

THE ARIZONA GWEP MONTHLY NEWSLETTER

APRIL 2026



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 Healthcare Decisions Day 2026

the conversation project

April 16 is [National Healthcare Decisions Day](#), a timely reminder that conversations about healthcare wishes are too important to postpone. For those working in geriatric care and education, it's also an opportunity to reflect on how well clinicians, caregivers, and families are being equipped to listen to, document, and honor the preferences of older adults.

This month's newsletter highlights resources to support that work, because meaningful advance care planning starts with the people who make it possible. On [Page 2](#), you'll find information about National Healthcare Decisions Day from [The Conversation Project](#). On [Pages 6-7](#), you'll find a Care Partner Information Sheet on End-of-Life Care that includes information about legal documents that help older adults and caregivers make important healthcare decisions. This information sheet and others can be found on the Arizona Center on Aging's site for [Care Partner Information Sheets](#).

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National Healthcare Decisions Day



National Healthcare Decisions Day (NHDD) is observed annually on April 16 to educate people on the importance of advance care planning. NHDD encourages individuals to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be.

Led by [The Conversation Project](#) (TCP), NHDD aims to motivate people to communicate their healthcare preferences and ensure that medical providers and institutions honor those decisions.

TCP offers a variety of [Advance Care Planning](#) tools and resources on its website, including:

[Your Conversation Starter Guide](#)

[Your Guide to Choosing Health Care Proxy](#)

[Your Guide for Talking with a Health Care Team](#)

[For Caregivers of People with Alzheimer's or Other Forms of Dementia](#)

[What Matters to Me Workbook](#)

TCP will be holding a [community call](#) on April 8 at 1 p.m. ET - open to the general public to learn more about TCP, advance care planning and NHDD - to encourage and empower people to begin conversations about their wishes for care through the end of life.

Join the [April 8](#) call.

Visit the [NHDD](#) website.

Access the [NHDD resources](#).

[Join](#) the NHDD movement.



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PARTNER SPOTLIGHT

MEET KRISTEN FROM THE ALZHEIMER'S ASSOCIATION

Kristen Moore Bennett serves as the Southern Arizona Regional Director for the [Alzheimer's Association](#), bringing nearly a decade of passion for aging advocacy to her work. Her path to the Alzheimer's Association began when she left the pharmaceutical industry to start a real estate business, a journey that ultimately led her to the Alzheimer's Association—first as Health Systems Director and now as Regional Director.



When she's not advocating for those affected by Alzheimer's disease, Kristen can be found enjoying the outdoors (when it's below 100 degrees), cooking (and eating) and time spent with family (and friends who have become family). Her philosophy? It's never too late to find your passion – there are many chapters still to be written.



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

MARK YOUR CALENDARS



ADVANCES IN AGING LECTURE SERIES

April 13th
12 - 1 pm (MST)

Nutrition in Older Adults: Protein, Fiber, and Beyond

Meenakshi Minghelli MD

[VIEW PRESENTATION](#)

View archived presentations [here](#)

Download the event flyer

ADVANCES IN AGING LECTURE SERIES

Meenakshi Minghelli, MD
Clinical Assistant Professor, Director, Ambulatory Pediatrics, Banner University Healthcare Phoenix

INTERPROFESSIONAL PANEL DISCUSSION

Cheryl Luszcz, Joannin Lee, Mindy Jain

Nutrition in Older Adults: Protein, Fiber, and Beyond

LIVESTREAM
[HTTPS://STREAMING.BIOCOM.ARIZONA.EDU/STREAMING/2101/EVENT](https://streaming.biocom.arizona.edu/streaming/2101/event)

LEARNING OBJECTIVES

- Recognize age-related changes that affect nutrition in older adults.
- Apply protein, fiber, and key micronutrient guidelines to reduce frailty and functional decline.
- Integrate practical, patient-centered nutrition strategies into older adult care.

VIEW ARCHIVED PRESENTATIONS
[HTTPS://STREAMING.BIOCOM.ARIZONA.EDU/STREAMING/2101/ARCHIVED-PRESENTATIONS](https://streaming.biocom.arizona.edu/streaming/2101/archived-presentations)

April 13, 2026 12-1 pm (MST)

CME Credits: Provided by the University of Arizona College of Medicine - Tucson
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 activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.
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.

Arizona Geriatrics Workforce Enhancement Program

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Banner
Alzheimer's
Institute

Dementia Friends Champion Training

Does the Dementia Friends philosophy speak to you? Are you interested in being trained to facilitate sessions in your networks or the broader community? **NEXT TRAINING: MAY 28TH AT 10-11:30 AM MST**

[Register](#)

Join the GWEP-CC Online Community



GWEPOnline is the central hub for the GWEP-CC Age-Friendly Health Systems Continuous Action Community and for all GWEP directors, team members, and partners.

Members will have access to resources such as the American Geriatrics Society Age-Friendly Resource Library, GWEP CC Newsletter, GWEP-CC Coaching Calls (slides and recordings), Community Catalyst's 4Ms Consumer Tools, GWEP-CC Age-Friendly Health Systems Case Studies, and much more. You can view the last GWEP-CC Coaching Call, "Practicing the 4Ms as a Set": [recorded team webinar](#). Coaching Call slides are available under Tools and Resources on the GWEP Online Community site (see below on how to register).

NEXT CALL: APRIL 9TH AT 12:00 PM MST

If you would like to join the [GWEP Online Community](#) (login required) **please contact Lisa O'Neill at loneill@arizona.edu** who will submit your name for account creation.



[Register](#)

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Brain Health Fair

This project is funded by the Arizona Alzheimer's Consortium

Friday, April 3, 2026

Time: 9 a.m. – 2 p.m.

Location: Joe C. Montoya
Community & Senior
Center - 245 N Thorpe
Rd, Flagstaff, AZ 86001



Table Games



Brain Health Kiosk



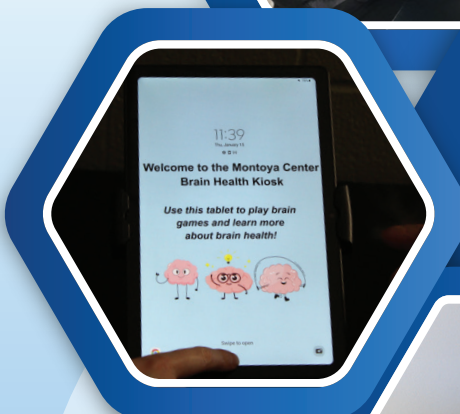
Memory Screening



Virtual Brain games



Community Resource Tables



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THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Center on Aging

Care Partner Information

Tips for Providing Older Adult Care

End of Life Care

As older adults approach the end of their life, it can be difficult for care partners to provide all of the care that is needed. Hospice can help.

What is hospice?

Hospice is special care for people who are in the last few months of life. Care is provided by healthcare providers with special training. They can provide care at the person's home. Or, they can give care at a hospice center. Hospice focuses on the whole person, including their physical, emotional, and spiritual needs. The goal is to keep the person comfortable in the last months and weeks of their life. This helps a person to enjoy the remainder of their life, and also supports caregivers.

What Hospice Can Do	
Help plan and coordinate care.	Give care partners a break.
Make sure the patient is comfortable and pain free.	Answer questions about death and dying.
Provide emotional support for the family before their loved one dies.	Provide emotional support for the family - up to a year after their loved one has died.

When is it time for hospice?

A doctor can help decide if someone is at the end of their life, and ready for hospice. A person can choose hospice if they have been told by a doctor that they have six months or less to live. They do not have to be bed-bound to get help from hospice. It is better to start hospice care sooner, rather than later. It can improve comfort and pleasure for both patients and their families. Most insurance plans, including Medicare, will pay for hospice care. The older adult's doctor can give comfort care along with the hospice staff.

This Care Partner Information page is part of a series on older adult caregiving tips. They are written to help family and community caregivers, direct care workers and community health representatives care for older adults. Available in English and Spanish at www.aging.arizona.edu

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Care Partner Information

When is hospice not a good choice?

Hospice is not for patients who want to continue treatments that aim to cure the disease, such as chemotherapy. In that case, palliative care may be better. Palliative care can help support seriously ill patients and their families at any stage of illness.

Important Conversations

Talking about the end of life can be hard, but it can bring peace of mind and reduce stress. In some cultures, people think talking about death will invite it sooner. But these talks make it possible for the person to have the kind of care they want, where they want, and have any special wishes granted.

Topics for Important Conversations	
Who do they want with them at the end of life?	What are they willing to go through for more time?
What type of care do they want and not want?	Do they want to donate their organs?
Where do they want to live and to die?	What are the person's funeral preferences?

Legal Documents Everyone Should Have

Everyone should have a few important documents (paperwork). These documents help caregivers when the older adult can no longer make decisions. Documents are different in each state. It is important to make sure the older adult's documents are legal in their current state of residence.

Type of Document	What It Does
Power of Attorney	Names one person to manage the personal affairs and money when the older adult cannot.
Medical Power of Attorney	Names one person to make medical decisions when the older adult cannot. An alternate person can be added.
Mental Health Power of Attorney	Names one person to make mental health decisions for the older adult when they cannot. An alternate person can be added.
Advance Directives/Living Will	Details what kind of medical care the older adult wants, such as whether they want CPR.
Will	States what the older adult wants done with their money and belongings after they die.

Useful Websites

Hospice Foundation of America: <http://hospicefoundation.org/>

National Institute on Aging: <https://www.nia.nih.gov/health/end-of-life>

Health in Aging Foundation: <http://www.healthinaging.org/resources/resource:guide-to-advance-directives-1/>

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Care Partner Information ~ Tips for Providing Older Adult Care

Edited by an interprofessional team from the University of Arizona Center on Aging

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