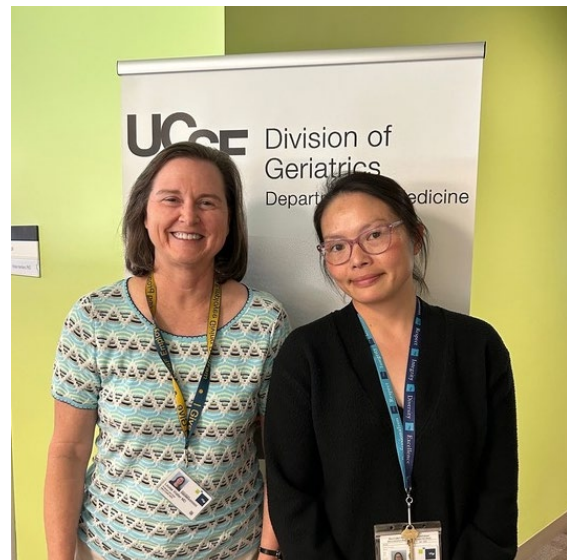


WELLNESS - MESSAGE FROM LEADERSHIP

Dear all,

In challenging times like these, we want to remind you that UCSF offers a variety of mental health resources to support your well-being. Please remember to take care of yourselves and each other. Feel free to reach out to us directly if you need anything.

- Louise & Karen





[Coping and Resiliency Program](#)

Provides free and confidential mental health assessment, treatment, and referral resources to UCSF faculty, staff, and trainees.

[UCSF Faculty and Staff Assistance Program \(FSAP\)](#)

Provides free short-term counseling for faculty, staff, and trainees

[Well-Being and Mental Health Resources for Residents and Fellows](#)

[Additional UCSF mental health resources](#)

[Digital wellness tools](#)

GOOD NEWS



[Rebecca Conant, MD](#) was honored at the [2024 American Academy of Home Care Medicine meeting](#) last month. Dr. Conant was selected to receive the 2024 House Call Physician of the Year Award. This award recognizes a home care physician who provides the highest quality of services and innovative programs and who demonstrates excellent and continued dedication to the field of home care medicine.



Congratulations [Kaitlin Willham, MD](#) for being promoted to Associate Professor!



[Angela Suen, MD](#), [Ashwin Kotwal, MD, MS](#), [Alex Smith, MD, MPH, MS](#), and [Rebecca Sudore, MD](#) published "[Social Isolation and Mortality in Adults With Chronic Obstructive Pulmonary Disease](#)" in JAMA Internal Medicine.



[Michael Steinman, MD](#) was quoted in a [New York Times article](#) on the adverse impacts that high medication costs have on older adults.



Drs. [Matthew E Growdon](#), [Lauren J Hunt](#), [Matthew J Miller](#), [Madina Halim, BA](#), [Leah S Karliner](#), [Ralph Gonzales](#), [Rebecca L Sudore](#), [Michael A Steinman](#), and [Krista L Harrison](#) published a paper entitled, "[eConsultation for Deprescribing Among Older Adults: Clinician Perspectives on Implementation Barriers and Facilitators](#)" in the Journal of General Internal Medicine.



Anna Chodos, MD, MPH
UCSF Geriatric Medicine Expert

COGNITIVE HEALTH ASSESSMENT TRAINING



Wed., November 20, 2024
12 - 1 PM PST



Zoom
Free CE/CME



Register Here!



Primary Care Teams: Join us on November 20, from 12-1 PM PT, via Zoom for the [Dementia Care Aware](#) virtual training session on cognitive health assessment. And there's FREE CME/CEUs!

Register here: https://ucsf.zoom.us/webinar/register/WN_wAJ7vR0mTH-Wwpmwrb5eHA

The training covers the following subjects:

- An Overview of Dementia
- A Review of Screening Tools in the Cognitive Health Assessment
- Conducting a Cognitive Health Assessment
- Team-based Implementation Strategies



GERI DIVISION
PICKLEBALL!



On Thursday, November 8th, Division members enjoyed an after-work pickleball night at The Bay Club! Following a quick introductory lesson, teams faced off in a mini-tournament, with Team Deardorff/Walter taking first place and winning their own pickleball sets. Thanks to

everyone who joined, and please share your ideas for future gatherings with Karen, Louise, or Mary!

GERIPAL BLOG

Geripal

Geriatrics & Palliative Care for
All Healthcare Professionals



[Dialysis vs Conservative Management for Older Adults: Manju Kurella Tamura, Susan Wong, & Maria Montez-Rath](#)

[Visit the GeriPal Blog](#)

GERIATRIC & PALLIATIVE MEDICINE GRAND ROUNDS



[Sarah Berry, MD, MPH](#)

Associate Scientist; Associate Professor of Medicine,
Harvard Medical School, and Beth Israel Deaconess Medical
Center

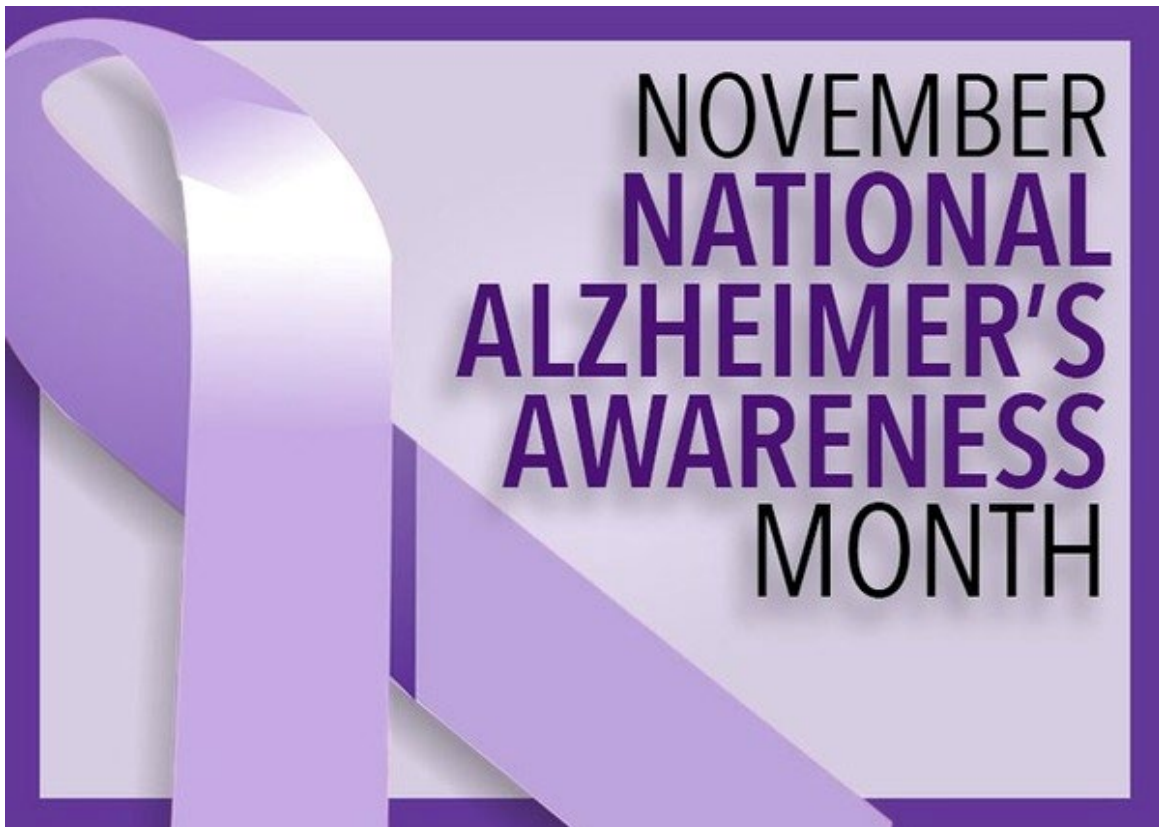
***Challenges and Opportunities to Improve Care in Nursing
Homes: We can make a difference***

[View recording](#)

[View Past Grand Rounds Recordings](#)

GERI TWEET OF THE WEEK

“



November is National Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the estimated 6.9 million Americans aged 65 and older living with the disease. Learn how you can help make a difference: <https://brainhealthregistry.org>

”

- [NCIRE @NCIREveterans](#)

LEARNING & DEVELOPMENT OPPORTUNITIES



November 14 | 12-1:00pm | Virtual Event

[WIT@UCSF Tech Café: Smartsheet](#)

Lisa Leiva, Head of Instructional Design at UCSF Library will guide us through access, usage, tips and tricks, and resources. If you haven't used SmartSheet, now is the time to get into it. Learn the basics or enhance your skills to help maximize your productivity.

Should you need an accommodation to participate, please contact us at wit@ucsf.edu by November 11th. People of all genders are welcome.

[Register to attend](#)

GERI COMMUNITY RESOURCE

Welcome to UCSF
Geriatrics Community
Resources



This week's Geri Community Resource is: [Project Open Hand](#).

[Project Open Hand](#) is a non-profit organization committed to providing 2,500 nutritious meals daily and at least 200 bags of healthy groceries every day to help sustain our community members (San Francisco and Oakland) who are battling serious illness, isolation, or the health challenges of aging. Their community nutrition program is administered across different senior centers such as Aquatic Park Senior Center, Castro Senior Center,



Project Open Hand
meals with love

Curry Senior Center, Downtown Senior Center, and more. To learn more, please visit openhand.org/cnp or contact 415-447-2379.

[Find Geriatrics
Community
Resources here](#)

UPCOMING EVENTS

November 13: Geriatrics
Works in Progress

8:30 - 9:40 AM

Speaker: Thiago Avelino
Silva

Location: Geriatrics
Conference Room, SFVA

[Zoom Link](#)

December 11: Geriatrics
Grand Rounds

4:00-5:00PM

Speaker: Esther Oh MD, PhD
(Johns Hopkins)

Location: Parnassus, HSW-
303

[Zoom Registration Link](#)

January 22: Geriatrics
Grand Rounds

4:00-5:00PM

Speaker: Nate Chin MD (U
Wisconsin)

Location: Parnassus, HSW-
303

[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 \(JPF04285\)](#)

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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