

# San Diego Imperial Geriatric Education Center GWEP Newsletter April 2025

The San Diego Imperial Geriatric Education Center is working to address care gaps and improve health outcomes for older adults, strengthen training of the geriatric workforce, and build age-friendly and dementia-friendly health systems and communities.



## GWEP NEWS

**Interprofessional Student Dementia Training Activity at Glenner  
Centers – April 16**



The SDIGEC GWEP held an interprofessional student training at the Glenner Town Square in Chula Vista on Wednesday, April 16th. Medical, nursing and social work students from UC San Diego and SDSU participated in a hands-on experience that stimulates the confusion, sensory and cognitive changes felt by someone with dementia. Students had an opportunity to network together during this event and take a tour of the Town Square. Thank you to Mindy Baker, Shannon Patel and their team from Glenner Alzheimer's Family Centers, Inc. for hosting this training!





**May is Older Americans Month – Let's Flip the Script on Aging!**

# FLIP the SCRIPT on aging



**#OlderAmericansMonth**



Each May, the Administration for Community Living celebrates Older Americans Month (OAM), and this year's theme is **"Flip the Script on Aging"**—challenging stereotypes and changing how society views aging.

Join us in recognizing the contributions of older adults and promoting age-friendly care. Explore key resources like the *"Aging in America: Survive or Thrive"* documentary airing on PBS, and tools from the National Center to Reframe Aging to support more inclusive conversations around aging.

[Learn More about Older Americans Month](#)

## UPCOMING EVENTS

# **Incorporating Equity in Today's Research Climate: Community Engagement Strategies (with Small Group Implementation Discussions)**

Thursday, May 1, 2025

9:00 am - 11:30 am PST

UC San Diego

Israni Biomedical Research Facility, Conference Room 1102





# Join Us for a Special Workshop



**THURSDAY, MAY 1, 2025**



9am – 11:30am

## **Incorporating Equity in Today's Research Climate: Community Engagement Strategies (with Small Group Implementation Discussions)**

**Hosted lunch to follow**

**Israni Biomedical Research Facility, Conference room 1102 UC SAN DIEGO, LA JOLLA**



### **Elizabeth Dzeng, PhD, MD, MPH, MPhil, MS**

Associate Professor in Residence, Division of Hospital Medicine  
University of California, San Francisco (UCSF)

Philip R. Lee Institute for Health Policy Studies | Division of  
Geriatrics

Senior Research Fellow, Cicely Saunders Institute, King's College  
London

Elizabeth Dzeng, MD, PhD, MPH, is an Associate Professor in Residence in the Division of Hospital Medicine at UCSF and a Senior Research Fellow at the Cicely Saunders Institute at King's College London. She is a hospitalist, sociologist, and ethicist who draws from diverse qualitative research methods including empirical bioethics, sociology, community-based participatory research, and human centered design to improve health equity and quality of care during serious illness. She is a recipient of a Beeson Award and Sojourns Scholar Leadership Award which funds her community-based participatory research focused on understanding and addressing structural racism and its influence on the quality of end-of-life care in older Black adults. Her other area of focus is around the influence of institutional cultures and policies on end-of-life care.

### **Registration required by April 24, 2025**

LINK: [https://ucsd.co1.qualtrics.com/jfe/form/SV\\_0UFw50l43WsXGTk](https://ucsd.co1.qualtrics.com/jfe/form/SV_0UFw50l43WsXGTk)

or scan QR code to register



[download flier pdf](#)

**Register Here**

# UC San Diego Division of Geriatrics, Gerontology & Palliative Care Grand Rounds

Tuesday, May 6th  
12pm  
via zoom

**Special Presentations: Hospice & Palliative Medicine Fellows**

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**“Osteopathic Treatments in the Context of Palliative Care”**

**Vivian Okonta, DO, MPH**

**&**

**“Palliative and End-of-Life Care in Stroke”**

**Julia Bu, MD**

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## **Speaker Bios:**



**Vivian Okonta** is a firm believer in holistic care for marginalized populations. She received her Bachelor of Science degree in Biology from Loyola Marymount University in Los Angeles and later pursued her interests in the field of healthcare by earning her Master’s in Public Health from the University of Southern California. After earning her MPH, she worked as a social and behavioral health researcher at CHLA, addressing

research questions in the realms of: teen pregnancy prevention, services for youth experiencing homelessness, and medical care for transgender youth. She later earned her degree in Osteopathic Medicine from Western University of Health Sciences in Pomona, California and completed her post-doctoral residency training in Family Medicine at UC Irvine with an emphasis in care and advocacy for underserved minorities. She is currently completing her fellowship training in Hospice & Palliative Care at UC San Diego. Vivian Okonta is a firm believer in holistic care for marginalized populations. She received her Bachelor of Science degree in Biology from Loyola Marymount University in Los Angeles and later pursued her interests in the field of healthcare by earning her Master’s in Public Health from the University of Southern California. After earning her MPH, she worked as a social and behavioral health researcher at CHLA, addressing research questions in the realms of: teen pregnancy prevention, services for youth experiencing homelessness, and medical care for transgender youth. She later earned her degree in Osteopathic Medicine from Western University of Health Sciences in Pomona, California and completed her post-doctoral residency training in Family Medicine at UC Irvine with an emphasis in care and advocacy for underserved minorities. She is currently completing her fellowship training in Hospice & Palliative Care at UC San Diego



**Julia Bu** is a vascular neurologist born and raised in Southern California. She completed her undergraduate degree at Brown University in Rhode Island, with a thesis titled “Iron Accumulation is Reversible in the Brains of Transferrin-Deficient Mice”, and completed her M.D. at Case Western Reserve University in Cleveland, Ohio. She went on to University of California San Diego where she completed her neurology residency, neurology chief year, stroke fellowship, and where she is currently completing her second fellowship in palliative care and hospice medicine. In her free time, she enjoys kickboxing and exploring the wonders of the world with her 6 month old son.

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**Continuing Education Credits now available for Social Workers!**

[More about GPPC Grand Rounds](#)

Please e-mail Sasha Weiss ([saweiss@health.ucsd.edu](mailto:saweiss@health.ucsd.edu)) to be added to the GGPC Grand Rounds invite list and receive the zoom link.

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## **Glenner Symposium**

Thursday, May 8th 2025

9am - 3:30pm

Fredericka Manor - 183 Third Avenue - Chula Vista, CA 91910

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# GLENNER SYMPOSIUM

THURSDAY, MAY 8, 2025 | 9 AM - 3:30 PM

FREDERICKA MANOR | 183 THIRD AVENUE | CHULA VISTA, CA 91910

## DEMENTIA CARE: SENSORY SYSTEMS & DIET 4 FREE RCFE & BRN CONTINUING EDUCATION CREDITS

### HEARING LOSS & COGNITION



**Laura Coco, AuD, PhD, CCC-A**  
**Assistant Professor**

*San Diego State University, Director of  
the Community-Engaged Research for  
Communication Access (CERCA) Lab*



**Ariana Stickel, Ph.D.**  
**Assistant Professor**

*San Diego State University Psychology  
Department and Director of Brain Research  
In Latino Life-course Aging (BRILLA) Lab*

### MOBILITY, BALANCE & DEMENTIA



**Barbara L. Matias, RN**  
**Director of Clinical Services**  
*George G. Glenner Alzheimer's Family  
Centers, Inc.®*

### INTEROCEPTION & PROPRIOCEPTION



**Jennie L. DiGrado, PhD, OTD**  
**OTR/LC/NDT**  
**Assistant Professor**

*Occupational Therapy Program  
University of St. Augustine for Health Sciences*

### DIETARY PATTERN EFFECT ON DEMENTIA & ALZHEIMER'S PROGRESSION



**Diorella Mae Gatchalian-Rioveros, RDN**  
**Registered Dietitian & Consultant**  
*Nutrientdensified*



**Fredericka  
Manor**  
a front porch community

### REGISTRATION

<https://glenner.org/symposium-05-08-25/>

**RSVP by April 28, 2025**

**Questions? [DementiaCareEducation@glenner.org](mailto:DementiaCareEducation@glenner.org)**

[download flier pdf](#)

[More info and register here](#)

**UC San Diego's Stein Institute for Research on Aging Public  
Lecture Series**

Wednesday, May 14, 2025  
4pm - 5pm  
Zoom



Michael J. Wilkinson,  
MD, FACC, FNLA

## PUBLIC LECTURE

### "INTERMITTENT FASTING: A STRATEGY TO PREVENT CARDIOMETABOLIC DISEASES AND PROMOTE HEALTHY AGING"



UC San Diego  
Center for Healthy Aging  
Stein Institute for  
Research on Aging

Please join us for a lecture with UC San Diego Cardiologist, Dr. Michael J. Wilkinson. Q & A to follow, moderated by Danielle Glorioso.



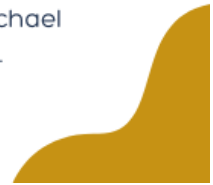
4pm-5pm



Wed, May 14



Zoom



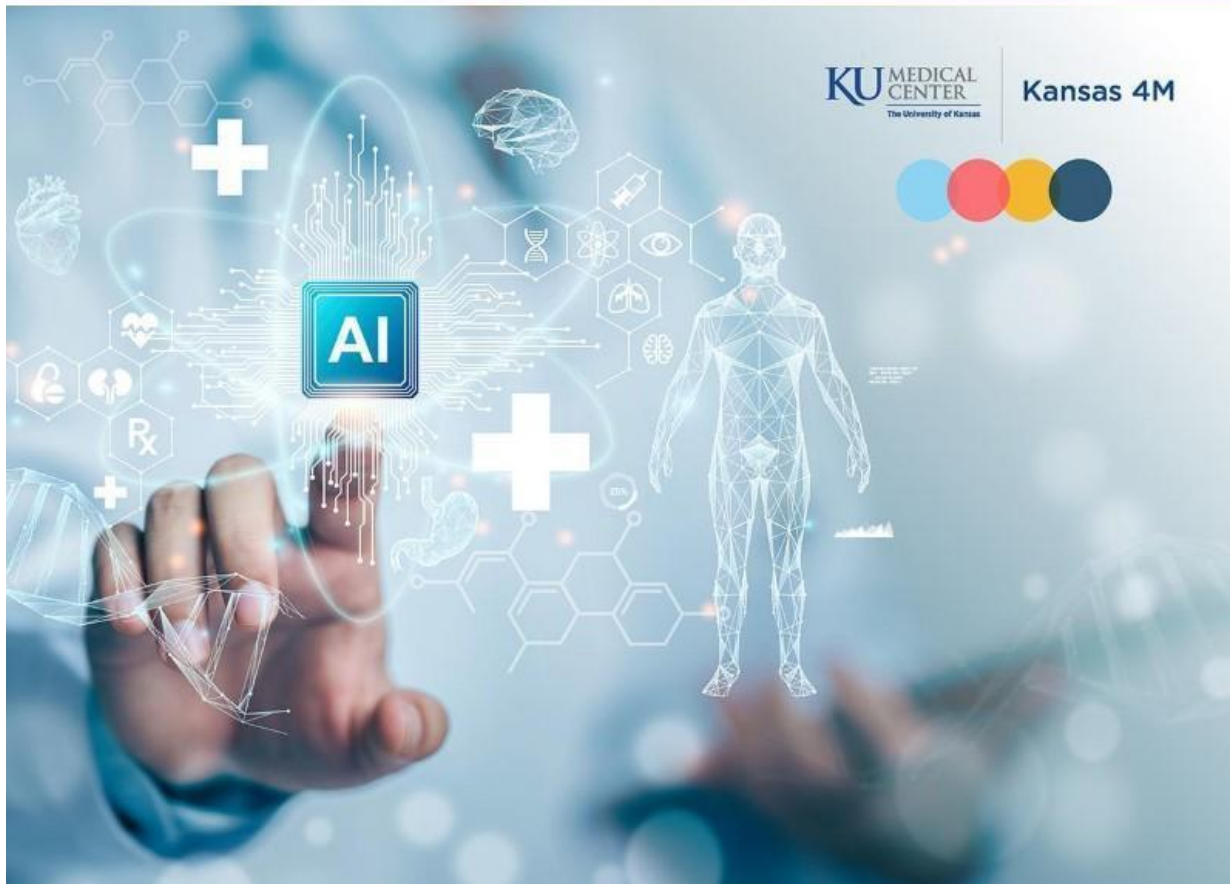
**Dr. Michael Wilkinson** is a board-certified cardiologist and lipidologist, and directs UC San Diego Health's advanced lipid treatment program, specializing in inherited dyslipidemias like familial hypercholesterolemia and elevated lipoprotein(a). He focuses on preventing atherosclerotic cardiovascular disease through risk management and advanced therapies. As president of the Pacific Lipid Association Chapter and a National Lipid Association board member, Dr. Wilkinson advances lipidology education and research. An associate editor of the *American Journal of Preventive Cardiology*, he publishes extensively and mentors trainees. He completed his MD at Drexel University, residency at the University of Chicago, and fellowship at UC San Diego, where he was chief fellow.

[Register Here](#)

## Leveraging Artificial Intelligence (AI) to Support 4Ms Care of Older Adults

May 27, 2025 | Noon - 1 pm CST | via Zoom

# SAVE THE DATE



We're delighted to share that **Kansas 4M** is offering this Lunch and Learn in collaboration with the **Arizona Geriatrics Workforce Enhancement Program**, **Iowa GWEP**, **Minnesota Northstar Geriatrics Workforce Enhancement Program**, and **Saint Louis University Family Center for Healthy Aging GWEP**. We'll share the registration announcement with you within the next few weeks.

This webinar will address advancing the care of older adults through Artificial Intelligence, supporting the evidence-based 4Ms framework: What Matters, Medication, Mentation, and Mobility.

## Objectives:

Describe the fundamentals of artificial intelligence (AI) and its relevance in healthcare.

Identify currently available and potential AI tools and applications in healthcare.

Apply AI to evidence-based 4Ms care of older adults.

**Registration Info to Be Announced Soon.**

# RESOURCES



## Explore our Resources

We invite you to visit our website, the San Diego/Imperial Geriatric Education Center, and check out our comprehensive resource page, where you'll find valuable tools, articles, and information to support your work!

[Visit our website](#)

## Join the Age Well Dementia & Brain Health Team



**COUNTY OF SAN DIEGO**  
HEALTH AND HUMAN SERVICES AGENCY



**LIVE WELL**  
SAN DIEGO

Join the [Age Well Dementia & Brain Health Team](#) of Aging & Independence Services! This collaborative team brings together community members and service providers to learn, educate, and contribute to efforts related to dementia and brain health, dementia-friendly practices, and resources to support persons living with dementia and their care partners. Team meetings are held virtually on the 3rd Tuesday of every other month. People living with dementia and their care partners are encouraged and welcome to join!

Email [rachel.lehnert@sdcounty.ca.gov](mailto:rachel.lehnert@sdcounty.ca.gov) for more information or to be added to the email contact list.

[Learn More About SD County's Dementia and Brain Health Efforts](#)

## Alzheimer's Association Dementia Care Navigator Training and Certification

# DEMENTIA CARE NAVIGATOR TRAINING AND CERTIFICATION



## ON-DEMAND INDIVIDUAL TRAINING

This 10-hour training program guides learners through the core competencies of dementia care navigation. This training focuses on person-centered care approaches and strategies to help people living with dementia and their caregivers navigate the complex health care system.

This curriculum is built as a self-paced program with enhanced interactivity to create an experiential learning environment. It is designed to meet the training requirements for the GUIDE model.

*Coming 2025 - purchase options available soon.*

### DEMENTIA CARE NAVIGATION

- » Roles of care team members
- » Approach to dementia care navigation

### ALZHEIMER'S AND OTHER DEMENTIA

- » Underlying causes of and treatments for dementia
- » Types of dementia

### PERSON-CENTERED CARE

- » Person-centered care approaches
- » Cultural impacts on person-centered care

### ACTIVITIES OF DAILY LIVING

- » Activities of daily living and instrumental activities of daily living
- » Person-centered approaches to maximize independence

### COMMUNICATION & DEMENTIA-RELATED BEHAVIORS

- » Effective communication
- » Underlying causes of dementia-related behaviors
- » Strategies for addressing dementia-related behaviors

### SAFETY, ABUSE & NEGLECT

- » Dementia and home safety
- » Medication-related challenges
- » Elder abuse and neglect

### LEGAL, FINANCIAL & END OF LIFE PLANNING

- » Benefits of advanced care planning
- » Capacity basics
- » Advance directives
- » End of life considerations
- » Roles and ethics of care navigator

### CAREGIVER WELL-BEING

- » Understanding the caregiving experience
- » Cultural differences in caregiving
- » Signs of caregiver stress
- » Caregiver screening and support

### ASSESSMENT & CARE PLANNING

- » Elements of a comprehensive assessment
- » Roles in assessment and care planning

### TRANSITIONS & COORDINATION OF CARE

- » Types of care transitions
- » Hospitalizations
- » Accessing community-based services

### Coming Soon

Companion Dementia Care Education for clinicians and additional care team members.

*Sign-up to get notified  
when we launch.*



<https://bit.ly/3NYbldo>

[download flier pdf](#)

Visit website

# CMS Age-Friendly Measure: Overview for Hospitals and Health Systems



Starting with the 2025 reporting period, hospitals will attest to providing age-friendly care through a new measure introduced by the Centers for Medicare & Medicaid Services (CMS).

The CMS Age Friendly Hospital Measure advances the [Age-Friendly Health Systems](#) movement's vision to ensure that all older adults receive age-friendly care that is evidence-based and aligns with what matters most to the older adult and their family caregivers. To date, nearly 5,000 sites of care have been recognized as Age-Friendly Health Systems — Participants and celebrated by IHI and The John A. Hartford Foundation. The measure has five domains that cover all four elements of age-friendly care, known as the 4Ms: What Matters, Medication, Mentation, and Mobility.

## Why the Measure Matters

- **Bolstering leadership buy-in:** The measure lets health system champions take both a top-down and bottom-up approach within their organizations while providing reliable, equitable, evidence-based care.
- **Advance preparation:** This attestation-based, self-reported measure has a low barrier. We anticipate additional benefits and/or consequence for age-friendly care delivery in the future. Starting the work now to achieve recognition as an Age-Friendly Health System allows for time to get ahead.
- **Acknowledgement and celebration:** Most health systems deliver at least some of the 4Ms for some older adults in their care. The measure brings a new opportunity to celebrate nationally the work that health systems are already doing. The five domains of the measure complement the 4Ms of age-friendly care, illustrated in the table:

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[Visit Institute for Healthcare Improvement Website](#)

*This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), as part of grant number U1QHP53055, Geriatric Workforce Enhancement Project award totaling \$5 million. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.*

San Diego / Imperial Geriatric Education Center

Questions? Contact us at:

[jreichstadt@health.ucsd.edu](mailto:jreichstadt@health.ucsd.edu)

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