



THE 4TH ANNUAL
Dr. Suzanne Landis
GERIATRIC SUMMIT
 BRIGHT SPOTS FOR THE FUTURE
 FRIDAY, NOVEMBER 20, 2020

JOIN US VIA LIVE WEBINAR

LOCATION Join us via live webinar
DATE Friday, November 20, 2020
LOG-IN 8:30 am–9:00 am
PROGRAM 9:00 am–4:15 pm

[CLICK HERE TO REGISTER](#)

EARLY REGISTRATION FEES THROUGH NOV 13, 2020

HEALTHCARE PROVIDERS **\$90.00** (\$105.00 after 11/13/20)
AGING SERVICES PROVIDERS **\$30.00** (\$45.00 after 11/13/20)
STUDENTS **\$20.00** (\$35.00 after 11/13/20)

DESCRIPTION

Join with colleagues, who are both healthcare providers and aging services providers, as we explore the many facets of successful aging through the lens of racial equity and COVID-19. This year's special focus is on reducing social isolation in marginalized older adults. The Summit will be "virtual" only and include presentations as well as small group breakouts, facilitated by aging experts. *Note: Summit size is limited again this year due to small group format in the afternoon—register early!*

This educational activity is supported by the Area Agency on Aging at Land-of-Sky Regional Council and the Council on Aging of Buncombe County, Inc.

Supported by educational grants from:



This project is supported by funds from the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number #2U1QHP28734 Carolina Geriatric Workforce Enhancement Program. 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 the BHP, HRSA, DHHS or the U.S. Government. The UNC Center for Aging and Health, Carolina Geriatric Education Center also provided support for this activity.

CREDITS

Continuing Medical Education

Accreditation: Mountain Area Health Education Center (MAHEC) is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **6.25** AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

Physical Therapists: MAHEC, as part of the NC AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **6.0** contact hours.

Speech-Language Pathology: Mountain AHEC will issue Certificates of Completion only; the participant must self-track and record the certificate for ASHA Certification documentation. Choose contact hours or CEUs.

Occupational Therapist/Assistant: As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **6.25** CCAs. Please select contact hours for your certificate.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **0.6** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **6.25** contact hours.

OBJECTIVES

Upon conclusion of this educational activity, the participant will be able to:

- Identify bright spots and sustainable change for aging gracefully in WNC
- Describe home-based primary care
- Identify when and how to make an Adult Protective Services report
- Assist clients to make informed end-of-life decisions
- Use activity to manage disease & prevent injury
- Envision ways to reduce social isolation and racial inequity in older adults

FACULTY

Kathey Avery, RN, is the founder and owner of Avery Health — Education and Consulting and has over 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability. Kathey worked with and served as a co-chair of Building Bridges, a 25-year-old program designed to address racism. One of the founders of Building Bridges, the late Dr. Charles Blair, also started the Asheville Buncombe Institute for Parity Achievement (ABIPA), a nonprofit dedicated to eliminating health disparities. As ABIPA's contracted nurse, Kathey serves as Director of Clinical and Community Connections. She volunteers on many committees dedicated to improving the health of our community, such as Dementia Friendly WNC, WNC Healthcare Advocacy Coalition, the Racial Justice Coalition, Pathway to Parks Group, Housing Options for Aging In Place (HOAP), and, most recently, the WNC Health Equity Coalition.

Heather Bauer is the Executive Director of the Council on Aging of Buncombe County, Inc. in Asheville, NC.

Suzanne Landis, MD, MPH, for whom this annual Summit honors in name, is a recently retired geriatric clinician who is involved with the newly created Internal Medicine Residency program at MAHEC.

Amy Joy Lanou, PhD, is the Chair & Professor of Health & Wellness and Executive Director of the NC Center for Health & Wellness at UNCA in Asheville, NC.

William McLean, MD, is a family practice physician, geriatric faculty, and co-director of the MAHEC Center for Healthy Aging in Asheville, NC.

Candie Ross-Moore, APRN, BC, GNP, is a Geriatric Nurse Practitioner in MAHEC Family Medicine, Division of Geriatrics; she serves the Deerfield and Givens Communities in Asheville, NC.

Lori Schrodtt, PT, MS, PhD, is a Parkinson's Foundation Physical Therapy Faculty Scholar, Credentialed Balance & Falls Professional, and Professor in the Department of Physical Therapy at Western Carolina University in Cullowhee, NC.

Casey Sharpe, MD, completed his medical degree at the University of Texas, then completed post-graduate training at MAHEC in family medicine and palliative medicine. In 2019 he joined the Mission Palliative Care team and became assistant program director of the MAHEC Hospice and Palliative Medicine Fellowship Program.

Jennifer Teague, MA, is the Aging and Adult Services Program Manager at Buncombe County Health and Human Services in Asheville, NC.

Jessica Whitehill, MS, is the Executive Director of Jewish Family Services in Asheville, NC.

Crystal Wiley Cené, MD, MPH, FAHA, is an Associate Professor of Medicine in the UNC School of Medicine and the Director of the Program on Health Disparities at the Cecil G. Sheps Center for Health Services Research in Chapel Hill, NC.

Elizabeth Williams is the Executive Director of MountainCare in Asheville, NC.

Tasha Woodall, PharmD, BCGP, CPP, is an Associate Director of Pharmacotherapy & Geriatrics in the Pharmacotherapy Division of the Department of Family Medicine; Co-Director of the MAHEC Center for Healthy Aging; Residency Program Director of PGY2 Geriatrics; Assistant Professor of Clinical Education in the UNC Eshelman School of Pharmacy; and a Clinical Assistant Professor in the UNC School of Medicine, in Asheville, NC.

PROGRAM AGENDA

- 8:30–9:00** Webinar check-in
- 9:00–9:10** Summit Overview
— Will McLean, MD & Tasha Woodall, PharmD, BCGP, CPP
- 9:10–10:00** **Bright Spots and Sustainable Change: Approaches to Aging Gracefully**
— Suzanne Landis, MD, MPH
- Break
- 10:00–10:15** **Home-Based Primary Care**
— Will McLean, MD & Tasha Woodall, PharmD, BCGP, CPP
- 10:15–10:45** **Adult Protective Services: What It Is and What It Isn't**
— Jen Teague, MA
- 10:45–11:15** **End-of-Life (Through the Lens of COVID)**
— Casey Sharpe, MD
- Lunch Break
- 11:45–12:15** **Active Aging Center Update**
— Heather Bauer
- 12:15–12:30** **Using Activity to Manage Disease & Prevent Injury**
— Lori Schrodtt, PT, MS, PhD
- 12:30–1:00** **Social Isolation and Loneliness in Older Adults: Impact, Implications for Equity, and Opportunities**
— Crystal Wiley Cené, MD, MPH, FAHA
- Break
- 1:00–1:45** **Speed Lectures Re: Reducing Social Isolation in Older Adults**
Cognitive Impairment/Adult Day Care Services
— Elizabeth Williams (MountainCare)
- Telemedicine*
— Candie Ross-Moore, APRN, BC, GNP (MAHEC)
- Behavioral Telehealth*
— Jessica Whitehill, MS (Jewish Family Services)
- Social Bridging Project*
— Amy Lanou, PhD (UNCA) and Tasha Woodall, PharmD, BCGP, CPP (MAHEC)
- Social Health Needs in Community*
— Kathy Avery, RN (ABIPA)
- 3:15–3:45** **Small Group Case-Based Discussions**
— Chats moderated by Kathy Avery, RN; Heather Bauer; Ali Climo, PhD; Aparna Krishnamurthy, PharmD, CPP; Suzanne Landis, MD, MPH; Amy Lanou, PhD; Will McLean, MD; Autumn Neff, PharmD, CPP; Candie Ross-Moore, APRN, BC, GNP; Laurie Dotson-Taylor, MSW; Jen Teague, MA; Rosalyn Wasserman, PT, DPT; Jessica Whitehill, MS; Elizabeth Williams; and Tasha Woodall, PharmD, BCGP, CPP
- 3:45–4:15** **Small Group Report Back**
— Moderated by Will McLean, MD & Tasha Woodall, PharmD, BCGP, CPP
- 4:15** Adjourn



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COURSE MEDICAL DIRECTOR

William McLean, MD, MAHEC, Asheville, NC

PLANNING COMMITTEE

Heather Bauer, Council on Aging of Buncombe County, Inc

Alison H. Climo, MSW, Ph.D, Coordinator, Buncombe County Aging Plan; Consultant, NC Center for Aging Research and Education Services

Suzanne Landis, MD, MPH, MAHEC Internal Medicine Residency Program

Jen Teague, MA, Buncombe County HHS Aging & Adult Services

LeeAnne Tucker, Area Agency on Aging at Land-of-Sky Regional Council

Rosalyn Wasserman, PT, DPT, UNC Health Sciences at MAHEC

Tasha Woodall, PharmD, BCGP, CPP, MAHEC and UNC Eshelman School of Pharmacy

AUDIENCE

Healthcare Providers and Aging Services Providers

REGISTRATION

Early registration deadline: Nov 13, 2020

The registration fees include administrative costs, educational materials, breakfast, and lunch. If your registration is received after the above deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exception is for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

Send completed registration form to: #64040
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803 Fax: 828-257-4768

HAVE A QUESTION?
Contact the Program Planner
 Rosalyn Wasserman, PT, DPT
rosalyn.wasserman@mahec.net or 828-257-4437

 **Special Services**
 828-257-4485

REGISTRATION INFORMATION 828-257-4475
FAX REGISTRATION 828-257-4768
ONLINE REGISTRATION www.mahec.net/cpd
EMAIL registration@mahec.net
MAIL MAHEC Registration
 121 Hendersonville Road, Asheville, NC 28803

REGISTRATION FORM

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- _____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME COUNTY _____

HOME # _____ WORK # _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK COUNTY _____

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Please remove my name from the MAHEC mailing list.

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AGING SERVICES PROVIDERS \$30.00 \$45.00 (after 11/13/20)

STUDENTS \$20.00 \$35.00 (after 11/13/20)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

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SIGNATURE _____