

San Diego Imperial Geriatric Education Center GWEP Newsletter March 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

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 for more information or to be added to the email contact list.

Learn More About SD County's Dementia and Brain Health Efforts

Minnesota Northstar GWEP Age-Friendly Care and Education Collection



Search [LOG IN/REGISTER](#)

Informing Connecting Engaging Advancing Give



Minnesota Northstar Geriatrics Workforce Enhancement Program

About The Age-Friendly Care and Education Collection

This curated collection highlights educational and clinical resources for educators, health professionals, learners, and others interested in improving care for older adults. This fully searchable collection includes full citations and links to resources deemed of high quality by experts in aging care, education, and research.

Hosted by the Minnesota Northstar Geriatrics Workforce Enhancement Program (GWEP) at the University of Minnesota.

[Explore the Collection](#)

[Contribute](#)

The [Age Friendly Care and Education Collection](#) is a curated online collection of educational, clinical, and research resources for educators, health professionals, learners, and others interested in improving care for older adults. This fully searchable collection includes citations and links to resources including geriatric competencies, clinical guidelines, education toolkits / modules, case studies, clinical tools, preceptor materials, patient and

caregiver education materials, journal articles, videos, and more. [Contributions](#) of Age-Friendly resources are welcomed at this website! Questions? Email MN-GWEP@umn.edu.

[Visit Website](#)

The GWEP Coordinating Center launched New Age-Friendly Health System Action Community



The GWEP Coordinating Center has launched a new Age-Friendly Health System Action Community in February 2025! The GWEP-CC Action Community is designed for the GWEPs and their primary care practice partners as an on-ramp community to test and act on the 4Ms (What Matters, Medication, Mentation, Mobility). They provide multiple educational and networking opportunities for participants, as well as resources and tools to enhance understanding of the 4Ms through the journey in becoming recognized as Age-Friendly. If you are interested in finding out more or enrolling in this new action community, please contact Jennifer Reichstadt at jreichstadt@health.ucsd.edu.

[More about the Action Communities Here](#)

The Gerontological Society of America Administration Action Updates

GSA

GERONTOLOGICAL SOCIETY OF AMERICA®



The Gerontological Society of America is tracking and providing updates on actions taken by the administration and Congress that impact members, including those related to federal funding. Links to the latest resources will be posted at the link below.

[Administration Action Updates Page](#)

UPCOMING EVENTS

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

April 1st

12pm

IN PERSON

at the Museum of Contemporary Art San Diego

700 Prospect Street

La Jolla, CA 92037

"Aging & the Art Museum: MCASD's Journey to Address Ageism and Aging Vitality in the Arts"

Khai Nguen, MD & Kathryn Kanjo, CEO of MCASD



Speaker Bio:

Khai Nguyen, MD, MHS is a board-certified physician in internal medicine, geriatrics, and a previous hospice medical director. He provides primary and specialty geriatrics care to older adults, with an emphasis on disease prevention, treatment of chronic illnesses/geriatric syndromes and preservation of

function. Dr. Nguyen is a Clinical Professor in the the UCSD Division of Geriatrics & Gerontology and also serves as the Clinical Services Chief of Geriatric Medicine at UC San Diego Health, where he oversees efforts to help ensure quality patient care and provides leadership management of clinical functions and staff. Dr. Nguyen's past leadership and medical experience was serving as the Medical Director of VITAS Healthcare in San Diego, serving as a geriatric home-based primary care physician at VA Healthcare System and a SNF and hospice physician in the Department of Continuing Care Services at Kaiser Permanente San Diego. Dr. Nguyen completed a fellowship in Geriatric Medicine at UC San Diego School of Medicine and a residency in Internal Medicine at Scripps Green Hospital in La Jolla. He earned his medical degree from University of Vermont College of Medicine in Burlington, Vermont, and also holds a master's degree in health policy and certification in health finance and management from the Johns Hopkins Bloomberg School of Public Health. His health policy experience includes past work at CMS Division of Health Promotion and Disease Prevention where he worked on the Healthy Aging Project. Dr. Nguyen has significant interest and passion for the intersection of health policy and medicine as well as art and aging. He is currently taking part in the Harvard Macy Institute Art Museum-based Health Professions Education Fellowship to further innovate and facilitate the intersection of art and medical training.



Speaker Bio:

Kathryn Kanjo is The David C. Copley Director & CEO of the Museum of Contemporary Art San Diego. Concurrent with her appointment to Director in 2016, the Museum launched a major expansion that quadrupled the gallery space. Designed by Selldorf Architects, the expanded campus reopened to the public in April 2022. Kanjo served as Executive Director of Artpace San Antonio (2000-2006) and Director of the University Art Museum at the University of California, Santa Barbara (2006-2010). She returned to MCASD in 2010 as Chief Curator and Deputy Director Art and Programs, organizing exhibitions of Isaac Julien, Ed Ruscha, and Jack Whitten, among others. Kanjo serves as the President of the Board at the Linda Pace Foundation in San Antonio, Texas. She received her M.A. in Art History and Museum Studies at the University of Southern California and her B.A. in Art History and English Literature from the University of Redlands.

[download flier pdf](#)

Special Announcement: Continuing Education Credits now available for Social Workers!

More about GPPC Grand Rounds

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

Alzheimer's and Dementia Care ECHO Program

Every other Wednesday beginning April 23rd
11:00 am - 12:00 pm PST
Virtual

The Alzheimer's Association® in partnership with the UCLA ADC Program presents:

EXPAND YOUR DEMENTIA CARE EXPERTISE WITH THE ALZHEIMER'S AND DEMENTIA CARE ECHO PROGRAM



What is Project ECHO® (Extension for Community Healthcare Outcomes)?

- » Mentoring and support conducted by the UCLA ADC Program and Alzheimer's Association® via case-based, interactive videoconference sessions.
- » Twelve biweekly sessions include 10-to-12-minute didactic lessons followed by group consultation on de-identified patients.

What will I learn?

- » Best-practice guidance for dementia detection, diagnosis and management
- » Person-centered care planning strategies
- » Communication strategies for working with patients and caregivers
- » Expanded knowledge of and access to community-based resources

What will I gain?

- » Mentoring from experts in the field
- » Increased confidence to care for people living with Alzheimer's and other dementia
- » Access to resources used during the series
- » Certificate of completion
- » Continuing education units (CME/CNE/CEUs)

Note: Active engagement using a webcam and internet is strongly encouraged, and learners will have the opportunity to share feedback on their experience.

THERE IS NO COST TO JOIN. REGISTER NOW!

Every other Wednesday, beginning April 23rd at 11:00AM-12:00PM PST

For more information, contact Rachel Goldberger at rgoldberger@alz.org

Accreditation Statement:
In support of improving patient care, Rush University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Designation Statements:
For Medicine: Rush University Medical Center designates this live activity for a maximum of 1.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

For Nursing: Rush University Medical Center designates this live activity for a maximum of 1.00 nursing contact hour(s).

For Social Work: As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.00 general continuing education credits.

ALZHEIMER'S ASSOCIATION®



UCLA Health

ADC PROGRAM

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Email Judith Martinez for more info

Glenner Symposium

Thursday, May 8th 2025

9am - 3:30pm



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

[download flier pdf](#)

[More info and register here](#)

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](#)

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](#)

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

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:

[download flier pdf](#)

Visit Institute for Healthcare Improvement Website

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San Diego / Imperial Geriatric Education Center

Questions? Contact us at:

jreichstadt@health.ucsd.edu

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