# 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 <u>Sarah</u> <u>Bronstein's Magical Matzah Ball Noodle Soup!</u>

Magical Matzah Ball

Noodle Soup

by Sarah Bronstein

Prep time: 30 min Cook time: 2.5 hours



whole uncooked chicken bag of baby carrots bag of celery 1 whole yellow onion

1 box manishewitz 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

#### 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

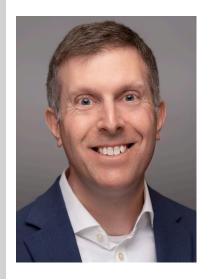
Keep the soup on a low boil as you add the balls in. I typically cover (slightly opened) for about 45 min-1 hour depending on how big the balls are. A little goes a long way, they puff up a bit. Once I drop all balls in, I sprinkle the second half of the soup packet on top for extra flavor for the balls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

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

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**



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

**GERI COMMUNITY RESOURCE** 





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  ${\tt GeriAdmin@ucsf.edu}$ 

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