

THE ARIZONA GWEP MONTHLY NEWSLETTER

OCTOBER 2026

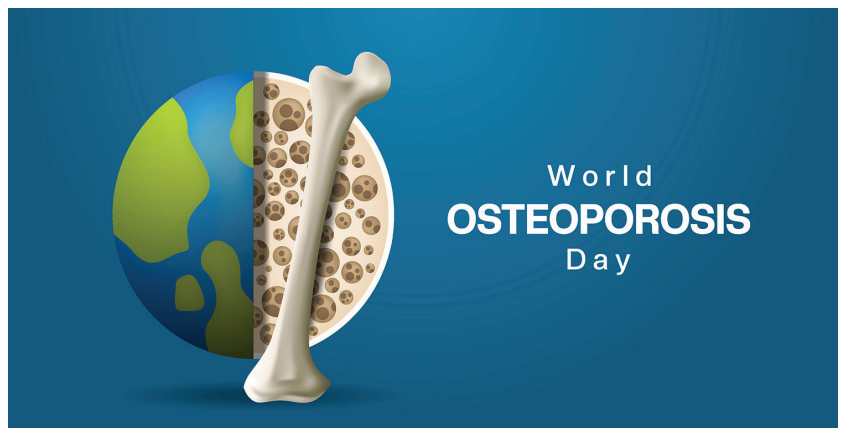


ABOUT

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](#)



Osteoporosis affects an estimated 10 million Americans and contributes to over 2 million fractures each year, many among older adults. [World Osteoporosis Day](#), observed annually on October 20, raises awareness of bone health and the steps that can reduce fracture risk — from weight-bearing exercise and adequate calcium/vitamin D intake to early screening for those at risk. For the geriatrics workforce, it's a timely reminder to incorporate bone health and fall-risk assessment into routine care for older patients.

Read and share this [Infographic about Osteoporosis and Risk Factors for Older Adults](#) from the National Institute on Aging. Check out [Page 8](#) for a Care Partner Information Sheet on osteoporosis. This sheet, along with others, is available for download on the [Center on Aging Care Partner Information Sheet Webpage](#).

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PARTNER SPOTLIGHT

MEET HEATHER FROM BANNER ALZHEIMER'S INSTITUTE

Heather Mulder is the Associate Director of Outreach Programs at Banner Alzheimer's Institute, where she leads the Events and Outreach Team in designing education, support, and engagement opportunities for individuals living with dementia and their care partners.

Her career has been rooted in Alzheimer's and dementia care, spanning long-term care, an Area Agency on Aging, and the Alzheimer's Association – Illinois Chapter. She is the co-host of Dementia Untangled, a podcast guiding caregivers on a supportive path, and serves as a co-investigator on PodCaring, a study exploring the podcast's impact on caregiving.

Heather's creative outreach includes programs such as the choir, Shine Your Light, the storytelling initiative To Whom I May Concern, and the Walk With Me CD, part of BAI's Native American outreach efforts. Her work ensures educational content remains accessible, relatable, and empowering for caregivers and those living with dementia.

Her hobbies and interests include exploring, anything creative and crafty, hitting the road for some wind therapy, keeping up with a 10 year old and 2 fuzzy buddies (cats full of attitude).



LinkedIn

Connect with our
AZ-GWEP community
on LinkedIn

MARK YOUR CALENDARS



ADVANCES IN AGING LECTURE SERIES

October 12th
12 - 1 pm (MST)

Detecting the Hidden Burden: Anticholinergic and 4Ms Link

Jeannie K. Lee, PharmD, BCPS, BCGP, FASHP, AGSF

[VIEW PRESENTATION](#)

View archived presentations [here](#)

Download the event flyer below.



LEARNING OBJECTIVES

- ✓ Connect anticholinergic medication risks to the 4Ms framework
- ✓ Identify common high-risk anticholinergic medications (Rx and OTC)
- ✓ Describe deprescribing strategies for anticholinergic medications

CME Credit: 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 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 steering committee members, and the CME office have declared that they have no financial relationships with commercial entities that would constitute a conflict of interest concerning the CME activity.



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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: OCTOBER 27TH @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. Coaching Call slides are available under Tools and Resources on the GWEP Online Community site (see below on how to register).

NEXT CALL: OCTOBER 8TH AT 12:00 PM MST

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



[Register](#)

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Join us for a Day of Learning and Fun!

FALLS PREVENTION FAIR 2026

SAVE THE DATE

FRIDAY, OCTOBER 16, 2026

11:00 AM - 3:00 PM

Tucson Chinese Cultural Center

1288 W River Rd

[Register](#)

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JOIN US!

Virtual Caregiver Summit

FINDING YOUR WAY FORWARD



A Caregiver Guide to Simplifying Systems

TUESDAY, OCTOBER 20, 2026, 9AM-1PM
Virtual event held via Zoom

Free event for family caregivers in Arizona, featuring presentations on:

- Area Agency on Aging
- ALTCS (Arizona Long Term Care System)
- Advanced Directives, and other legal resources



Pre-registration is required.

[Click here](#)
or scan the QR code to
register for the event.

or visit: <https://tinyurl.com/VirtualCaregiverSummit>



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20th Annual Conference on Alzheimer's Disease and Dementia in Native Americans

KNOWLEDGE, CONNECTIONS, & SUPPORT

Thursday, October 22, 2026
8:10 am - 4:00 pm
Great Wolf Lodge



Conference Location

Great Wolf Lodge
Conference Center Ballrooms
7333 N Pima Road, Scottsdale, AZ 85258



Hotel Information

Great Wolf Lodge
7333 N Pima Road, Scottsdale, AZ 85258

Visit: <https://www.greatwolf.com/arizona>

Reservations, call 480-948-9653 and reference
"20th Annual Native American Conference" or
click the Reservation Group Weblink below for
online reservations: [20th Annual Native American
Conference - Booking Link](#)

**Room Rate: \$159.00 + tax. Room rates are based
on 1 - 4 guest per room.**

To receive this Group Rate, hotel room
reservations must be made by end of day on
Sunday, September 20, 2026.



Event Registration

\$30.00 per person for the Pre-Conference on
Wednesday, 10/21/26

\$30.00 per person for Main Conference on
Thursday, 10/22/26

BAIFCS@bannerhealth.com for more
information.

Visit: www.bannerhealth.com/alznativeamerican or
Call 602.230.2273 (CARE)

Payment options: credit card, invoice or check

Mail Checks to:

Banner Health Corporate - Mesa
Attn: Cippy Seidler
3rd Floor, Room 3315
525 W. Brown Rd., Mesa, AZ 85201

Limited Family Caregiver & Student Scholarships
available. Please contact Nicole Lomay at Nicole.Lomay@BannerHealth.com



Large Group Registrations

For Group attendees of 5 or more, please contact
the 230-CARE Team at 602.230.2273 (CARE).

Cancellations must be made in writing to:

BAIFCS@BannerHealth.com

A full refund minus a \$15.00 processing fee is available
through Friday, October 9, 2026. No partial refunds
will be made.

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PROGRAM DESCRIPTION

The Medicine Wheel of Brain Wellness: Tradition Meets Science

You won't want to miss our milestone 20th anniversary conference where cutting-edge Alzheimer's research meets Indigenous wisdom. This unique conference features expert-led sessions exploring the interconnected dimensions of brain health: mind, body, spirit, and emotion—paired with hands-on traditional activities that bring scientific principles to life, creating a holistic approach to cognitive wellness and dementia risk reduction.

AUDIENCE

This conference is intended for elders, family caregivers, professional caregivers, health care providers, educator's and tribal leaders.

A SPECIAL THANK YOU TO:

**The May & Stanley Smith Charitable Trust,
the John and Sophie Ottens Foundation,
Eisai Inc.,
and
University of Arizona GWEP
grant partnership**

AGENDA

7:30 to 8:10 am	Registration / Continental Breakfast
8:10 to 8:30 am	Welcome / Blessing / Introduction <i>Emcee: Laurai Atcitty, Inter-Tribal Council of Arizona</i>
8:30 to 9:30 am	Addressing Alzheimer's Disease: Research and Clinical Updates <i>Eric Reiman, MD</i>
9:30 to 9:45 am	Keeping Balanced for a Healthy Brain <i>Jeremy Pruzin, MD</i>
9:45 to 10:45 am	Healthy Body: Strengthening Through Movement & Care / Activity <i>Jeremy Pruzin, MD & Gabrielle Begay, BS & Sharmayne Hardy, ATC, LAT: Native Health Activity</i>
10:45 to 11:00 am	Break / Resource Fair
11:00 to 12:00 pm	Healthy Mind: Exercising & Renewing Your Brain / Activity <i>Marwan Noel Sabbagh, MD, FAAN & Celinda Joe, BSW: SRPMIC Activity</i>
12:00 to 1:00 pm	Lunch / Resource Fair
1:00 to 1:15 pm	Shine Your Light Choir <i>Heather Mulder, BS</i>
1:15 to 2:15 pm	Healthy Emotion: Connecting & Healing / Activity <i>Eric Scott Cerino, PhD & Kaya Perry, BA: Native Health Activity</i>
2:15 to 2:30 pm	Break / Resource Fair
2:30 to 3:30 pm	Healthy Spirit: Finding Peace & Balance / Activity <i>Helle Brand, PA & Erin Manuel: SRPMIC Activity</i>
3:30 to 4:00 pm	Closing / Blessing / Evaluation

FEATURED PRESENTERS

Gabrielle Begay, BS Dine'
Native Health, Indigenous Wellness Program Coordinator

Eric Scott Cerino, PhD.
Assistant Professor, Northern Arizona University

Celinda Joe, BSW Dine'
SRPMIC, Senior Services Coordinator

Sharmayne Hardy, ATC, LAT Dine'
Native Health, Community Health Worker

Erin Manuel, Salt River Pima-Maricopa Indian Community
SRPMIC, Senior Manager

Kaya Perry, BA
Native Health, Indigenous Garden Educator

Marwan Noel Sabbagh, MD, FAAN
Behavioral Neurologist
Barrow Neurological Institute

BANNER ALZHEIMER'S INSTITUTE TEAM

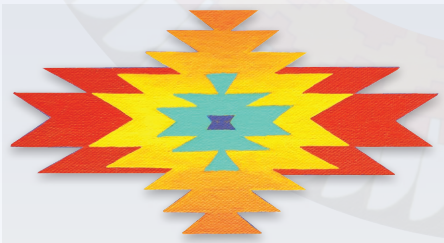
Helle Brand, PA
Clinician

Nicole Lomay, BIS Dine'
Senior Outreach Program Manager Native American Outreach Program

Heather Mulder, BS
Associate Director Outreach Research

Jeremy Pruzin, MD
Neurologist & Principal Investigator

Eric Reiman, MD
CEO Emeritus & Lead Scientist



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THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Center on Aging

Care Partner Information

Tips for Providing Older Adult Care

Osteoporosis

Osteoporosis is a condition that causes bones to become weak and brittle. About half of adults age 65 and older have this condition. This can make them more likely to break a bone if they fall.

The risk of osteoporosis is higher in women, especially those who are small and thin. Other risk factors include older age, family history, low hormone levels, smoking, drinking, and not getting enough exercise. Exercises that can help include walking, running and lifting weights. Vitamin D and calcium also can help make bones stronger.

Older adults should ask their healthcare providers about getting checked for osteoporosis. This is done using a “DEXA scan,” which is a bone x-ray. If bones are weak, there is medication that can help.

Getting Checked for Osteoporosis	
Who	All adults over age 65.
What	A bone x-ray, using a DEXA scan.
When	The earlier the better to help reduce the risk of breaking a bone.
Why	Medications can help reduce the risk of breaking a bone.
How	Talk to a healthcare provider about having a bone x-ray to check for osteoporosis.

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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Continued from front page

Care Partner Information

Vitamin D

Vitamin D can help to improve muscle and bone strength, which reduces the chances of a fall. It also helps the body to absorb calcium. Other things, such as cod liver oil, can help the body take in Vitamin D. Older adults should talk to their healthcare provider about adding Vitamin D to their diet and before taking it as a pill.

Vitamin D		
Who	How Much	Foods Rich with Vitamin D
Adults aged 51 to 70	600 international units (IU) daily	Eggs Milk Portabella mushrooms
Adults older than 70 years	800 international units (IU) daily	Salmon Tofu Tuna

Calcium can help bones and teeth stay strong and healthy. Not having enough calcium in your diet can lead to osteoporosis. Older adults need more calcium than younger adults. Calcium is mostly found in dairy products. Older adults should talk to their healthcare provider about

Calcium		
Who	How Much	Foods Rich with Calcium
Men aged 51 to 70	1000 milligrams (mg) daily	Dairy (milk, cheese, yogurt) Leafy greens (spinach, kale, collards) Oatmeal
Women older than 50, and males older than 70 years	1,200 milligrams (mg) daily	Salmon Tofu White beans

Written by: Rachel Peterson, MPH, MA, University of Arizona Center on Aging

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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