

UCSF GeriNews

A multi-campus division

October 3rd, 2025



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 [Sarah Bronstein's Magical Matzah Ball Noodle Soup!](#)

Magical Matzah Ball

Noodle Soup

by Sarah Bronstein

Prep time: 30 min
Cook time: 2.5 hours

Ingredients

whole uncooked chicken
bag of baby carrots
bag of celery
1 whole yellow onion
1 box manischewitz matzah ball AND soup mix
box will need 2 eggs and 2 tbsp vegetable oil
egg noodles if you want

Chef's Notes

- o Matzah ball soup is good for any occasion, or magical if anyone is sick it works wonders!



Directions

Get a large pot, put the whole chicken in with cut up veggies. 1.5 hours simmer to cook the chicken and get all the good stuff out. Salt and pepper as desired, and half of the soup packet from the box

Chicken should basically be falling off the bone, pull it all out. Make matzah ball mix, put in fridge to chill while you separate chicken. Up to you how much to put back in, we used some of it to make a buffalo dip for an appetizer, the dog eats some, full family affair

Keep the soup on a low boil as you add the balls in. I typically cover (slightly opened) for about 45 min-1 hour depending on how big the balls are. A little goes a long way, they puff up a bit. Once I drop all balls in, I sprinkle the second half of the soup packet on top for extra flavor for the balls and soup. Cut one ball open to test it's cooked all the way through before you finish.

Feel free to add any additional water at this step to make more broth.

Then I cook the noodles in a side pot as the balls are almost done and add them in!

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

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](#)

GERIPAL BLOG

GeriPal

Geriatrics & Palliative Care for
All Healthcare Professionals

[Visit the GeriPal Blog](#)

“

Happy International Day of [#OlderPersonsDay](#)! Take the opportunity to talk with your loved ones about their medical wishes. They'll thank you! Visit prepareforyourcare.org and our new program PREPARE for THEIR Care to how to talk to others.

”

- Rebecca Sudore @prepareforyourcare.org

LEARNING & DEVELOPMENT OPPORTUNITIES



Oct. 10: Introspective Spaces: Creativity, Community care, & Clinical Practice for Healthcare Workers (Virtual)

Join Introspective Spaces for a free virtual gathering on October 10th at 12:15 PM to explore how creativity in community can support our wellbeing as clinicians and improve patient care!

[Register to attend](#)



This week's Geri Community
Resource is: [Vivalon](#).



[Vivalon](#) supports Marin County's vulnerable residents with services that go beyond transportation and nutrition. From lifelong learning and healthy aging programs to social activities and personalized support, we help people stay connected and thrive through weekly offerings, including ping pong, mindfulness meditation, Zumba, yoga, and more. For more information, please contact guestservices@vivalon.org.

Find Geriatrics
Community
Resources here

UPCOMING EVENTS

October 8: Geriatrics
Works in Progress

8:30 - 9:40 AM

Speaker: Free for sign-
up

[Zoom Link](#)

October 15: 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](#)

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 >>](#)

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

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