

THE ARIZONA GWEP MONTHLY NEWSLETTER

JANUARY 2025

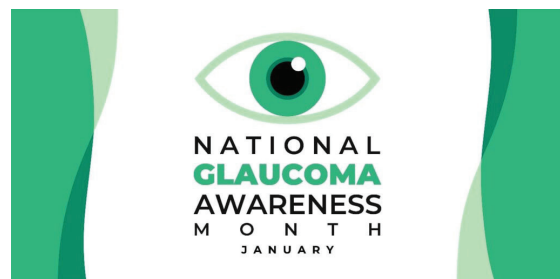


ABOUT

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](#)



National Glaucoma Awareness Month is in January, and it's an important time to raise awareness of glaucoma, which is a leading cause of vision loss and blindness in the United States. Glaucoma is especially relevant for older adults, as it's more common in people over 60. The National Eye Institute has [resources](#) to spread the word about how to find glaucoma early and the steps people with glaucoma can take.

While October is National Pharmacist Month, which is more widely celebrated by national and international organizations, January 12th is National Pharmacist Day, which annually recognizes and honors all pharmacists across the nation.



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BANNER ALZHEIMER'S INSTITUTE: DEMENTIA ECHO PROGRAM



Banner Alzheimer's Institute Dementia ECHO expands quality care for people and caregivers living with dementia through a tele-mentoring program designed to make primary providers dementia capable.

As the size and proportion of the U.S. population age 65 and older continue to increase, the number of Americans with Alzheimer's and related dementias is growing. There is a shortage of dementia specialists, which places a burden on other healthcare professionals to oversee care.

Banner Alzheimer's Institute, in collaboration with Project ECHO® (Extension for Community Healthcare Outcomes), has launched a continuing education program called Dementia ECHO to provide healthcare professionals at all levels with the specialty knowledge and tools required to effectively and comfortably manage patients living with memory disorders to improve care outcomes.

Attendees of the comprehensive lecture series can expect to:

- Review interdisciplinary approaches to the management of dementia disorders.
- Participants are asked to bring de-identified cases (submitted in advance) which serve as the focus for in-depth discussions related to clinical care for persons with dementia.

The next tele-mentoring series will begin on **Wednesday, January 22, 2025 and will be held every other week from 12pm – 1pm (AZ) for 12 total sessions.** There is no cost to participate in the Banner Alzheimer's Institute: Dementia ECHO program.

CME credits (1 credit per session attended) are available for physicians and are free for Banner Health employees. The cost of CMEs for non-Banner physicians is \$35 for the 12-credit series. General certificates of attendance are also available for other types of continuing education.

For more information, or to register, visit
www.bannerhealth.com/dementiaECHO

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PARTNER SPOTLIGHT

MEET MEENAKSHI, OUR PARTNER FROM THE UNIVERSITY OF ARIZONA COLLEGE OF MEDICINE

[MEENAKSHI DAGAR, MD](#)

Dr. Meenakshi (Mini) Dagar directs the Geriatric Medicine Fellowship Program at the University of Arizona, Tucson, and serves as the Director of the Ambulatory Internal Medicine Geriatric Rotation. With a focus on advancing care for older adults, Dr. Dagar's expertise includes managing dementia, frailty, and complex chronic conditions. She is particularly passionate about advance care planning and medical education, mentoring internal medicine residents, geriatric fellows, and medical students to ensure the next generation of healthcare providers is well-prepared to meet the unique needs of aging populations.



Dr. Dagar's career reflects a commitment to improving healthcare delivery through interdisciplinary collaboration, quality improvement initiatives, and preventative care. Her work highlights the importance of aligning healthcare practices with the unique needs of older adults while fostering a learning environment for trainees. She has received multiple awards for her teaching and her career reflects a dedication to advancing geriatric care and interdisciplinary collaboration.

Outside of work, Dr. Dagar enjoys hiking and exploring the outdoors, as well as spending quality time with her two children and two cats. She is dedicated to promoting the well-being of her patients, her community, and her family, embodying a balance of professional excellence and personal fulfillment.

MARK YOUR CALENDARS



ADVANCES IN AGING LECTURE SERIES

JANUARY 13TH


12 - 1 pm (MST)

Continuum of Care for Older Adults and the Age Friendly Health System
Dr. Mindy Fain

[VIEW PRESENTATION](#)

View archived presentations [here](#)

Download the event flyer



AZ-GWEP PARTNER MEETING

Thursday, January 23rd

11:00 am - 12:30 pm



Connect with our [AZ-GWEP Community Group Page on LinkedIn](#)



ADVANCES IN AGING LECTURE SERIES

Continuum of Care for Older Adults and the Age Friendly Health System

LIVESTREAM

January 13th, 2025
12-1 pm (MST)

LEARNING OBJECTIVES

- Describe the Continuum of Care for Older Adults
- Discuss Challenges to Deliver Care Across the Continuum
- Explore Strategies to Integrate Care Across the Continuum

VIEW ARCHIVED PRESENTATIONS

<https://streamingroom.arizona.edu/streaming/2025/event>

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. The University of Arizona College of Medicine - Tucson designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement: All faculty, CME planning 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.

Arizona Geriatrics Workforce Enhancement Program

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GWEP COORDINATING CENTER MEETING

BETHESDA, MARYLAND | DECEMBER 3-5, 2024



The Arizona GWEP team was excited to join the all-GWEP Kick-Off Meeting in Bethesda, Maryland on December 4th and 5th, hosted by the GWEP Coordinating Center and supported by the John A. Hartford Foundation and the American Geriatrics Society. Mindy Fain and Lisa O'Neill dove into a full agenda that kicked off with a welcome from Joan Weiss, PhD, RN, CRNP, FAAN (HRSA), Scott Bane

(John A. Hartford Foundation), and Ellen Flaherty, PhD, PSRN, ASGF (GWEP-CC).

The event started with a fast-paced Speed Networking session that gave Mindy and Lisa the chance to connect with a variety of GWEP programs, sharing insights and challenges. This was followed by a session on Age-Friendly Health Systems, led by KellyAnne Johnson, MPH (Institute for Healthcare Improvement), followed by roundtable discussions where attendees swapped stories about the Age-Friendly recognition journey.

Following lunch, participants learned strategies on using Electronic Health Records (EHRs) to support age-friendly care and got the latest updates from HRSA. The afternoon was highlighted by a deep dive into the Moving Forward Nursing Home Quality Coalition, led by experts Robyn Stone, DrPH (LeadingAge) and Alice Bonner, PhD, RN (IHI Senior Advisor). The day ended with a reception and buffet dinner, offering more networking and reflection.

Day 2 kicked off with networking discussions on key topics like apprenticeships, EHRs, evaluation, and the CNA apprenticeship program in nursing homes. Patricia M. D'Antonio, BSPHarm (National Center to Reframe Aging), gave an insightful presentation on Reframing Aging, followed by a session on advocacy updates from industry leaders like Kristine Blackwood (AGS), Brian W. Lindberg (NAGE), and Amy M. York (Eldercare Workforce Alliance). The event wrapped up with final roundtable discussions before everyone headed home.

Mindy and Lisa returned full of new ideas and lessons learned from national experts and our GWEP peers. They are eager to apply these insights to continue advancing the impact of our Arizona GWEP!



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AGE-FRIENDLY HEALTH SYSTEMS: EXPLORE THE 4Ms



A New Year of **What Matters** Most

This new year is a perfect time to think about our goals and preferences and consider what matters most to us and to those who we care about. It is also a perfect time to prompt us to think about learning “what matters most” to our patients and working to align our care and decisions with what matters most to our patients’ health outcome goals.



Identifying our patients’ goals and preferences is foundational and should shape the care that we provide. The Age-Friendly Health Systems initiative defines “What Matters” as “knowing and aligning care with each older adult’s specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.” Although we commonly ask these questions of our patients who are seriously ill or dying, and align care and decisions with their health outcome goals, it’s important to expand this approach to include all older adults in our care, and across all settings of care.

It is important that “What Matters” to the older adult is identified, understood and documented, and then acted on across sites of care. Any member of the care team can initiate and document the conversation. The goal is for “What Matters” discussions to be part of routine and recurring care, and more than just a onetime conversation between the older adult and the care team. It is a key part of relationship building, and “What Matters” should be communicated across care sites, and updated following changes in health status, such as a new diagnosis, or a major life event.

“What Matters” conversations are most impactful if they help us to understand the older adult’s life context and priorities, connect them to self-management issues and care decisions, and are anchored to specific management or treatment decisions. Consider preparing the older adult for the conversation in advance. Some broad questions include,

- What is important to you today?
- What brings you joy?

More specific anchoring questions include,

- What are your most important goals now and as you think about the future with your health?
- What is the one thing about your health you most want to focus on so that you can do [fill in desired activity] more often or more easily?

“What Matters” is the foundation of the Age-Friendly Health System initiative which includes the four evidence-based elements of care for older adults – What Matters, Medication, Mentation and Mobility. The Institute for Health Care Improvement’s [“What Matters” to Older Adults: A Toolkit for Health Systems to Design better Care with Older Adults](#)” is an excellent resource for healthcare teams.