TOGETHER...
WE WILL BE
THE LEADING
INSTITUTE
PROMOTING
HEALTHY &
MEANINGFUL
AGING.

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2018 was a great year for the Consortium on Aging as we advanced our mission of being the leading institute promoting healthy and meaningful aging. We increased membership by 7%, hosted eight educational programs, and awarded six seed grants to faculty for a total of $30,000.

We have seen growth in TEAM; secured additional funding from the John A. Hartford Foundation; and have made great strides on our geriatric hospital project, the Center for Senior Medicine. Dr. Amy Franklin from the School of Biomedical Informatics has agreed to serve as Deputy Director of the Consortium and we are excited to welcome back Dr. Vineeth John in the psychiatry department to forward our efforts in senior mental health.

Looking at the past year, I am so impressed by the work and scholarship this membership has contributed to making this Consortium such a positive platform for geriatric care and research. I look forward to the work to come.

Carmel B. Dyer, MD
This 2nd Annual symposium was a success with over 160 participants from 15 healthcare institutions in the Texas Medical Center and beyond. The event also provided an opportunity for four podium and 22 poster presenters to disseminate and discuss their research covering various aspects of medication use.

This multidisciplinary symposium highlighted the challenges of medication-related problems in older adults and chronic pain management with opioids. This discussion by nationally recognized speakers will help in optimizing medication use and in improving the quality of pharmaceutical care as we continue to balance the risks and benefits of medication therapy.

Originally scheduled for September 2017, this annual event was pushed back due to Hurricane Harvey. Dr. Jessica Lee, Program Director, led the event, which featured presentations by internal and external faculty. The keynote speaker was Dr. Matthew DeCamp, Core Faculty at the Johns Hopkins Bermin Institute of Bioethics. The focus of this conference was ethics and health policy. Continuing education credits for medicine, nursing, social work, pharmacy and dentistry were offered. We were pleased to have 90 individuals attend this event.

This free event featured a full day of speakers highlighting ongoing translational aging research at UTHealth. With a wide array of speakers from UTHealth and a keynote address from Dr. James Kirkland from Mayo Clinic, over 125 attendees from UTHealth and the medical community were able to hear lectures on a variety of topics. Trainees were also invited to present their research findings during a poster session.

We are always thrilled to bring the Consortium together to celebrate the efforts of our members. This half day event allowed us to update our members on exciting developments from the many people and countless projects making a difference in the field of aging. We were thrilled to celebrate the work being done as well as facilitate new connections for our members.

This year, we hosted a project pitch competition for three seed grants. A total of seven applications were received and the COA Executive Committee narrowed the applications down to three finalists who were invited to give their pitch at the retreat. Retreat attendees then voted to award the following three pitches:

1st place for $5,000 in seed funding went to Luca Giancardo, PhD, for his project, “Touchscreen Interaction as Neurodegeneration Markers, a Scalable Population Screening Approach.”

2nd place for $3,000 was awarded to Jessica Lee, MD, based on her presentation, “Strength on Wheels: A meal delivery and exercise intervention for homebound older adults.”

3rd place with $2,000 in funding went to Nahid Rianon, MD, for her project entitled “Individualizing Transition of Care Using Telehealth: A Pilot Study.”

We are excited to see these projects succeed and plan to continue to host a pitch competition at this annual event.
Kathy Greenlee, JD, VP of Aging & Health Policy at the Center for Practical Bioethics and former Administrator of the Administration on Community Living (ACL) and Assistant Secretary for Aging at the US Department of Health and Human Services, visited UTHealth in the summer of 2018. The Consortium on Aging hosted her for an insightful roundtable lecture on aging and elder abuse entitled “When Healthy Aging Fails.”

This event was attended by many university and community leaders as we listened to her guided discussion on issues and roadblocks in today’s healthy aging landscape.

The UTHealth Consortium on Aging was pleased to host the 3rd Annual World Alzheimer’s Day series aimed at raising awareness and challenging the stigma surrounding dementia.

Featuring mini talks by Paul Schulz, MD; Antonia Teixeira, MD, PhD, MSC; and Vineeth John, MD, MBA, this free event was open to the public and was aimed at caregivers. With over 60 people in attendance, we were proud to hear from UTHealth faculty actively working to make a difference in dementia diagnosis and treatment.

Funded by a grant from Wells Fargo Bank, the Consortium on Aging was proud to present a full-day training intensive meant to provide a base of knowledge on elder financial exploitation.

Over 50 participants from a variety of backgrounds, including law enforcement and patient care, were able to hear talks ranging from forensic accounting to reporting duties, and scams to undue influence.

Our regularly scheduled Hot Topics in Aging for 2018 took place on November 7 and had 83 individuals in attendance.

The theme for the 2018 Hot Topics in Aging was home centered care with a keynote address by Dr. Thomas Cornwell from the Home Centered Care Institute. This symposium also featured lectures on geriatric updates, Medicare billing updates, Medicare fraud, house calls, care coordination, transitional care, Alzheimer’s Diseases, machine learning, and mobile technology for older adults and caregivers. Continuing education credits were offered for medicine, nursing, social work, and dentistry.

For any upcoming aging-related events, be sure to reach out to the Consortium so we can help spread the word.
THE CONSORTIUM ON AGING HAS 190 MEMBERS FROM FIVE UTHEALTH SCHOOLS, MD ANDERSON CANCER CENTER, TEXAS WOMEN'S UNIVERSITY, UNIVERSITY OF HOUSTON, SAM HOUSTON STATE UNIVERSITY, AND OTHER LOCAL AGING-RELATED ORGANIZATIONS.
MAJOR ACCOMPLISHMENTS

SENIOR MEDICINE PILOT

Throughout 2018, we continued negotiations with Memorial Hermann System regarding the Senior Medicine initiative. After a market study, this project is now called the Center for Senior Medicine. The Geriatric Hospital Coalition and Advocates for Healthy Aging continue to advocate for better care for older adults in Houston. While we have not been able to achieve the big vision of a center, we have made important strides this year.

Memorial Hermann - TMC has agreed to seek Level 3 Geriatric Emergency Department Accreditation. We are working with Dr. Charles Maddow to support this certification process.

In collaboration with the Department of Internal Medicine Divisions of Cardiology and Geriatric & Palliative Medicine, we are supporting the business plan for a geriatric co-management faculty position. This will be an important step toward the larger vision of coordinated geriatric care across the continuum.

Two member of our Consortium, Drs. Maureen Beck and Vaunette Fay, are currently training 16 nurses from Memorial Hermann - TMC to become geriatric nurse champions in various units throughout the hospital. Dr. Beck is a doctor of nursing practice and a gerontological nurse practitioner while Dr. Fay has her PhD in nursing theory development. With their guidance, these nurses will complete the Geriatric Resource Nurse training.

We are recruiting a faculty member to serve as lead educator for the Consortium on Aging. This person will also have a clinical appointment in the Division of Geriatric & Palliative Medicine and will be responsible for interprofessional geriatric education. This education program is another important step toward the larger vision.

Finally, we will support a geriatric case manager for the Center for Healthy Aging House Call Program. This individual will ensure continuity of care and serve as a resource for patients, families and the health care team.

We are proud of the strides that have been made toward our mission to provide excellent comprehensive patient care, educate patients, families, professionals and caregivers, and advance interdisciplinary gerontological research while becoming the leading institute promoting healthy and meaningful aging.

NATIONAL COLLABORATORY TO ADDRESS ELDER MISTREATMENT

This grant is jointly sponsored by The John A. Hartford Foundation and The Gordon and Betty Moore Foundation. The Collaboratory consists of national experts in elder mistreatment with the Education Development Center (EDC) as the Collaboratory coordinator. Our goal is to equip hospital systems and health care professionals with tools to detect and intervene in cases of elder mistreatment.

Based on evidence, expertise, and focus groups with emergency department staff, our Collaboratory designed and prototyped an Elder Mistreatment Emergency Department (EMED) care model, consisting of four core elements:

1. An institutional assessment profile to help emergency departments identify gaps in elder mistreatment screening and care.
2. Staff training modules on the epidemiology of elder mistreatment, screening, and response.
3. Brief screening and response tools to facilitate the identification and management of older adults suspected of being mistreated.
4. A roadmap for leveraging community resources to inform and support decisions about patient referral and follow up.

These core elements were developed with a clear focus on feasibility of implementation in emergency departments with limited expertise or specialization in geriatric care.

This grant is now entering its second phase which involves implementation and evaluation of this model. To that end, the Collaboratory is partnering with seven sites to implement the EMED care model and assess its feasibility and utility. This second phase will allow us to test the prototype and prepare it for national dissemination.
2018 was the first full year for the Forensic Assessment Center Network (FACN). It is the first program in the U.S. utilizing telehealth and web-based modalities to provide statewide elder abuse, forensic and geriatric evaluation services for Adult Protective Services and Health and Human Services case investigators and their clients.

In 2018, FACN completed over 500 cases, a five-fold increase from previous years. The core team now consists of a nurse coordinator, program director, medical director, and five geriatricians.

This program has garnered national interest from the U.S. Administration on Community Living and the Department of Justice, the National Center on Elder Abuse and the U.S. Elder Justice Coordinating Council. In 2018, TEAM-FACN members completed five national presentations on the program.

Special thanks to our supporters who have given of their time, talents, and treasures to making this Consortium work as we make Houston a leading source in aging.
Sasha Adams, MD, was appointed by The American Association for the Surgery of Trauma to be an Institutional Liaison to the American Geriatrics Society - SEGUE committee (Section for Enhancing Geriatric Understanding and Expertise among Surgical and Medical Specialists)

Brian Ahn, PhD, is the principal investigator on a grant from the National Institute of Health for a study titled "Self-Administered Transcranial Direct Current Stimulation for Pain in Older Adults with Knee Osteoarthritis." He is also working with Dr. Filingim on a grant exploring ethnic differences in responses to painful stimuli.

Sandy Branson is a co-investigator on a two-year grant from the Alzheimer's Association of America for a project aimed at modifying a telephone-based care program to assess for self-neglect.

Carolyn Da Silva, PT, DSc, NCS, was awarded a grant on "Falls and Fear of Falling in Adults who Require Wheelchairs for Locomotion."

Carmel Dyer, MD, was named Ex Officio, HCMS Community Health Improvement and Communications (CHIC) Committee. She was also recognized as an AMA Women Physicians Section Inspirational Physician. She was recommended for this award by Dr. Renee Flores.

Cameron Jeter received a grant from the American Parkinson Disease Association for a project entitled “Protective Role of the Oral Microbiome in Parkinson’s Disease.” She is the principal investigator on this $50,000 grant.

Ines Moreno-Gonzalez, PhD, is the principal investigator on a $200,000 grant from the Texas Alzheimer’s Council on Disease and Related Disorders for a two-year study on stem cell-derived anti-inflammatory treatment for Alzheimer’s disease. She is also a co-investigator on a multi-year grant from the NIH on the misfolded protein aggregates in HIV infection as well as a one-year grant on the lymphatic function as a biomarker to predict onset and progression of Alzheimer’s disease.

Tacara Soones, MD, MPH, is leading a pilot to launch Anderson at Home, a hospital at home program for patients with cancer at MD Anderson.

Miriam Tabrizi, DMD, MPH, was awarded the Dean’s Excellence Award in the Scholarship of Application.

SCHOLARLY ACTIVITY

$30,000
DOLLARS AWARDED IN SEED GRANTS FROM THE CONSORTIUM ON AGING

THE BOVAY FOUNDATION GERIATRIC STUDIES FOR JUNIOR FACULTY PROGRAM

"Investigation of heat-shock proteins 70/90 as novel biomarkers of frailty and resilience"  
Jessica Lee, MD  
McGovern Medical School

"Age- and sex-associated differences in the prevalence of periodontitis and outcomes of periodontal treatment"  
Karren Komitas, DMD, MDSc, PhD  
UTHealth School of Dentistry

CONSORTIUM ON AGING MEMBER RETREAT

"Touchscreen Interaction as Neurodegeneration Markers, a Scalable Population Screening Approach"  
Luca Giancarlo, PhD  
UTHealth School of Biomedical Informatics

"Strength on Wheels: A meal delivery and exercise intervention for homebound older adults"  
Jessica Lee, MD  
McGovern Medical School

GERIATRIC INTERPROFESSIONAL EDUCATION GRANTS

"An Inter-professional course on behavioral symptoms of dementia"  
Vineeth John, MD, MBA  
UTHealth Department of Psychiatry

"Closing the gap in knowledge and specialties among healthcare teams: a pilot study"  
Maryam Tabrizi, RDH, DMD, MPH  
UTHealth School of Dentistry


Da Silva, CP. Whole Body Vibration Methods with Survivors of Polio. J. Vis. Exp. (140).


Karuturi MS, Holmes HM, Lei X, Johnson M, Barcenas CH, Cantor SB, Gallick GE, Bast RC Jr, Giordano


Rocha NP, Ferreira JPS, Scalzo PL, Barbosa IG, Souza MS, Christo PP, Reis HJ, Teixeira AL. Circulating levels of neurotrophic factors are unchanged in patients with Parkinson’s disease. Arq Neuropsiquiatr. 2018 May;76(5):310-315.


INTERNATIONAL


NATIONAL


Burnett J. Department of Justice, Rural and Tribal Elder Justice Summit. Technology Panel Presentation. November 15, 2018. Des Moines IA.


Joseph W. Shega, MD, National Medical Director, Senior Vice President. “General Guidelines for Clinical Progression of Diseases” VITAS Healthcare. May 11 2018. Maitland, FL.


Rianon, Nahid. Clinical and research updates of osteoporosis in geriatric patients. Internal Medicine Grand Rounds, Department of Internal Medicine, University of Arizona and Banner Health, March 2, 2018. Phoenix, AZ.


LOCAL

Achenbaum, A. Five-week course in “Spirituality and aging” at the Institute for Spirituality and Health. Houston, TX.


Jeter, Cameron. Oct. 2018 Oral Health in Parkinson’s disease: a Call for Attention. Parkinson’s Disease Research, Education, and Clinical Center. Veterans Administration Medical Center, Houston, TX.


Leech, Ana & Nahid Rianon and Renee Flores. Professional Development: Follow-up from AAMC. Department of Internal Medicine, Division of Geriatric and Palliative, UHealth, McGovern Medical School. Jan 12, 2018.

Mermelstein, Tammy (JD, MSW). A Picture’s Worth More than 1,000 Words: How to Turn Free Data into Usable Data. Aging in Texas Conference. Houston, TX. June 2018.


Mermelstein, Tammy (JD, MSW). Bridges Conference 2018 - Redefining Old Age: The Changing Financial Picture and Family Structure of Today’s Older Adults. Houston TX. May 2018

Mermelstein, Tammy (JD, MSW). Council Member Amanda Edwards The Empowered You: Houston Senior Citizens Conference “To New Beginnings: Staying Active After Retirement”. October 25, 2018

Mermelstein, Tammy (JD, MSW). A Picture’s Worth More than 1,000 Years. Texas Health and Human Services.
Moreno-Gonzalez, Ines. Modifiable risk factors for Alzheimer’s disease, 2018 Hot Topics in Aging The Phyllis Gough Huffington Endowed Lecture Series UTHHealth Consortium on Aging, Houston, TX


Moreno-Gonzalez, Ines. Sporadic Alzheimer’s disease: Risk factors and molecular mechanisms, 2018 IBP Seminar Series, Department of Integrative Biology and Pharmacology The University of Texas Health Science Center at Houston, Houston, TX


Rianon, Nahid. A panelist for discussion on “Aging in Place” at the Cizik School of Nursing’s Spring Event “Telehealth, a giraffe, and YOU!” Third Coast, Houston, TX, February 28, 2018.

Rianon, Nahid. Age, Aging & Global Health. Lecture in PH5610 GHO (Global Health Overview) course, November, Fall semester, 2018, UTHHealth School of Public Health (ITV class).

Rianon, Nahid. Osteoporosis: A common chronic disease of old age. Fellow’s lecture series, Division of Geriatric Medicine, Department of Internal Medicine, Baylor College of Medicine, January 25, 2018.


Schell, W., Mar, V., & Da Silva, C. P. Correlation of Falls in Patients with Amyotrophic Lateral Sclerosis with Objective Measures of Balance, Strength, and Spasticity. The 2018 Clinical Conference, ALS Association, Fort Worth, TX.

Soones, Tacara. Frailty, Lecture at Institutional Grand Rounds, The University of Texas MD Anderson Cancer Center- Houston, TX. February 2018


Thomas R. Cole, PhD, “Writing, Reflection, and Resilience: Exercises in Narrative Medicine” McGovern Chair in Medical Humanities, The McGovern Center for Humanities and Ethics, The University of Texas Health Science Center at Houston, McGovern Medical School. Houston, TX. 9 Feb 18.

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**FIFTY+**

The Consortium on Aging is the presenting sponsor for the Doug Pike Fifty+ Radio Show. This radio show is broadcast Sundays at 11am on AM950 KPRC and again at 4pm on NewsRadio 740 KTRH.

The following Consortium members gave radio interviews over the course of 2018.

**Seniors and Oral Health - Maryam Tabrizi, RDH, DMD, MPH**

**Brain Areas Behind Neurological Diseases - Cameron Jeter, PhD**

**Noninvasive Brain Stimulation as Pain Management – Hyochol Ahn, PhD**

**What Seniors Can Do to Protect Themselves – Jason Burnett, PhD**

**Importance of medication management – Holly Holmes, MD**

**Joint Replacement– Crystalyn Richard, PT, DPT, GCS, CEEAA**

**Seniors being seen in the emergency department – Carmel Dyer, MD**

**Prodromal Symptoms of Parkinson’s Disease - Cameron Jeter, PhD**

**Depression in the Elderly - Vineeth John, MD**

**House Calls - Jessica Lee, MD**

**Dry Mouth - Donna Warren-Morris, R.D.H., Med**

**World Alzheimer’s Day - Paul Schulz, MD**

**Hospital Care for Seniors - Carmel Dyer, MD**

**Mobile Technology and Seniors - Cristen Reat**

**Sleep Changes in Aging Adults - Cameron Jeter, PhD**
FUTURE GOALS

2019 is already an exciting year for the Consortium on Aging. We are thrilled to see so many people from various backgrounds working to deliver age-appropriate care to older adults. We hope to stimulate this progress across fields through various research and education opportunities.

Please see below for some of our goals for this coming year.

- Continue to seek funding for projects outlined in the 2015 Strategic Plan and any other interprofessional geriatric projects.
- Develop a Handbook for Healthy Aging as a product for patients and community members.
- Create a Handbook for Dementia as a print and online reference for patients and families.
- Stimulate aging research through internal funding mechanisms, including the Bovay and UTHRO Endowments.
- Increase our reach with geriatric interprofessional education programs.
- Create a participant pool database in an effort to support researchers seeking research participants aged 65+.
- Set up a monthly aging research lecture series in an effort to engage with more trainees across the health science center.
- Collaborate with the Department of Emergency Medicine to seek Level 3 Geriatric Emergency Department Accreditation.
UPCOMING EVENTS

We look forward to continuing our involvement in these important geriatric events over the next year. Below is a selection of events currently planned. More information is available at our website.

HOUSTON MEDICATION SAFETY SYMPOSIUM
April 26, 2019
Hosted by UTHealth and the UH College of Pharmacy, this continuing education course explores high-risk medications and prescription abuse.

ELDER FINANCIAL EXPLOITATION INTENSIVE
June 12, 2019
After a successful event last year, we look forward to hosting another full-day training with CE credits.

COA MEMBERS RETREAT
August 2, 2019
Mark your calendars to participate in this annual gathering to hear what your fellow members are working on in their fields of aging.

WORLD ALZHEIMER’S DAY
September 20, 2019
This event brings together the community for a lunch and learn dedicated to interesting voices in the field of Alzheimer’s.

HOT TOPICS IN AGING
November 4, 2019
This full-day interprofessional continuing education course features unique and important discussions on new trends in aging.

SYMPOSIUM ON AGING RESEARCH
TBD
This will be the fourth annual symposium on aging research. More details will be forthcoming.