



THE 8TH ANNUAL
Dr. Suzanne Landis
GERIATRIC SUMMIT:
MOBILITY MATTERS

FRIDAY, NOVEMBER 1, 2024

Location Live via webinar or in person at
MAHEC Education Building
121 Hendersonville Road
Asheville, NC 28803

Date Friday, November 1, 2024

Registration 8:00 am–8:30 am
(light breakfast on-site only)

Program 8:30 am–3:30 pm
(lunch on-site only)

**REGISTER
ONLINE**

EARLY FEES APPLY THROUGH 10/25/2024

\$130.00 Healthcare Professionals
\$60.00 Aging Services Professionals
\$30.00 Nonprofit Exhibitor Representatives
and Students (valid student ID may be
requested in order to qualify)
FREE MAHEC Employees

DESCRIPTION

Join other healthcare and aging services professionals at this annual geriatric educational event. The focus this year will be on one of the “4Ms” — Mobility (ensuring that older adults move safely every day to maintain function and do what matters) of an Age-Friendly Health System. This is planned to be a hybrid program — participants can attend on-site at MAHEC in Asheville, NC, or via live webinar. If needed for COVID-19 safety, this program may have to pivot to a live webinar-only format.

AUDIENCE

Aging Services Professionals and Healthcare Professionals

OBJECTIVES

Upon completion, participants will be able to:

- Review the Standing Strong NC Initiatives for mobility and falls prevention
- Discuss the relationship between mobility and osteoporosis
- Implement CDC's STEADI with client/patients
- Describe effective assessment, accessibility and mobility programs in home and community
- Discuss Advent's Age-Friendly Interdisciplinary Fall Prevention in Primary Care program
- Reflect on Elder Mobility and Fall Prevention in Tribal Communities
- Demonstrate Tai Chi to improve health and mobility
- Synthesize learning objectives for all sessions through interprofessional discussion of a case study

**THIS SUMMIT IS
PROVIDED BY**

MAHEC
PART OF NC AHEC

MAHEC's Department of Continuing Professional Development conducts regional, statewide, and national programs that are designed to meet the education and training needs of health and human service professionals in the fields of allied health, oral health, medicine, mental health, nursing, and pharmacotherapy. Collaboration and the diversity of the healthcare workforce are emphasized in providing programs and services. Learn more at mahec.net/cpd.

SUMMIT AGENDA

- 8:00–8:30**
- Registration
 - Light Breakfast (*offered on-site only*)
 - Exhibitors
 - Webinar Check-in
- 8:30–8:45** **Welcome, Announcements, and Conference Overview**
- William McLean, MD
 - Tasha Woodall, PharmD, BCGP, CPP
- 8:45–9:30** **Standing Strong NC Initiatives for Mobility and Falls Prevention**
- Ellen Bailey, MA, MPH
- 9:30–10:15** **Mobility and Osteoporosis**
- Mollie Ashe Scott, PharmD, CPP, BCACP, FASHP
- 10:15–10:45** Break and Exhibitors
- 10:45–11:30** **Implementation of CDC’s Stopping Elderly Accidents, Deaths, and Injuries (STEADI) Assessment and Recommendations: What’s Next**
- Hiro (Hiroko) Kiyoshi-Teo, PhD, RN
- 11:30–12:00** **Accessibility and Mobility in Home and Community, Western North Carolina Initiative for Supportive Housing (WISH) Collaborative, and Home Assessment**
- Kathey Avery, RN, BSN, CN
 - Richard Duncan
- 12:00–12:45** Lunch (*offered on-site only*) and Exhibitors
- 12:45–1:30** **Advent’s Age-Friendly Interdisciplinary Fall Prevention in Primary Care**
- Andrea “Nicki” Frost, MD
 - Taylor Shanklin, PT, DPT, OCS
- 1:30–2:15** **Elder Mobility and Fall Prevention in Tribal Communities**
- Blythe Winchester, MD, MPH, CMD, AGSF
- 2:15–2:30** Break and Exhibitors
- 2:30–3:00** **Mobility Matters: Small Group Case Study Discussion Breakouts**
- William McLean, MD (*moderator*)
- 3:00–3:30** **Tai Chi to Improve Health and Mobility**
- Ellen Bailey, MA, MPH
- 3:30** **Complete Attestation and Adjourn**



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 (CGWEP). 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 Center for Aging and Health, CGWEP also provided support for this activity.

MEDICAL COURSE DIRECTOR

William McLean, MD, MAHEC, Asheville, NC

PLANNING COMMITTEE

- Kathey Avery RN, BSN, CN, CTTS — IFPHA
- Billie Breeden, MS — Buncombe County HHS
- Suzanne Landis, MD, MPH
- Rachel Miller, BS — COA-BC
- Lori Schrod, PT, MS, PhD — WCU
- LeeAnne Tucker — AAA at Land-of-Sky
- Rosalyn Wasserman, PT, DPT — MAHEC
- Tasha Woodall, PharmD, BCGP, CPP — MAHEC

HAVE A QUESTION?



Special Services

828-771-3495

Program Planner

Rosalyn Wasserman, PT, DPT

828-257-4437 | rosalyn.wasserman@mahec.net

Registration Phone

828-257-4475

Email

registration@mahec.net

Registration Fax

828-257-4768

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803

Online Registration

mahec.net/events

MAHEC assumes permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

FACULTY

Kathey Avery RN, BSN, CN, CTTS, is a community nurse and the Founder & Owner of Avery Health — Education and Consulting, with over 35 years of experience in healthcare and community activism.

Ellen Bailey, MPH, MA, is the Senior Project Manager for Falls Prevention, Team Lead for the Healthy Aging NC initiative at the NC Center for Health and Wellness at UNC Asheville, and Co-Chair of the NC Falls Prevention Coalition.

Richard C. Duncan, MRP, is the Executive Director of The R.L. Mace Universal Design Institute in Asheville, NC.

Andrea “Nicki” Frost, MD, is board-certified in family medicine and provides primary care to patients of all ages at AdventHealth Medical Group at Candler, NC.

Hiro (Hiroko) Kiyoshi-Teo PhD, RN, is an Assistant Professor at Oregon Health & Science University, School of Nursing in Portland, OR.

William McLean, MD, is a MAHEC family medicine physician and faculty member, Co-Director of the MAHEC Center for Healthy Aging, and the Medical Director at Deerfield Episcopal Retirement Community in Asheville, NC.

Mollie Ashe Scott, PharmD, BCACP, CPP, FASJP, is a pharmacist, a professor and the Regional Associate Dean with the UNC Eshelman School of Pharmacy, and the Chair of the Department of Pharmacotherapy with the UNC Health Sciences at MAHEC.

Taylor Shanklin, PT, DPT, OCS, is the Senior Clinic Manager at PT Solutions Physical Therapy in Candler, NC.

Blythe S. Winchester, MD, MPH, CMD, AGSF, is a family practice physician and geriatrician, Director of Geriatrics Services at Cherokee Indian Hospital, Certified Medical Director at Tsali Care Center, and Chief Clinical Consultant in Geriatrics and Palliative Care with the Indian Health Service in Cherokee, NC.

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

DIRECTIONS (if attending on-site)

MAHEC Education Building

121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

REGISTRATION

Program fees include administrative costs, educational materials, a light breakfast, and lunch (meals provided in person at MAHEC only). If your registration is received after the early registration deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are 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)

CREDITS

Continuing Medical Education

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

Credit Designation: MAHEC designates this activity for a maximum of **5.5 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.

Physician Assistants: AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1 Credits[™] from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of **5.5 hours** of Category 1 credit for completing this program.

Nurse Practitioners: This activity is designated for **5.5 AMA PRA Category 1 Credits**[™].

Nursing Home Administrators: This program has been approved for **5.5 hours** by the North Carolina Board of Examiners for Nursing Home Administrators. Course #24013.

Occupational Therapists & Assistants: 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. **5.5 CCAs**. Please select contact hours for your certificate.

Physical Therapists & Assistants: MAHEC, as part of the NC AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **5.0 contact hours**.

Speech-Language Pathologists: MAHEC will issue Certificates of Completion only; the participant must self-track and record the certificate for ASHA Certification documentation of up to **5.5 contact hours**. Choose contact hours.

Nurses: MAHEC, as part of the NC AHEC system, is an acceptable provider for continuing education per the North Carolina Board of Nursing. Please choose contact hours.

Pharmacists: This activity does not offer ACPE. Pharmacists with advanced credentialing can use programs with continuing medical education credit.

North Carolina pharmacists without advanced credentialing can go through NCAP, which will co-accredit continuing medical education programs that pharmacists attend. Individuals must submit a form, along with requested documents for NCAP to review. NCAP will decide on issuing an NC-CE number that can be used for the renewal of NC pharmacist license. This service is FREE for NCAP members and \$20/credit hour for non-members.

CEUs: MAHEC designates this 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 continuing education activity as meeting the criteria for **5.5 contact hours**.



THE 8TH ANNUAL
Dr. Suzanne Landis
GERIATRIC SUMMIT:
MOBILITY MATTERS
FRIDAY, NOVEMBER 1, 2024

REGISTRATION FORM

Updated contact information Event #73125

Name _____

Credentials _____

Occupation _____

Email Address _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove me from the MAHEC mailing list

Home Address _____

City _____ State _____ ZIP _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ ZIP _____

Work County _____

Attendance Selection

in person at MAHEC virtually via live webinar

Dietary Preference (if applicable)

Vegetarian Gluten-free Vegan

PAYMENT INFORMATION

Healthcare Professionals

\$130.00 \$145.00 if paying after 10/25/2024

Aging Services Professionals

\$60.00 \$75.00 if paying after 10/25/2024

Nonprofit Exhibitor Representatives and Students*

\$30.00 \$45.00 if paying after 10/25/2024

**Valid student ID may be requested in order to qualify*

MAHEC Employees

FREE with code: _____

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

PAYING WITH CARD

Visa MasterCard Discover Card AmEx

Account # _____

Expiration Month/Year _____ / _____

Verification Code _____ (3 or 4-digit number)

Name on Card _____

Signature _____

Send completed registration to: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768