



# Fifteenth Annual University of Maine Clinical Geriatrics Colloquium (Virtual)



## **Creating age-friendly health systems**

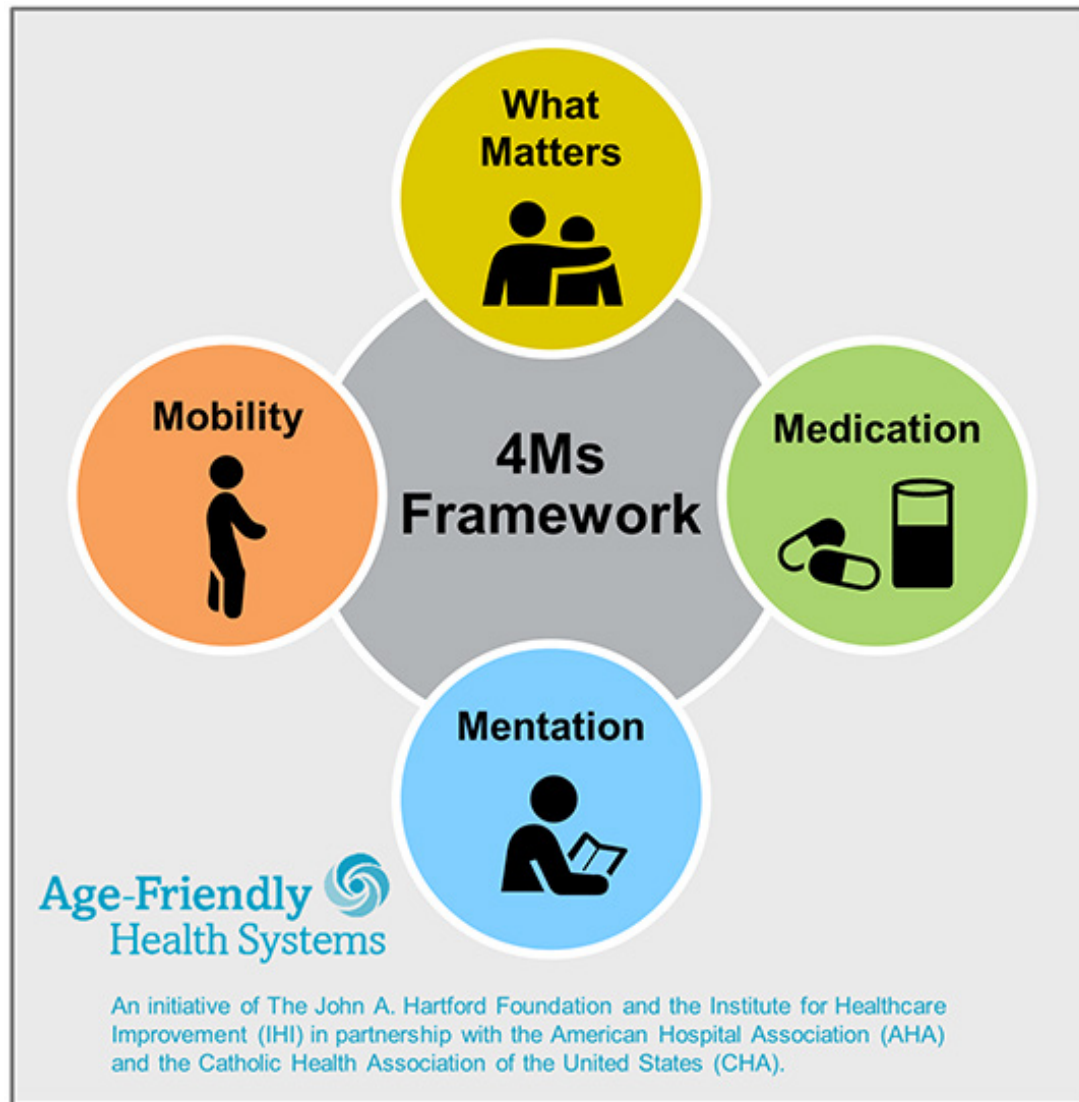
**Tuesday, October 27, 2020 | 8:30 a.m. - 3:30 p.m.**

***SPECIAL NOTICE:** To respect the safety and health of all of our participants, this year's colloquium will be a virtual event.*

**Deadline for receipt of registrations: Monday, October 19, 2020**

To register on-line with a credit card or electronic check: [mainecenteronaging.umaine.edu/geriatricscolloquium](https://mainecenteronaging.umaine.edu/geriatricscolloquium)

# Creating age-friendly health systems



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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP330800200, Geriatrics Workforce Enhancement Program, Year Two-total award amount \$754,907.00. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS or the U.S. Government.

# Fifteenth Annual Colloquium Program (Virtual)

Zoom links for all sessions and access to resources  
will be sent to registrants in advance of the Colloquium.

## 8:30–8:40 a.m.

### Introduction & Welcoming Remarks

**Lenard W. Kaye, DSW, PhD**, Director, UMaine Center on Aging and Professor, UMaine School of Social Work, Orono, ME

**Susan Wehry, MD**, Chief of Geriatrics & PI/Director, AgingME: Geriatrics Workforce Enhancement Program (GWEP), Department of Primary Care University of New England College of Osteopathic Medicine, Biddeford, ME

## 8:40–9:20 a.m.

### Principles of High Impact Age-Friendly Health Systems

**Terry Fulmer, PhD, RN, FAAN**, President, John A. Hartford Foundation, New York, NY

## 9:25–10:05 a.m.

### The Challenge of Older Adult Isolation and Loneliness

**Jeremy Nobel, MD, MPH**, Faculty, Harvard Medical School and President, Foundation for Art & Healing and the UnLonely Project, Brookline, MA

## 10:10–10:50 a.m.

### Looking Beyond Health Care: The Importance of the Social Determinants of Health for Rural Aging

**Carrie Henning-Smith, PhD, MPH, MSW**, Assistant Professor, Division of Health Policy and Management and Deputy Director, University of Minnesota Rural Health Research Center, University of Minnesota School of Public Health, Minneapolis, MN

## 10:50–11:10 a.m.

**Break** (Stretch, Take a Short Walk, or Just Relax!)

## 11:10 a.m.–12:10 p.m.

### Panel: Using Technology to Promote Health and Social Connectivity in the Age of COVID-19

**Facilitator: Judith A. Metcalf, APRN, BC, MS**, Associate Program Director, Geriatrics Workforce Enhancement Program, College of Osteopathic Medicine, University of New England, Biddeford, ME

**Panelists: Susan Corbett**, Founder and Director, National Digital Equity Center, Machias, ME; **Danielle Louder**, Program Director, Northeast Telehealth Resource Center, Augusta, ME; **Neil Charness, PhD**, William G. Chase Professor of Psychology and Director, Institute for Successful Longevity, College of Arts & Sciences, Florida State University, Tallahassee, FL

## 12:10–1 p.m.

**Lunch Break**

## 1–2 p.m.

### CONCURRENT WORKSHOPS

#### WORKSHOP A: The Use of High Risk Medications in Older Adults Including Opioids

**Cliff Singer, MD, DFAPA, AGSF**, Interim Medical Director, Outpatient Services & Chief, Geriatric Mental Health and Neuropsychiatry Principal Investigator, Northern Light Alzheimer's Disease Research Program, Northern Light Acadia Hospital, Bangor, ME

#### WORKSHOP B: Older Adult Falls Risk Assessments

**Marilyn R. Gugliucci, MA, PhD, AGHEF, GSAF, AGSF, NAOMEF**, Professor & Director, Geriatrics Research and Director, U-ExCEL~Older Adult Fitness Program, Division of Geriatrics University of New England College of

Osteopathic Medicine, Biddeford, ME; **Hannah C. LeBlanc**, Senior Fitness Specialist, U-ExCEL~Older Adult Fitness Program, Division of Geriatrics, University of New England College of Osteopathic Medicine, Biddeford, ME

#### WORKSHOP C: Dealing with the Stress and Strain of the COVID-19 Pandemic for Those Working with Older Adults

**Judith Josiah-Martin, PhD, ACSW, CADC**, Lecturer, School of Social Work, University of Maine, Orono, ME

## 2–2:20 pm

**Break** (Stretch, Take a Short Walk, or Just Relax!)

## 2:20–3:20 p.m.

### Panel: Exemplars of Age-Friendly Health Care in Maine and Across America

**Facilitator: Nina Tumosa, PhD**, Public Health Analyst, Division of Medicine and Dentistry, Bureau of Health Workforce, Health Resources & Services Administration, Rockville, MD

**Panelists: Robyn Golden, LCSW**, Associate Vice President of Population Health and Aging, Rush University Medical Center, Chicago, IL; **Ellen Flaherty, PhD, APRN, AGSF**, Director, Dartmouth Centers for Health & Aging, Geisel School of Medicine at Dartmouth, Section of General Internal Medicine-Geriatrics, Lebanon, NH; **Shirley A. Frederick, MD**, Family Medicine Physician, Southern Maine Health Care Family Medicine, Maine Health, Sanford, ME

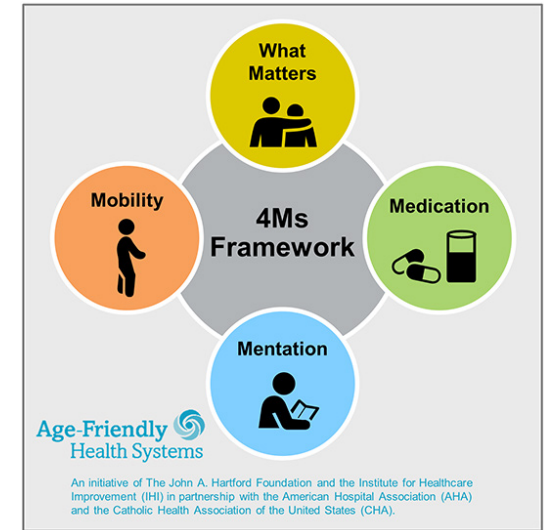
## 3:20–3:30 p.m.

### Closing

**Jennifer Crittenden, PhD, MSW**, Associate Director, UMaine Center on Aging and Assistant Professor, UMaine School of Social Work

# About the Fifteenth Annual Colloquium

This year's colloquium, offered virtually, explores the Age Friendly Health Systems movement and its implications for maximizing the quality of health care provided to older adults. The central principles of an Age Friendly Health System including a focus on the 4Ms (Mobility, what Matters, Medication, and Mentation) and the social determinants of health as well as the increased risk of becoming isolated and lonely in later life especially in small towns and rural communities will be considered. Multidisciplinary experts will gather live via Zoom before a broad audience of health and human services professionals and health care consumers to consider the progress being made in advancing health care that is evidence-based and person-centered for all older adults in the face of the COVID-19 pandemic.



## Colloquium Objectives

### Participants will:

- Examine the principles of and progress made in establishing Age Friendly Health Systems in Maine and across the U.S.
- Identify the key elements of the 4Ms Framework (Mobility, what Matters, Medications, and Mentation)
- Understand the special significance of social determinants of health for older adults in rural settings
- Evaluate the risks associated with prescribing high risk medications, including opioids, for older adults
- Appreciate the dangers of becoming isolated and lonely in old age and what can be done to prevent its occurrence

## Who Should Attend?

- Medical, health, and behavioral health professionals who work in the fields of aging, health care, housing, aging-in-place, long-term care, and the social services
- Practitioners in allied health professions such as medicine, counseling, social work, nursing, law, and public health as well as public administration
- Health care clinicians, administrators, researchers, educators, care managers, supervisors, as well as community and public planners and policymakers

**UNE COM has requested that the AOA Council on Continuing Medical Education approve this program for a maximum of < 5.0 > hours of AOA Category < 2A > CME credits. Approval is currently pending. Upon completion of the Colloquium, registrants will be sent the CME request form for completion and submittal.**



# Colloquium Registration Form

Fifteenth Annual University of Maine Clinical Geriatrics Colloquium (Virtual)

## Creating age-friendly health systems | Tuesday, October 27, 2020

**Regular registration fee: \$30.00 | Maine Gerontological Society (MGS) member fee: \$20.00 | Students: Free**

(Registration includes all colloquium materials, and access to all Zoom sessions (keynotes, panels, and workshops).

Registration can also be completed online at [mainecenteronaging.umaine.edu/geriatricscolloquium](http://mainecenteronaging.umaine.edu/geriatricscolloquium)

NAME: \_\_\_\_\_ TITLE: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ORGANIZATION ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

WORKSHOP PREFERENCE (CHECK ONE) A  B  C

STUDENT (CHECK ONE) YES  NO

NAME OF UNIVERSITY/COLLEGE: \_\_\_\_\_

**If paying by check, detach and mail this form  
with your registration fee by Monday, Oct. 19th:**

UMaine Center on Aging, 15th Annual Geriatrics Colloquium  
Camden Hall, 25 Texas Ave., Bangor, ME 04401-4324

**Questions?** Contact Kelley Morris: 207.262.7925 or [kelley.morris@maine.edu](mailto:kelley.morris@maine.edu)

The University of New England College of Osteopathic Medicine (UNE COM) is accredited by the American Osteopathic Association (AOA) and the Maine Medical Association (MMA) to provide continuing medical education for physicians. UNE COM has requested that the AOA Council on Continuing Medical Education approve this program for a maximum of < 5.0 > hours of AOA Category < 2A > CME credits. Approval is currently pending.

UNECOM designates this educational activity for a maximum of < 5.0 > AMA PRA Category < 1 > Credit(s)™ and < 5.0 > University of New England contact hours for non-physicians. Contact hours may be submitted by non-physician, non-PA health professionals for continuing education credits.

Physicians and other attendees should only claim credit commensurate with the extent of their participation in this activity.

The University, upon receipt of a completed and signed CME Credit Reporting form, will submit the osteopathic credits to the AOA.

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of University of New England College of Osteopathic Medicine (UNECOM) and < your organization >. UNE COM is accredited by the Maine Medical Association Council on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.

Upon completion of the Colloquium, registrants will be sent the CME request form for completion and submittal.