

UCSF GeriNews

A multi-campus division

October 24th, 2025



WHY AND HOW TO SCREEN FOR DEMENTIA

The third GERI Videos: Brain Health Topics video is here! [Anna Chodos, MD, MPH](#), shares insights on “[Why and How to Screen for Dementia](#)”. Early recognition of dementia can make a big difference. This video explains why screening is important, what tools are commonly used, and how screening helps guide care. It also touches on the benefits of timely diagnosis. [You can check out this video and other videos in the series here.](#)



Congratulations to Siqi Gan Recipient of the NCIRE Special Contributions Award!

Congratulations to [Siqi Gan, MPH](#) (NCIRE Principal Statistician) who has been selected to receive the well-deserved NCIRE Special Contributions Award! Siqi was nominated by Drs. Alex Smith, Sei Lee, and Lauren Hunt, who recognized her outstanding contributions and dedication to excellence throughout her tenure at NCIRE as Senior and Principal Statistician.

[Learn more](#)

Jasmine Santoyo-Olsson, DrPH, MSc, [Kenneth E. Covinsky, MD](#), and others published "[Utilization of home- and community-based services among rural family caregivers of persons with dementia: the role of the area deprivation index](#)" in *Frontiers in Public Health*.





[Anna Chodos, MD, MPH](#), Heather Schickedanz, MD, Freddi Segal-Gidan, PhD, PA, and [Jarmin Yeh, PhD, MPH, MSSW](#) published a point-counterpoint article titled “[Benefit or harm? Arguments for and against early detection of dementia in primary care](#)” in the latest edition of the Public Policy & Aging Report.

[Anna Chodos, MD, MPH](#), continues to advance conversations on improving care for older adults and individuals with complex needs. She was recently featured in a *Healio* article highlighting the importance of early Alzheimer’s detection and the role of primary care in timely diagnoses. Dr. Chodos also presented at the **Putting Care at the Center** conference in Portland, OR, where she and colleagues discussed promoting autonomy and identifying alternatives to guardianship in complex care systems.

[Read more](#)

RETHINKING SLOW CODES



[Rethinking Slow Codes: Gina Piscitello, Parker Crutchfield, Jason Wasserman](#)

[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**

[Watch recording](#)



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***

Wednesday, November 5, 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 for [Dal Tadka \(lentils\) created by Dr. Shreya Kapoor!](#)

Dal Tadka (Lentils)

by Shreya Kapoor

Prep time: 10 min
Cook time: 15 min

Ingredients

Red Lentil 1 cup
Water 4 cups
1 tsp olive oil
1 tsp cumin
half a tsp turmeric
1/4 tsp black pepper
pinch asafoetida (if available)
4 cloves garlic
half an inch ginger
few sprigs of cilantro (separate stems)
4 tomatoes
salt to taste



Directions

1. Blend the ginger, garlic, tomato, cilantro stems
2. Sautee mode instant pot, add oil, add cumin, blended garlic/ginger/cilantro/tomato, salt
3. add lentils and water, turmeric, black pepper, asafoetida
4. set instant pot to 15 minutes high pressure and release



Chef's Notes

- o Quick and easy :)



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

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Today's Walk to End Alzheimer's was a beautiful reminder that we're never alone in this fight. This is what community looks like ☐ ☐☐☐ with Alzheimer's Association of Northern California & Northern Nevada, On Lok, & UCSF School of Nursing. [#ENDALZ](https://www.instagram.com/ENDALZ)

”

- Jarmin Yeh [@jarminyeh.bsky.social](https://bsky.app/profile/jarminyeh.bsky.social)

LEARNING & DEVELOPMENT OPPORTUNITIES



Project Management Practices and Tools

This half-day workshop by UCSF Learning & Organization Development builds project management skills and introduces useful tools. Seats fill quickly!

Wednesday, 1/14/2026, 9:00 am-12:00 pm, via Zoom

[Register Here](#)

GERI COMMUNITY RESOURCE

Welcome to UCSF
Geriatrics Community
Resources



This week's Geri Community Resource is: [CalFresh Restaurant Meals Program \(RMP\)](#).



Through the [CalFresh Restaurant Meals Program \(RMP\)](#), eligible CalFresh recipients in San Francisco can use their EBT card to purchase hot, prepared meals at participating restaurants. The program is designed for individuals who may not have the means to prepare meals at home, including older adults (age 60 and over), people with disabilities, and individuals experiencing homelessness.

[Learn more](#)

UPCOMING EVENTS

October 29: Geriatrics
Works in Progress
8:30 - 9:40 AM
Speaker: Free for sign-up
Location: GPEC
Conference Room SFVA
[Zoom Link](#)

November 5: Geriatrics
Works in Progress
8:30 - 9:40 AM
Speaker: Free for sign-up
[Zoom Link](#)

November 12: Geriatrics
Works in Progress
8:30 - 9:40 AM
Speaker: Free for sign-up
[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 \(JPF05557\)](#)
- [Administrative Coordinator \(86541BR\)](#)

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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