

UCSF GeriNews

A multi-campus division

October 17th, 2025



UCSF Division of
Geriatrics
Department of Medicine



**ZUCKERBERG
SAN FRANCISCO GENERAL**
Hospital and Trauma Center



Tideswell at UCSF **AGS** Geriatrics
Healthcare
Professionals **ADGAP** **Emerging Leaders in Aging Program**
Leading Tidal Change in Aging: Scaling Up for Our Future

CALL FOR APPLICATIONS FOR OUR 2026-2027 COHORT

Applications for the 12th cohort of scholars are now open
Apply today, this may be the last year of this program unless we can secure future funding!

Deadline for applications is February 2, 2026
Questions? Contact us at Leadership@TideswellUCSF.org

[Applications are now being accepted for the 2026 – 2027 Emerging Leaders in Aging \(ELIA\) Program](#), a collaboration between AGS and Tideswell at University of California, San Francisco. [The program](#) benefits health care professionals, generally 4-10 years out from training, who are embarking on a relatively new leadership endeavor with challenges that involve leading others and leading change to improve the health and lives of older adults. [Past scholars](#) are interprofessional, and lead **clinical, research, or educational** programs. We welcome applications from health professionals including, but not limited to **physicians, nurses, pharmacists, psychologists, social workers, physical and occupational therapists, and non-clinicians with evidence of training or experience in aging**. An academic affiliation is not required. We are looking for emerging leaders committed to improving healthcare access, quality, and outcomes for older adults and their caregivers.

[Learn more](#)



Rebecca Sudore Honored for 20 Years of Dedicated Service at SFVA Director's Quarterly Awards Ceremony

[Rebecca Sudore, MD](#) will be celebrated at the SFVA Director's Quarterly Awards Ceremony on **Monday October 27th at 12-pm** in the SFVAMC Auditorium and over Teams for her 20 years of service to SFVA. Congratulations Rebecca!

The Stupski Foundation has awarded the [UCSF PREPARE Program](#) a \$65,000 grant to support a three-year project (2026-2028) aimed at optimizing advance care planning (ACP) practices at Alameda Health System (AHS). [Rebecca Sudore, MD](#), and her staff will collaborate with AHS leaders to address ACP gaps for seriously ill patients and older adults by implementing the UCSF PREPARE Program's evidence-based tools.



[Learn more](#)

NORMAL AGING VS MCI VS DEMENTIA

[Anna Chodos, MD, MPH](#) is excited to share the second video titled "[Normal Aging vs. MCI vs. Dementia](#)" in the GERI Videos: Brain Health Topics series! Not all memory changes are due to dementia. In this video, we explore the differences between normal aging, mild cognitive impairment (MCI), and dementia. We also cover how to recognize changes and when to consider further evaluation. [You can check out this video and other videos in the series here.](#)



Ashwin Kotwal Quoted in The New York Times and The Washington Post

Ashwin Kotwal, MD, MS was recently quoted in two national publications. He shared insights in *The New York Times* article, “[Social Ties Help You Live Longer. What Does That Mean for Introverts?](#)”, and in *The Washington Post* article, “[An Age-Old Fear Grows More Common: ‘I’m Going to Die Alone.’](#)”

Jasmine Santoyo-Olsson, DrPH, MSc, Mara Rosenberg, MD, and others published “[Aging in Rural Areas: Balancing Land, Care, and Connection of Family Caregivers of Persons with Dementia: A Qualitative Analysis](#)” in *Innovation in Aging*.





UCSF Geriatricians **Daniel Pound, MD** and **Louise Walter, MD** will take part in **Institute on Aging's Cable Car Caroling in December**, a 40-year San Francisco tradition to bring holiday cheer to socially isolated seniors across the city. You can learn more about [this festive community fundraiser here](#).



Last week, our **Social Connections and Aging lab** at UCSF, led by **Carla Perissinotto, MD, MHS** and **Ashwin Kotwal, MD, MS** helped mark San Francisco's first **Social Connection Week**, with special recognition of **Nandini Singh, MPH**'s leadership in organizing a series of events. Highlights included a highly successful resource fair, connecting community members with tools and programs to foster social well-being.

Elizabeth Dzeng, PhD, MD, MPH, MPhil, MS will be giving **Critical Care Grand Rounds** on **Thursday, December 11 at 4:00 PM** in person at **UCSF Parnassus, Room M919**.

Her talk, titled *“How Do Hospital Norms and Organizational Factors Influence the Intensity of Life-Sustaining Treatments Provided Near the End of Life?”*, will explore systems-level factors that contribute to high-intensity treatments in serious illness.

[Join via Zoom](#)





Drs. [Liz Dzeng](#), [Ashwin Kotwal](#), and [Lauren Hunt](#) recently attended the **18th and final Kathleen Foley Palliative Care Retreat** in Banff. Set against the stunning backdrop of the Canadian Rockies, they hiked scenic trails, spotted elk, painted mountain landscapes, and shared meaningful moments with colleagues in the Geri-Pal community.



Mara Rosenberg, MD, Irena Cenzar, PhD, Kenneth Covinsky, MD, MPH, Alexander Smith, MD, MPH, and Ashwin Kotwal, MD, MS published "When Missing Out Matters: Associations Between Social Activity Restriction and Caregiver Burden" in the Journal of the American Geriatrics Society.

Please join us in welcoming **Landon Haller**, Research Programs Coordinator, as our new **Staff Engagement Ambassador and Social Committee Facilitator**, effective **December 8, 2025, through June 30, 2026**.

Many thanks as well to **Mary Tran**, who will continue in this role through **December 5, 2025**. We truly appreciate her continued dedication.

[Learn more](#)



GERIPAL LIVE! at NPCRC Foley Retreat



[GeriPal Live! at NPCRC Foley Retreat: Dio Kavalieratos, Prasanna Ananth, Alexi Wright](#)

[Visit the GeriPal Blog](#)

GERIATRIC & PALLIATIVE MEDICINE GRAND ROUNDS



[John Newman, MD, PhD](#), Associate Professor of
Medicine, Assistant Professor (Buck Institute),
Geriatrician, SFVAHCS

The Present and Future of Translational Geroscience

Wednesday, October 22, 2025

4:00 - 5:00 PM

Location: Parnassus at HSW-303

[Register here](#)

[View Past Grand Rounds Recordings](#)

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.



Thank you, **Sarah Bronstein**, Program Manager, for your outstanding leadership in successfully organizing and running the fall conference in Rochester, New York last week as part of the **Tideswell Emerging Leaders in Aging Program**. Your thoughtful planning and dedication brought together an inspiring group of scholars and leaders, fostering meaningful collaborations and advancing the program's mission to support emerging leaders in geriatrics. Additionally, Sarah's tremendous efforts have contributed to a successful year of fundraising, enabling us to launch the call for proposals for the FY2027 cohort. Congratulations on a job well done and thank you for your remarkable contributions to this impactful program!

- Anna, Christine, Louise

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.

As we approach the Fall season, we're sharing Division Staff [Paula Sison's Garlic Butter Shrimp Recipe!](#)

Garlic Butter Shrimp by Paula Sison

Prep time: 10 min
Cook time: 22 min

Ingredients

2 lbs shrimp cleaned
2 tablespoons parsley chopped
1/4 cup butter
1 head garlic crushed
1 cup lemon-lime soda
1 teaspoon lemon juice
salt and pepper to taste

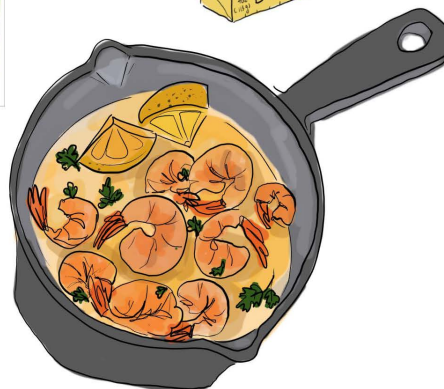
Directions

1. Marinate the shrimp in lemon soda for about 10 minutes
2. Melt the butter in a pan.
3. Add the garlic. Cook in low heat until the color turns light brown
4. Put in the shrimp. Adjust heat to high. Stir-fry until the shrimp turns orange.
5. Season with ground black pepper, salt, and lemon juice. Stir.
6. Add parsley. Cook for 30 seconds.
7. Serve hot. Enjoy!



Chef's Notes

I love butter ☺



Cookbook Creations: Elaine Chow Tries Paula Sison's Garlic Shrimp Recipe

Our Division Cookbook is *heating up!* ☐

Elaine Chow recreated Paula Sison's garlic shrimp — and it looks absolutely delicious.

Who's ready to take on the next dish?

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!

GERI SOCIAL MEDIA POST OF THE WEEK

“

Once again, the risks of perioperative gabapentin likely outweigh any benefits, if there are any. Large RCT (Anesthesiology, Oct 2025): no meaningful pain relief, no opioid reduction, ↑ adverse events. Time to drop it from “routine” multimodal use. □ journals.lww.com/anesthesiology...

”

- Stephanie Rogers @serogersmd.bsky.social

LEARNING & DEVELOPMENT OPPORTUNITIES

The UCSF & GLIDE Alabama Justice Pilgrimage

Apply to the Alabama Justice Pilgrimage in 2026 [↗](#)
Application Deadline is October 24, 2025. MyAccess login to Box is required.

Call for Applications: Alabama Justice Pilgrimage 2026 (Due Oct 24)

The Alabama Justice Pilgrimage, a UCSF and GLIDE partnership, is a five-day immersive program exploring key historical sites in Montgomery, Selma, and Birmingham. Participants gain a deeper understanding of the region’s history and its lasting impact. All eligible UCSF faculty and staff are encouraged to apply.

Deadline: October 24, 2025.

[Learn more and apply here](#)

2026 Accessible Event Certificate Program

Accepting Applications through Oct 31, 2025

Registration is now open for the Accessible Event Certificate Program!

The Accessible Event Certificate Program is a training course designed to equip UCSF students, staff, and faculty with skills to plan accessible in-person, virtual, and hybrid events at UCSF.

[Learn more and apply here](#)



GERI COMMUNITY RESOURCE

Welcome to UCSF
Geriatrics Community
Resources



Project Open Hand
meals with love

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

[Project Open Hand](#) supports our sick and vulnerable neighbors with nutritious food designed to complement medical treatment. Our evidence-based research shows that Food is Medicine. Good nutrition helps people heal faster, gain strength, and live healthier lives through medically tailored meals, fresh groceries, mobile grocery services, and nutrition counseling & education, all of which are offered by Project Open Hand.

For more information, contact clientservices@openhand.org.

[Learn more](#)

UPCOMING EVENTS

October 22: Geriatrics
Works in Progress
8:30 - 9:40 AM
Speaker: Free for sign-up

[Zoom Link](#)

October 22: Geriatrics
and Palliative Medicine
Grand Rounds
4:00 - 5:00 PM
Speaker: John Newman,
MD, PhD
Location: HSW-303 &
Zoom

[Register here](#)

October 29: Geriatrics
Works in Progress
8:30 - 9:40 AM
Speaker: Free for sign-up

Location: GPEC
Conference Room SFVA

[Zoom Link](#)

EMPLOYMENT OPPORTUNITIES

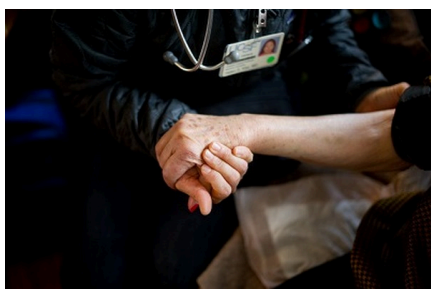
**UCSF Division of
Geriatrics is
Recruiting!**

[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



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Mission. [Learn More >>](#)

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

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