

# THE ARIZONA GWEP MONTHLY NEWSLETTER

FEBRUARY 2025



## ABOUT

The mission of the Arizona Geriatrics Workforce Enhancement Program (AZ-GWEP) is to provide the best possible care through an interprofessional approach to individual, system, community and population level education, training and models of care innovations.

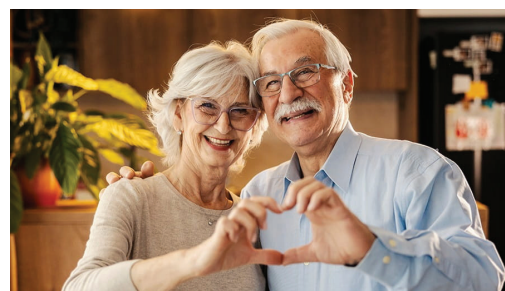
The AZ-GWEP Newsletter is an important forum to share AZ-GWEP activities and highlight your valuable work. Please use this form by the 10th of each month to be featured in the next issue:

[SUBMIT INFO FOR  
OUR NEXT ISSUE](#)



February is American Heart Month, a time when all people—especially older adults—are encouraged to focus on their cardiovascular health. Approximately 85 million adults (greater than 1 in 3) have cardiovascular disease; more than 43 million adults age 60 and older are impacted. Additionally, about two-thirds of cardiovascular disease-related deaths occur in people age 75 and older.

The [ABCS of Heart Health](#), brought to you by the [Center for Disease Control](#) and [Million Hearts](#), is an easy-to-remember mnemonic and tried-and-true method for the older adults in your life to take care of their heart health.



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## UPDATE ON SITES & AGE-FRIENDLY HEALTH SYSTEMS PROGRESS

- Our clinical partners include 3 Critical Access Hospitals, 3 associated Rural Health Clinics, 1 Independent Rural Health Clinic, 6 FQHCs, 1 Rural Academic Clinic and 1 Nursing and Rehabilitation site
- Sites recognized by IHI as AFHS Level 1 Participants: Banner University-South Campus Rural IM Resident Primary Care Clinic, Gila Valley Clinic, Carondelet Holy Cross Hospital, and Benson Hospital just submitted their L1 application

More info: <https://www.ihl.org/age-friendly-health-systems-recognition>

## PARTNER SPOTLIGHT

### MEET MICHAEL, OUR PARTNER FROM THE DEPARTMENT OF SOCIAL WORK, COLLEGE OF SOCIAL AND BEHAVIORAL SCIENCES AT NORTHERN ARIZONA UNIVERSITY

Michael McCarthy has worked in the field of social work since 1996 as a direct practitioner, teacher, researcher, and administrator. His practice background is with individuals with chronic illness and disability and their family members. As Chair for the Department of Social Work, his time is primarily spent on administrative responsibilities. Previously, he taught research and practice/program evaluation methods, at the undergraduate and graduate levels. He has also been an active researcher for many years. The overarching goal of his research is to assist families coping with physical and mental illness and disability successfully adjust to their condition in order to maintain positive health. He is committed to viewing individuals within the context of their interpersonal relationships and believes that the nature and quality of the relationship between care partners is a key driver of health outcomes, among older adults and similar populations.

In his free time, he enjoys spending time with his family, including his wife Jennifer, three children, and his dog "Cosmo." They enjoy hiking and backpacking in the warmer months and skiing and snowboarding in the winter.

He is excited to be involved in this collaboration and looks forward to our continued work together to better prepare the workforce in our region to serve older adults.



## MARK YOUR CALENDARS



### ADVANCES IN AGING LECTURE SERIES

FEBRUARY 10TH  
12 - 1 pm (MST)

Growing Old Well:  
Prevention and Reducing  
Risk for Chronic Diseases  
Dr. Meenaski Dagar

[VIEW PRESENTATION](#)

View archived presentations [here](#)

Download the event flyer

**Advances in Aging Lecture Series**

**Meenaski Dagar, MD**  
Clinical Assistant Professor, Medicine  
Director, Ambulatory Geriatrics, Banner - University Medicine Tucson

**INTERPROFESSIONAL PANEL DISCUSSION**

Cheryl Loomis, RN, MSW  
Jeenie Lee, MD  
Mindy Fahn, MD

**Growing Old Well: Prevention and Reducing Risk for Chronic Diseases**

**LIVESTREAM**  
<https://streaming.pioocm.arizona.edu/interfaming/2025/event>

**LEARNING OBJECTIVES** February 10, 2025 12-1 pm (MST)

- ✓ Understand the impact of preventive strategies on improving quality of life and reducing morbidity.
- ✓ Discuss key prevention strategies for chronic diseases.
- ✓ Describe role of vaccinations in older adults.
- ✓ Implement care planning and shared decision-making.
- ✓ Recognize significance of individualized approaches (4Ms framework)

**VIEW ARCHIVED PRESENTATIONS**  
<https://streaming.pioocm.arizona.edu/interfaming/>  
<https://pioocm.arizona.edu/interfaming/>

**Accreditation Statement:**  
The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Disclosure Statement:**  
All faculty, CME steering committee members, and the CME office reviewers have disclosed that they have no financial relationships with commercial interests that would constitute a conflict of interest concerning this CME activity.

Center on Aging | Arizona Geriatrics Workforce Enhancement Program | Banner University Medicine Geriatrics & Palliative Medicine



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## PARTNER HIGHLIGHTS

### AMPLIFYING AGING: THE NORTHERN ARIZONA UNIVERSITY AZ-GWEP MSW FELLOWSHIP PROGRAM



NAU's Department of Social Work is excited to announce the creation of the Arizona Geriatrics Workforce Enhancement Program (AZ-GWEP) MSW Fellowship. Beginning in Fall 2024, the AZ-GWEP MSW Fellowship is awarded annually to 3 NAU Master of Social Work (MSW) students committed to developing social work practice skills to work with older adults and pursue careers in aging. Students awarded a fellowship receive a \$1,500 stipend. The goal of the AZ-GWEP MSW Fellowship is to educate and train the primary care and geriatrics workforces and other appropriate specialties to provide age-friendly and dementia-friendly care for older adults in integrated geriatrics and primary care sites/delivery systems using the Age-Friendly Health Systems Framework.

Drawing on the expertise of faculty with aging focused research and practice experience, including Dr. Michael McCarthy and Dr. Megan McCoy, and with support from our Social Work Field Education staff, we are partnering with existing field placement sites and building relationships with new community partners to provide aging related field experiences for MSW students in Northern Arizona. The fellowship is for one year and is integrated into our existing MSW field placement model. Students in eligible rural or tribal placement sites complete a field placement, eight weeks of which is specifically focused on older adults. Students work closely with their agency field supervisor as they gain valuable practice experience. There is a benefit for field supervisors as well, who receive a \$500 stipend for their time in supporting the fellow's GWEP placement.

In Fall 2024, we welcomed our first AZ-GWEP MSW Fellow. Both the student and their field supervisor participate in the AZ-GWEP Advances in Aging lecture series and apply the Age-Friendly Health Systems Framework to practice. Additionally, AZ-GWEP the MSW fellows participate in mentoring sessions with NAU social work faculty and engage in aging specific course content through SW623: Mental Health Practice with Adults & Older Adults. There are plans for the development of a future aging related "conversations" webinar series highlighting the work of NAU faculty and graduate students focused on aging and potential for future interdisciplinary collaborations as the AZ-GWEP MSW Fellowship Program continues to evolve.

About NAU Social Work: The Department of Social Work is part of NAU's College of Social and Behavioral Sciences. NAU offers a Bachelor of Social Work (BSW) program both online and in-person at our Flagstaff, AZ and Yuma, AZ locations, an in-person Advanced Standing Master of Social Work Program (MSW) at our Flagstaff campus, and both a one-year advanced standing and a two-year online MSW program. NAU Social Work Department has a longstanding tradition of community service and preparing competent professional social workers for generalist practice with Native Americans, Latinos, and disenfranchised and vulnerable populations of the Southwest. NAU became a federally designated Hispanic Serving Institution in Spring 2021, demonstrating a commitment to serving underrepresented populations. For more information, please visit our website: <https://nau.edu/social-work>

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