

CONSORTIUM ON AGING

REFLECTING ON 2022



 UTHealth[®] Houston

Consortium on Aging



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



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THANK YOU

We treasure older adults—and are grateful that you do, too. Your generosity to UTHealth Houston Consortium on Aging in 2022 helped us promote healthy and meaningful aging for older adults in Texas. From clinical care tailored to the unique needs of senior patients, to research that improves their lives, and education that trains students and providers in the specialized aspects of geriatric medicine, you helped make our work possible. Thank you for partnering with us to show older adults the care and respect they deserve.



Aanand Naik, MD selected as UTHealth Houston Consortium on Aging Executive Director Leading Plans to Establish an Institute on Aging

A renowned geriatrician, Dr. Naik was also named the Nancy P. and Vincent F. Guinee, MD Distinguished Chair and appointed chair of the Department of Management, Policy and Community Health, and associate dean for Learning Health Systems at UTHealth Houston School of Public Health. Dr. Naik comes to UTHealth Houston after a successful 17-year tenure at Baylor College of Medicine where he held several leadership positions including Professor and Robert J. Luchi, MD Chair in Geriatric Medicine and chief of the Implementation Science and Innovations program at the Houston Center for Innovations in Quality, Effectiveness and Safety. Widely known as an expert in the field of geriatric medicine and health care improvement research, Dr. Naik was responsible for leading the section of Geriatrics and Palliative Medicine in the Department of Medicine at Baylor. He also served as the program director of the Southeast Texas Geriatrics Workforce Enhancement Program. This program conducts training, education, and quality improvement across Southeast Texas including a strong partnership with UTHealth Houston. Dr. Naik is also a co-developer of a national program to improve the care of older adults with multiple chronic conditions. This evidence-based program, patientprioritiescare.org, is an innovative approach that is being implemented across a variety of health systems around the country.

The Consortium on Aging (CoA) serves as a university-wide collaborative which leverages the strengths and expertise of all UTHealth Houston schools with a focus on issues related to aging. The overarching goal of the CoA has been to foster interdisciplinary collaboration in the areas of clinical care, education, research, and community outreach on behalf of older adults, caregivers, and patients. Naik succeeds his longtime colleague and mentor, the late Carmel Dyer, MD and looks forward to expansion to an Institute on Aging.

Building on the success and accomplishments of the CoA, the Institute on Aging will be an accelerator for age-friendly innovations and interprofessional training. Dr. Naik's goals include improving healthcare for diverse older adults with multiple chronic conditions





and working with the Texas Elder Abuse Mistreatment Institute to educate professionals on recognizing and reducing elder abuse. An equally important goal of the Institute will be to promote a healthy aging infrastructure at UTHealth Houston, their community stakeholders and to facilitate interprofessional and interdisciplinary research and innovations across UTHealth schools through pilot grant programs. Most importantly, Dr. Naik will be focused on enhancing the profile of aging across UTHealth Houston institutions.

Aanand Naik, MD
Executive Director

FACES *of the* CONSORTIUM *on* AGING

Rafael Samper-Ternent, MD

Associate Director of Research

Rafael Samper-Ternent MD, PhD is an Associate Professor in the Department of Management, Policy and Community Health in the School of Public Health. He also serves as the Associate Director of Research in the Consortium on Aging. Dr. Samper-Ternent was previously employed as an Assistant Professor in the Department of Internal Medicine at the University of Texas Medical Branch (UTMB) in the Sealy Center on Aging located in Galveston.

Dr. Samper-Ternent's background includes providing care to older adults and their families in a UTMB Geriatrics outpatient clinic in Galveston and conducting aging research to understand the risk factors leading to health disparities among older Hispanics and their family caregivers. In 2020 he transitioned his primary effort to research focused on adapting interventions to improve health outcomes among older Hispanics with multiple chronic diseases and memory loss. Some of Dr. Samper-Ternent's major achievements included increasing the number of older Hispanics enrolled in research studies at the UTMB Sealy Center on Aging and providing outstanding care for many older adults in Galveston, assisting their family caregivers, and establishing great friendships.

Dr. Samper-Ternent completed Medical School at Pontificia Universidad Javeriana in Bogota, Colombia in 2004 and earned his Ph.D. in Health Services Research and Aging at UTMB in 2012. He returned to Colombia and completed a Residency in Internal Medicine in 2014 and a Fellowship in Geriatrics in 2016.

He is married to an Economist who manages a large aging study. They have 2 sons, a 13-year-old who enjoys horseback riding and playing the violin, and a 10-year-old who enjoys playing soccer and swimming. He has a rescued cat named Lady Minerva Grey and enjoys traveling with his family, cooking, and bicycle riding.



James Booker, PhD

Administrative Director

James Booker, Ph.D. is currently the Administrative Director for the Consortium on Aging at the University of Texas Health Science Center at Houston. He is responsible for managing the personnel and facilities of the Consortium on Aging and affiliated programs. His current role includes providing financial analysis and advising executive and deputy directors regarding strategic clinical care, education, research, and community outreach projects. Dr. Booker serves as a resource to faculty, staff and students on research policies and procedures, grant requirements, data retention, ethics, and legal requirements. He has been married to wife Charlotte for 33 years, has a son, and likes spending time with his three grandkids on weekends and holidays.



Amy Franklin, PhD

Associate Professor and Associate Dean for Student, Faculty, and Community Affairs

Amy Franklin, Ph.D. came to UTHealth School of Biomedical Informatics (SBMI) in 2009 after teaching in the Cognitive Science Department at Rice University. In September of 2018, she earned the title of Assistant Dean. She is interested in how cognition and communication interact and impact each other and how this plays out in a medical context. This has led Franklin to studying decision making in the emergency department, the use of electronic health records and how people and computers interact in the health care field. She also focusses her research in patient safety, usability and communication. Franklin teaches courses in cognitive engineering, computer-supported collaborative work, research methods and information and knowledge representation.



Jason Burnett, PhD

Director of Texas Elder Abuse Mistreatment Institute

Jason Burnett, PhD is an Associate Professor in the Joan and Stanford Alexander Division of Geriatric and Palliative Medicine. He serves as the Director of the Texas Elder Abuse and Mistreatment Institute which consists of four divisions devoted to stemming the tide of elder mistreatment and self-neglect in Texas and abroad. His work has facilitated innovations in elder mistreatment home-based and emergency department screening, evidence supporting the use of multi-disciplinary teams to support responses to abuse, neglect, and exploitation, models of statewide accessibility and efficiency allowing Adult Protective Services clients to receive timely capacity assessments and forensic accountant case investigations, and scalable social connection and mental health engagement interventions between students, peers, and survivors of elder mistreatment to prevent abuse, neglect, and exploitation and build resilience in the aftermath. Dr. Burnett has been widely published and funded in the field and he serves on several national steering committees, expert panels, and study review boards. His work has been recognized locally, statewide, nationally through aging innovation awards, proclamations, and speaking requests.



He does not like long walks on the beach, he would rather run or be lost in the mountains. He hoards punchy poetry and unique turns of phrase.

Rachel Jantea, MD

Director of Education

Dr. Rachel Jantea is Assistant Professor of the Joan & Stanford Alexander Division of Geriatric and Palliative Medicine at UTHealth Houston McGovern Medical School. In addition to her internal medicine and geriatrics training, she has her Master of Science in Medical Education. She joined the Consortium on Aging team in 2019.

Rachel serves as Director of Education for the UTHealth Consortium on Aging, where her role includes design, implementation, and evaluation of geriatrics interprofessional education programs for the community and at the undergraduate, graduate, and continuing education levels. She directs our annual interprofessional Hot Topics in Aging conference and collaborates on a variety of projects with COA members. She is an advocate for Age-Friendly Health Systems and staffs the geriatric consult service and Acute Care of the Elderly (ACE) Unit at Memorial Hermann Hospital in the Texas Medical Center.



She and her husband, Marian, have a boisterous 18-month-old boy who keeps them on their toes! They love to frequent the Houston Zoo, Children's Museum, Natural Science Museum, and all the fun outdoor parks and playgrounds in Houston. Still the most entertaining activity is playing in the water, and they try to get to any body of water any chance they get! They love to meet new people from all different walks of life and experience new things together—easy to do in Houston! They recharge at Church on Sundays followed by relaxing quality time at home before starting the next week!

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Mikhail Kolonin, PhD

Professor

Mikhail Kolonin, PhD is a professor at the McGovern Medical School, University of Texas Health Science Center, Houston. He is also the Director of the Center for Metabolic and Degenerative Diseases at The Brown Foundation Institute of Molecular Medicine. Dr. Kolonin collaborates with the Consortium on Aging to plan, organize and direct the Annual Symposium on Aging Research. The well attended event builds a bridge between clinical and bench research and provides pilot research grants to junior faculty at UTHealth Houston through funding from the Harry E. Bovay, Jr. Foundation.

Dr. Kolonin's academic interest is age-related research. He examines the division and replication of cells and stem cells and how cell renewal decreases in vital organs as we age. Much of his work explores how factors such as lifestyle and environment along with sleep, eating schedule, diet, exercise, and other habits influence the aging process. Dr. Kolonin's laboratory is using genetically engineered mouse models to test the role of replicative senescence in various cell types and the effects on aging-associated neurological and muscular dysfunction. By understanding aging at the cellular level, Dr. Kolonin and colleagues aim to design new therapeutic interventions. They are designing experimental peptide-based therapeutics and exploring new approaches to telomere extension aimed to modulate cell exhaustion and enable healthy aging. An honored Harry E. Bovay, Jr. Distinguished University Chair in Metabolic Disease Research, Dr. Kolonin is a UT System Board of Regents STARS Award recipient and is a recognized Faculty of the American College of Wound Healing and Tissue Repair. He serves as a mentor in the New Investigator Development Program.

Dr. Kolonin received his PhD at Wayne State University in Detroit, Michigan and completed postdoctoral training at M.D. Anderson Cancer Center in Houston, Texas. He lives a very active lifestyle, raising three boys which keeps him very busy. An avid tennis and volleyball player, Dr. Kolonin participates in other sporting activities such as cycling, mountaineering, surfing and kiteboarding.



Jack Banks, PhD

Post Doctoral Fellow

The UTHealth Houston Consortium on Aging (CoA) and Department of Management, Policy and Community Health (MPACH) in the School of Public Health welcomed Guinee Distinguished Postdoctoral Research Fellow Jack Banks, PhD to the team in 2022. Dr. Banks' research agenda focuses on patient centered care for older adults including behavioral influence on engagement with healthcare, chronic disease management, digital health, and mixed-methods approaches. His work within the Consortium on Aging involves the design, conduct, analysis and dissemination of trials evaluating the implementation of Patient Priorities Care within the UT Senior Care clinic. Prior to joining UTHealth Houston Dr. Banks was a Research Program Manager in the Academic Unit of Neurology at Trinity College in Dublin, Ireland. His previous research examined the attitudes and behaviors of people with epilepsy, their caregivers and healthcare providers with regard to digital health tools and self-managing their condition. Distinguished honors include being awarded FutureNeuro Researcher of the Year at Trinity College Dublin in 2020 where he received his doctorate in 2022.

Dr. Banks enjoys sports and music in his spare time. He enjoys attending concerts as well as reading and writing music. An avid sports fan, he plays Hurling and Gaelic Football, Ireland's national sports, with the Houston Gaels and serve as the club's Vice Chairperson.



Eli Almendarez, MPH, MSSW, LMSW

Program Coordinator GWEP

Eli Almendarez joined the Consortium on Aging team in 2022 as the program manager for the Southeast Texas Geriatric Workforce Enhancement Program (SETxGWEP) whose mission is to promote, disseminate and implement the key principles of Age-Friendly Healthcare for our health system and community partners. She works with faculty and staff across a variety of academic institutions, health systems, and community organizations in the areas of Alzheimer's diseases and related dementias, mental health, Patient Priorities Care, transitions of care, elder abuse, and oral health. Her work across these six topical areas facilitates the SETxGWEP's vision, to create a robust community of aging care professionals collaborating to promote the principles of healthy aging and competent interprofessional geriatric care in order to improve outcomes. Prior to her arrival at UTHealth Houston, Eli worked as a lead research coordination at University of Michigan. Her research interest is in the area older and disabled adults and informal caregiving. Eli's previous research examined stroke patients and their informal caregivers to further explore disparities in outcomes across race and ethnicity. The research focused on transitions of care and informal caregiving provided following discharge from hospitalization due to stroke.

Eli received a Bachelor of Science and Master of Science from University of Texas at Austin and a Master of Public Health from George Washington University. She enjoys traveling to sporting events such as college football, professional baseball, hockey, March Madness (college basketball). She also enjoys photography, playing tennis and pickleball, and spending time with her dog, Coco.



Erica Crosno

Marketing Coordinator

Erica Crosno recently joined UTHealth Houston as the Marketing Coordinator for the Consortium on Aging and will be working to highlight issues related to aging through social media presence, website development and community engagement. She will be creating marketing campaigns that feature in-depth spotlights on faculty, staff, students, educational events, and research.

Erica graduated from Stephen F. Austin State University with Bachelor of Arts degrees in Mass Communications and Art History. She received multiple AAF awards in the AAF National Student Advertising Competitions and worked for the last 4 years developing and branding in the health insurance industry resulting in comprehensive care to the public.

Erica finds passion in creating works of art through painting and metal sculpting. She loves music and spends much of her free time playing the harp and piano. Recently engaged, Erica enjoys spending time discovering nature and exploring the world with her six-year-old son.



Carolyn Kessler

Inaugural Guinee Chair Summer Intern

In 2022, the UTHealth Houston Consortium on Aging welcomed Carolyn Kessler as the Inaugural Nancy P. and Vincent F. Guinee, MD, Distinguished Chair Summer Research Internship recipient. Carolyn is an undergraduate student studying health promotion and behavioral science at the University of Texas, Austin. She worked on an application proposal to obtain an American Gerontological Society grant focused on improving regular vaccination rates among older adults. Her work included analyzing vaccination data, investigating strategies to improve vaccination rates among older adults, and working closely with the nurse practitioners at the UTHealth Houston Center for Healthy Aging Geriatrics to gain a comprehensive understanding of the issue. Carolyn also gained considerable insight while conducting a literature review which examined minimal clinically important differences (MCID) in diabetes distress scores in older adults. Other achievements included being instrumental in helping to redesign the Consortium on Aging Quarterly Newsletter.



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Monica Bennett

Senior Administrative Assitant

Monica Bennett has been with the Consortium on Aging for over 3 years. A native of Houston, she has always enjoyed being a part of the healthcare system. Currently a Senior Administrative Assistant, she has enjoyed working with all of the UTHealth Houston schools. With over 15 years of tenure, she cannot see herself going anywhere else as she feels her assignments at UTHealth Houston have been very rewarding. Monica studied Applied Science in school and has worked with UTHealth Houston's Institute of Molecular Medicine, Development and the Department of Surgery. Married for 32 years, she loves traveling with her husband Jim, and taking care of her fur babies, Misa and Jack.



Elizabeth Leass

Senior Administrative Assitant

Elizabeth Leass, MPH, is a current PhD student at The University of Texas Health Science Center (UTHealth Houston) School of Public Health (SPH) in Houston. She is majoring in Behavioral Science and Health Promotion and double minoring in Epidemiology and Biostatistics. She also earned her MPH. in Community Health with a Leadership Concentration at UTHealth SPH.

She has diverse research interests, including promoting health equity, social justice, and improved quality of life for all and reducing health disparities among vulnerable populations. Her dissertation research focuses on preventing victimization and promoting healthy relationships. By utilizing advanced statistical methods for her dissertation analyses, she will examine measurement invariance and behavioral associations in previously untested areas that potentially have far-reaching applications.

In addition to being a Graduate Teaching Associate at UTHealth SPH, she is the Coordinator for the Harris County Elder Fatality Review Team (EFFORT). EFFORT aims to prevent the premature deaths of older adults caused by abuse, exploitation, and neglect.

At UTHealth SPH, Elizabeth has held many student leadership positions, including the SPH Executive Committee Representative, Administrative Director of Finance, Executive Director, Practicum Representative, and Director of Records for The School of Public Health Student Association (SPHSA). During her MPH, she was a founding member of the Society for Women and Leadership (SWAL) and served as the Vice-President of Records. In addition, she was the Secretary/Curricula Liaison for The Board, a student organization focused on leadership and management skill development.

Elizabeth is quite special because wherever she goes, she acts to connect people, build community, and help to improve our world.



Director's Note

The UTHealth Houston Consortium on Aging continued to evolve and grow in 2022 increasing membership and expanding its reach to meet the challenges of promoting healthy and meaningful aging. Throughout the past year, the Consortium supported faculty and staff at UTHealth Houston schools who worked on projects that focused on issues related to aging offering innovative clinical, research, education and community outreach programs. Consortium leadership collaborated with UTHealth Houston faculty and community organizations to plan, organize and facilitate a research symposium, educational conferences and community outreach events focused on geriatrics, geroscience, dementia and important issues associated with supporting older adults and caregivers.

Excitement is building as there are plans to expand the focus on aging programs at UTHealth Houston from the current Consortium on Aging to a much larger footprint as an Institute on Aging across UTHealth Houston. Building on the accomplishments and successes of the Consortium, the Institute's mission and vision will focus on innovation, education, research and healthcare training. The overarching goal is to promote a healthy aging infrastructure across all UTHealth Houston schools and for the Institute to be an accelerator for interprofessional and interdisciplinary training, research, and age friendly innovations.

The Institute on Aging will support faculty and students through pilot grant programs that fund aging focused projects as well as funding fellowships and enhancing recruitment efforts to attract the very best talent. In my role as executive director I look forward to continued engagement with UTHealth Houston faculty, staff and the greater Houston community in 2023 and beyond as we work to enhance the lives of older adults in Texas.

Sincere thanks,
Aanand Naik, MD



MISSION

Our mission is to provide excellent comprehensive patient care, educate patients, families, professionals, and caregivers and advance interdisciplinary gerontological research.

TEXAS ELDER ABUSE AND MISTREATMENT INSTITUTE:

Building Pathways to Safety and Resilience

Since 1995, The Texas Elder Abuse and Mistreatment Institute (TEAM) has grown in membership and impact. The year of 2022, was no exception. The TEAM roster now has 11 members spanning the disciplines of psychology, epidemiology, emergency medicine, geriatric medicine, gerontology, nursing, behavioral sciences, and health policy. Together we made great strides in building pathways to safety and resilience for elder mistreatment survivors and those experiencing self-neglect. It all starts with screening and detection. Dr. Brad Cannell has continued to work diligently on implementing an elder mistreatment screening protocol funded by a National Institutes of Health (NIH) RO1 titled, "Detection of Elder Mistreatment Through Emergency Care Technicians." This project has screened over 40,000 community-dwelling older adults. Dr. Cannell also received a prestigious NIH grant to increase elder mistreatment screening in home-based primary care at 7 sites in 5 different states. Drs. Burnett, Cannell, and Maddow have also been hard at work to continue TEAM's 5th year of funding, by the John A. Hartford Foundation, aimed at increasing elder mistreatment detection and response in emergency

departments local and abroad. Under the leadership of Dr. Maddow, the Elder Mistreatment Screening and Response Toolkit (EM-SART) has been built out in an electronic health record, a monumental and critical task for program adoption around the country! The TEAM also recognizes the need for service-based responses to promote resilience and better outcomes for survivors of elder mistreatment and self-neglect. Using pilot funds from the UTHealth Houston Deans Summer Research program, TEAM was able to create a pathway for medical students to learn about aging and elder mistreatment through social phone calls designed to bring social connection to elder mistreatment survivors that were isolated and lonely. These findings supported Dr. Burnett in receiving a grant from the U.S Administration on Community Living to conduct a randomized controlled trial assessing the effects of a social engagement and mental health stepped-care program for Adult Protective Service Clients around the state. Health professional students from 8 colleges around Houston will be matched with an older adult to provide social support and mental health screening and referral to the UTHealth Houston Trauma and Resilience Center directed by Dr. Acierno and member of TEAM. Dr. Hernandez-Tejada's continued work through her Victims of Crime Act grant provides free expert mental health treatment for older adults to address their trauma and promote resilience in the aftermath of elder



TEAM-FACN serves the entire state of Texas, supported in part by the Consortium on Aging in Houston.

MEET *the* TEAM

mistreatment. This program receives referrals from all of TEAMS ongoing projects. TEAM is also part of the South Texas Geriatric Workforce Enhancement Grant and supports projects to develop the elder mistreatment detection and response skills of health care trainees through innovate and state of the art clinical simulations led by Dr. Ross at the UTHealth Houston School of Nursing.

TEAM has continued its ongoing innovative work through the statewide Forensic Assessment Network (FACN) by servicing over 500 Adult Protective Services cases in 2022. This work is led by Leslie Clark, BSN, and Drs. Halphen, Hiner, & Murdock. TEAM, on behalf of the UTHealth Houston COA, is also especially proud of its collaborative roll in the development and guidance of the Carmel B. Dyer Second Family Program led by CarePartners of Houston through seed funding by Elderabuse.org. This program was developed to honor our late elder mistreatment pioneer, friend, and forever mentor, Carmel B. Dyer, MD.

For further information please contact:

Jason Burnett, PhD
UTHealth Houston
**Director of Texas Elder Abuse
Mistreatment Institute**

7000 Fannin Street | Suite 2657
Houston, TX 77030
713-500-3845



Ron Acierno, PhD



Jason Burnett, PhD



Brad Cannell, PhD



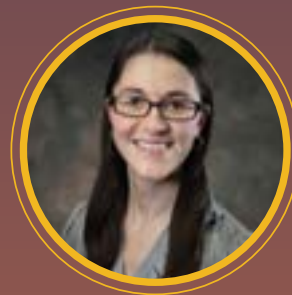
Melba Hernandez-Tejada, PhD, DHA



Aanand D. Naik, MD



John Halphen, MD, JD



Julia Hiner, MD



Cristina Murdock, MD



Charles Maddow, MD



Leslie Clark, BSN

EDUCATION INITIATIVES



Rachel Jantea, MD, MS

DIRECTOR OF EDUCATION

Cristina Murdock, MD

GERI-IPE: UTHEALTH'S PREMIERE GERIATRIC INTERPROFESSIONAL COLLABORATION EXPERIENCE FOR STUDENTS

Now in its third year, Geri-IPE brought together nearly 700 students from across UTHealth Houston in 2022. Dental, medical, nursing, and social work students from collaborating institutions in and around the TMC engage in a simulated interprofessional team meeting about a patient's care using telehealth technology. Together they problem solve to improve the patient's care, and then share their insights with other students. Co-directed by Drs. Cristina Murdock and Rachel Jantea and facilitated by faculty from each of the collaborating schools, this interprofessional experience is one of the highlights of the year! In 2023, there are plans to develop a new case for the activity that will help students develop team-based dementia care skills.



Lauren Pennington, McGovern Medical School MS3

GERIATRIC ACUTE CARE CERTIFICATE: TRAINING FOR PHYSICIANS AND NURSE PRACTITIONERS WHO CARE FOR HOSPITALIZED OLDER ADULTS

In 2020-21, the Consortium on Aging developed 13 training sessions to prepare hospitalists to provide high quality care for hospitalized older adults at Memorial Hermann Hospital. The content has been adapted for use by a larger audience through Canvas learning management system and continues to be a resource for training new hospitalists. In 2022, Consortium members Drs. Rachel Jantea and Ezenwa Onyema mentored two McGovern medical students who completed quality improvement projects related to the Certificate: John Biebighauser presented his work on polypharmacy in an oral presentation at the 2022 Geriatric Medication Safety Symposium and Lauren Pennington will present her work on delirium in an oral presentation at the 2023 Western Medical Research Conference. Future plans include making the training available in Canvas to a worldwide audience.



"My favorite part of my role at the Consortium on Aging is hearing about the incredible and innovative educational activities our members are engaged in! I like to connect people across professions and institutions to facilitate interprofessional collaborative educational partnerships. Collaboration makes magic happen every time!" – Rachel Jantea, MD, MDS

Julia Hiner, MD

EDUCATION IN ELDER MISTREATMENT AND CAPACITY ASSESSMENT

Over the last 4 years, Dr. Julia Hiner and colleagues have championed training in elder treatment and capacity assessment. Using seed funding from the Consortium on Aging, her team developed an elder mistreatment and capacity assessment curriculum. As in previous years since 2019, the curriculum trained three geriatrics fellows at the UTHealth Houston Joan and Stanford Alexander Division of Geriatric and Palliative Medicine in 2022, bringing the total number of fellows trained up to eight since 2019. The training is one-of-a-kind and provides geriatric physicians with an essential skill set. Dr. Hiner expanded on this training in 2021, through support from the UTHealth Houston Retirees Organization, and in 2022 implemented two training modules on the topic for UTHealth Houston geriatrics fellows. The modules will be disseminated nationally to reach geriatric fellows across the nation.



Ezenwa Onyema, MD, MS

FOUNDING CONSORTIUM ON AGING DIRECTOR, DR. CARMEL DYER'S LEGACY CONTINUES TO DRIVE GERIATRIC EDUCATION

In 2022 in honor of her commitment to geriatric education and training, the family of Dr. Carmel Dyer, established The Carmel Dyer, MD, Geriatric Medicine Fellowship. This funding supports the Joan and Stanford Alexander Division of Geriatric and Palliative Medicine to train a physician in geriatric medicine. The position is currently held by Dr. Ezenwa Onyema, a hospitalist at Memorial Hermann-TMC and Consortium Member. He plans to use his training to promote Age-Friendly Health Systems and transform hospital care for older adults in Houston.





CoA

GUIDING PRINCIPLES

Interdisciplinary
focus and outreach

University-wide
integration

Service to a
diverse community

Best practices
of geriatric care

Mentoring of new
gerontology faculty
members

Collaboration with
Houston agencies and
organizations

PROJECTS & ACCOMPLISHMENTS

THE CONSORTIUM ON AGING AND UTHRO COLLABORATE TO SUPPORT UTHealth FACULTY

The Consortium on Aging (CoA) collaborated with the University of Texas Houston Retiree Organization (UTHRO) Endowment for Healthy Aging to fund a \$7000 seed grant for junior faculty at UTHealth Houston. The award supports gerontology focused studies by UTHealth faculty with initial research expenditures. The pilot grants are intended to assist awardees in obtaining larger sources of funding for their research.

The 2022 UTHRO Endowment for Healthy Aging Award recipient is assistant professor, Youngran Kim, PhD for her research proposal entitled, "Anticoagulants-Related Emergency Department Visits and Subsequent Hospitalizations Among Older Adults with Atrial Fibrillation".

UTHRO continued to support the CoA vision and mission and UTHealth Houston faculty in their effort to improve healthcare for older adults. Their generosity enhances CoA resources to faculty who work on issues related to aging.

UTHealth HOUSTON CONSORTIUM ON AGING FACULTY PROVIDE COMMUNITY EDUCATION TO SENIORS IN HARRIS COUNTY PRECINCT 4

The Consortium on Aging and UTHealth Houston faculty collaborated to provide in-person community education lectures to older adults at the Thomas A. Glazier Senior Education Center in Harris County Precinct 4 in 2022. These community presentations were completed for the senior education center after a long period of social isolation due COVID for many older adults. All of the lectures were well attended and many lasted longer than planned as presenters answered questions from attendees on the various topics. Please see the list of topics below along with the name of the presenter.

- Executive Function, Memory, and Capacity, Julia Hiner, MD
- Dental Health, Maryam Tabrizi, DMD, MPH, CFMP
- Summer Safety, Julia Hiner, MD
- Nutrition and Exercise to Prevent Frailty, Jessica Lee, MD
- Social Isolation and Elder Abuse, Jason Burnett, PhD
- Ask the Doctor / Common Ailments, Julia Hiner, MD
- Medication and Supplements with John Halphen, MD

Senior Center Director, Hillary Sanchez was very pleased with the impact the lectures had on participants stating, "I appreciate our partnership with the Consortium and look forward to continuing it in 2023. Attendees were very enthusiastic making the sessions interactive, interesting and somewhat entertaining.

EFFORT REPORT AND APS PRESENTATION

Consortium on Aging Members Share 2021-2022 EFFORT Report Findings at the Adult Protective Services Conference in Galveston, Texas

Consortium on Aging members along with the medical examiner's office, district attorney, law enforcement, adult protective services and other local agencies meet monthly to review suspicious death of older adults in Harris County. The Harris County Elder Fatality Review Team (EFFORT) was formed by local leaders in 2004 to identify systemic issues and provide recommendations to prevent premature deaths of older (aged 65 years or older) or disabled adults caused by suspected abuse or mistreatment. This multidisciplinary team explores the systemic course of care issues to understand how such deaths can be prevented in the future. EFFORT recommends changes to community leaders and policymakers for potential implementation measures to reduce similar premature deaths. In accordance with the Texas Health and Safety Code, EFFORT publishes a biennial report. This year's biennial EFFORT Report can be viewed on the Texas Department of Family and Protective Services website https://www.dfps.texas.gov/Adult_Protection/Fatality_Review.asp.

To promote awareness of the issue and engage the community, members of the EFFORT team presented findings at the 39th Annual Adult Protective Services Conference in December 2022. The presentation was facilitated by Elizabeth Leass, MPH, Stacey Drake, PhD, RN and Joe Frank, JD.



Pictured:

Joe Frank, JD, Harris County District Attorney

Elizabeth Leass, MPH, UTHealth Houston

Julia Hiner, MD, UTHealth Houston

Stacey Drake, PhD, RN

Christina Rector, Adult Protective Services Program Administrator

James Booker, PhD, UTHealth Houston

EVENT HIGHLIGHTS 2022

MAPPING THE FUTURE AT THE 2022 MEMBER RETREAT

The 7th Annual UTHealth Houston Consortium on Aging (CoA) Member Retreat was held on Thursday, August 4, 2022 at the Cooley Center. CoA members from UTHealth schools, other academic institutions and community organizations attending the program networked and were informed about upcoming conferences, symposiums and funding opportunities related to aging. Dr. Aanand Naik, Executive Director of the CoA introduced himself to attendees and spoke about "Becoming a National Leader in Aging Training, Innovation, and Policy". He discussed expansion of the CoA to an Institute on Aging and his vision and mission for the future. The Institute on Aging will provide an enhanced emphasis on aging statewide across UTHealth Houston campuses and schools. This includes a commitment to recruiting and training clinical and research faculty, education and community outreach related to issues of aging.

The program also featured presentations from Constance Johnson, PhD, MS, RN, FAAN of the UTHealth Cizik School of Nursing who spoke about the Smart Apartment and keeping older adults living safely in the community and the awarding of Aging in Place grants in collaboration with the CoA. Previous award winners, Kirk Roberts, PhD, MS, Jennifer Beauchamp, PhD, RN, FAAN and Javier Ortiz, PhD presented aging research projects funded by the CoA and UTHealth Houston Cizik School of Nursing. CoA Education Director, Rachel Jantea, MD updated attendees about education projects and UTHealth Associate Professor, Jason Burnett, PhD presented a video about the Texas Elder Abuse Mistreatment Institute and Forensic Assessment Center network.

7TH ANNUAL HOT TOPICS IN AGING: SUPPORTING HEALTHY AGING IN PLACE

With support from the Phyllis Gough Huffington Foundation, Hot Topics in Aging provided interprofessional education in geriatrics to health professionals and community members across Texas. The program boasted a variety of topics by nationally recognized speakers and included a panel of researchers in aging and technology, a collaborative case-based small group session, and speakers on a topics such as frailty prevention, social isolation, aging and dementia in adults with intellectual disabilities, access to transportation, and role of the long-term care ombudsman. The hybrid event was held both virtually and in-person at the UTHealth Houston Cooley University Life Center and offered continuing education in medicine, nursing, social work, and dentistry to more than 150 attendees.

WORLD ALZHEIMER'S DAY EVENT

The UTHealth Houston Consortium on Aging held the 7th annual World Alzheimer's Day event on Wednesday, September 21, 2022. The annual educational event raises awareness about caring for individuals diagnosed with dementia. This year's virtual presentation focused on support for working caregivers. The program entitled, "Supporting Dementia Caregivers: Employer and Employee Resources" allowed attendees and stakeholders an opportunity to hear from employers about challenges, solutions and opportunities available to working caregivers. Harris County Sheriff Ed Gonzales, an Alzheimer's Association board member completed a presentation entitled, "Dementia Overview & Why Employers Should Care". Kathi Greene, a Global Compensation Manager at Phillips 66 spoke about "Support for Employed Caregivers". Sharlene Johnson, a Senior Assessment and Referral Specialist at UTHealth Houston provided attendees with "Stress Management Tips for Employed Caregivers" and UTHealth Houston Employee Relations Advisor, Melissa Silva discussed "Benefits for Employed Caregivers". The event provided valuable information to attendees about caring for loved-ones while employed and resources available to assist them.



EVENT HIGHLIGHTS 2022

6TH ANNUAL SYMPOSIUM ON AGING RESEARCH

The 6th Annual Symposium on Aging Research was held on Tuesday, October 11, 2022 at The Brown Foundation Institute of Molecular Medicine on the UTHealth Houston campus. Directed by Mikhail Kolonin, PhD, the yearly event which is supported by the Phyllis Gough Huffington Endowed Lectureship attracted a host of researchers and participants. The symposium gives participants and attendees an opportunity to highlight ongoing translational aging research and to foster the development of emerging technologies. The keynote address entitled, "Vulnerability of Aging White Matter to Ischemia" was delivered by noted guest speaker Selva Baltan, MD, PhD of the Oregon Health and Science University.

The all-day symposium featured nine additional aging related research presentations on a host of interesting topics by UTHealth Houston faculty and other invited scholars.

- The Modern Diagnosis of Vascular Dementia and Differentiating it from Other Disorders, Paul E. Schulz, MD
- Cognitive decline after stroke, the role of stroke-induced breathing dysfunction, Louise McCullough, MD, PhD
- Gene Discovery for Cerebral Small Vessel Disease in Human Populations, Myriam Fornage, PhD
- Endothelial Cell Replicative Senescence and Aging, Mikhail Kolonin, PhD
- Renin-angiotensin system (RAS) and neuropsychiatric disorders, Antonio L. Teixeira, MD, PhD
- Stress, aging and neurodegenerative disease, Nicholas Justice, PhD
- Blood-brain barrier and small vessel disease, Akihiko Urayama, PhD
- Replicative senescence vs. disturbed flow-induced premature aging in atherosclerosis, Jun-Ichi Abe, MD, PhD
- Transflaming: inflammation, aging and cell fate transitions, John P. Cooke, MD, PhD

The highlight of the symposium was a project pitch competition for junior researchers supported by the Harry E. Bovay Jr. Foundation. Junior faculty competed for \$30,000 in seed funding for the best project proposal as voted on by the audience. Ron Dorchester of the Harry E. Bovay, Jr. Foundation gave attendees a brief history of the Bovay Foundation sponsorship announced award winners.

UTHealth Houston faculty member Xin Li, PhD whose proposal titled, "Targeting the Dynamics of mitochondrion-ER-LD for treatment of age-related type -2-diabetes" was voted best project and awarded \$15,000 in pilot funding. Baharan Fekry, PhD was awarded the second-place prize of \$10,000 for his proposal entitled, "Impeding liver aging by targeting the circadian clock", Alexis Daquinag, PhD received the third-place award for his project entitled, "A new probe for age-associated tissue degeneration".

The symposium was well attended and attracted researchers and scholars from a wide range backgrounds and academic institutions.



**"CAREGIVING
IS A CONSTANT
LEARNING
EXPERIENCE."**

- Vivian Frazier

EVENT HIGHLIGHTS 2022

GERIATRIC MEDICATION SAFETY SYMPOSIUM

The McGovern Medical School at UTHealth Houston Division of Geriatric and Palliative Medicine and the University of Houston College of Pharmacy's Department of Pharmaceutical Health Outcomes and Policy co-hosted a well attended Geriatric Medication Safety Symposium on April 7-8, 2022 at the Cooley University Life Center. Physicians, nurses, pharmacists, students, residents, researchers, and other healthcare professionals attended the Geriatric Medication Safety Symposium which builds upon a successful collaboration between the two institutions.

The areas of focus for the newly funded Geriatric Medication Safety Symposium included:

- Medication safety in long-term care
- Off-label drug use during the pandemic
- Drug burden/safer opioid use
- Adverse drug events/significant drug interactions
- Drug safety during transitions of care
- Medication safety in inpatient care

Speakers focused on issues including prescription medication, prescribing cascades, adverse drug reactions and problems that can be prevented that often lead to serious negative outcomes for older adults. Experts discussed patients with multiple conditions being prescribed several medications accounting for drug interactions that can cause harm unintentionally. The symposium brought together professionals from different disciplines exchanging ideas, information and research to improve clinical innovation. The event presented a platform for clinicians serving patients and researchers to come together and gain a better understanding of medication safety and how it can affect the quality of healthcare to older adult patients.



GMSS co-hosts Holly Holmes, far left, and Rajender Aparasu, far right, thank the 2022 plenary session and workshop presenters Aanand Naik, Mukaila Raji, Manju Beier and Dae Kim.



UHCOP Ph.D. student Marjan Zakeri discusses her research project with an attendee of the Geriatric Medication Safety Symposium

UHCOP's Rajender Aparasu, left and McGovern Medical School at UTHealth Houston's Allison Ownby, second from right, and Holly Holmes, far right, present the Best Podium Presentation Award to UHCOP Ph.D. student Yinan Huang for her project "Characterizing Opioid Prescribing Among U.S. Adults with Alzheimer's Disease: A Cross-sectional Analysis of the National Ambulatory Care Medical Survey."



UHCOP's Rajender Aparasu and Tyler Varisco, left, and McGovern Medical School at UTHealth Houston's Holly Holmes, far right, present the Best Poster Presentation Award to University of Texas Medical Branch Clinical Sciences Ph.D. student Jordan Westra, MPH, for his project "National Trends and Patterns of Cessation of Prescription Opioid Use Among Medicare Beneficiaries, 2013-2018."

Aanand Naik of UTHealth School of Public Health and the UTHealth Houston Consortium on Aging talks about the Patient Priorities Care model during his plenary session presentation at the Geriatric Medication Safety Symposium



AGING TO *PERFECTION* LECTURE SERIES

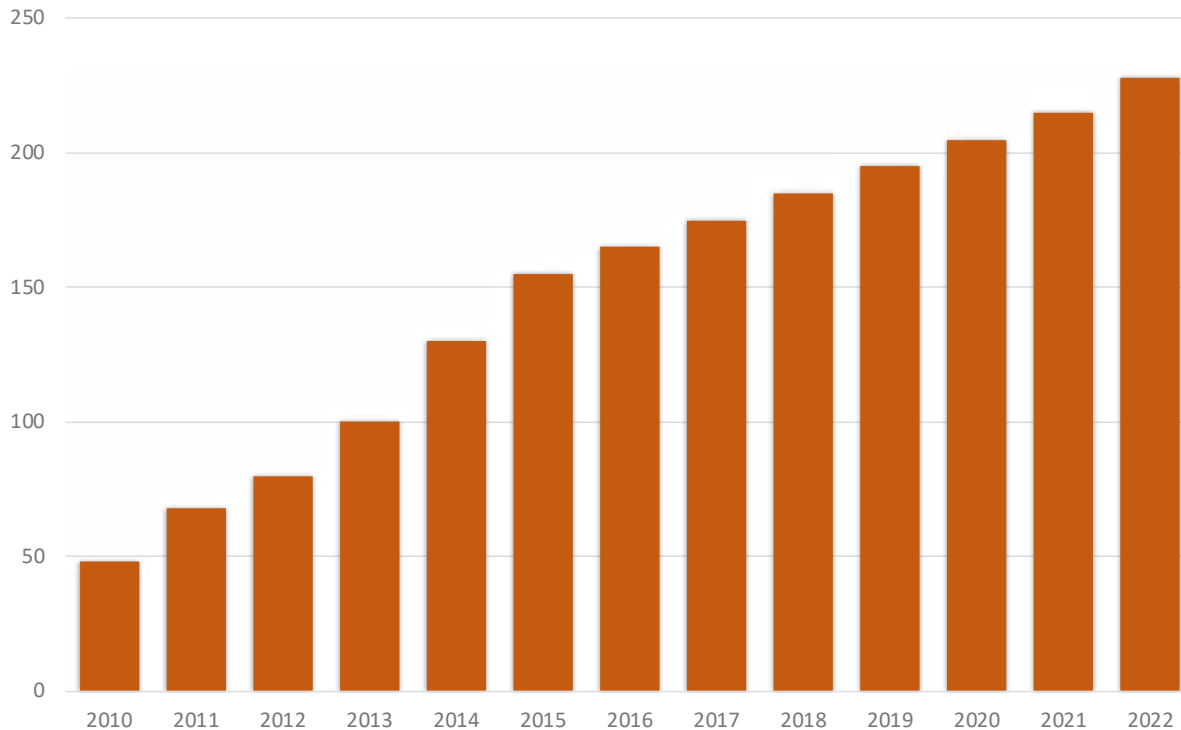
The inaugural Aging to Perfection Lecture Series honoring past Consortium on Aging Executive Director, Carmel Bitondo Dyer, MD was held on September 15th at The Briar Club in Houston. Dr. Dyer devoted her career to enhancing health care to older adults through clinical care, translational research, specialized geriatric training and education, and community engagement. The program featured a keynote address by Terry Fulmer, PhD, RN, FAAN, a national and internationally recognized expert in geriatrics and personal friend of Dr. Dyer. The agenda included a panel discussion facilitated by Vice President of Community Engagement at UTHealth Houston, Holly M. Holmes, MD. The panel discussion included presentations by Professor and current Executive Director of the Consortium on Aging, Aanand Naik, MD, Associate Professor, Amy Franklin, PhD, Associate Professor, Jason Burnett, PhD and Assistant Professor, Min Ji Kwak, MD, DrPH. The discussion centered around Dr. Dyer's legacy and their work at UTHealth Houston to improve health care to older adults which supports the vision and mission of the Consortium on Aging and the university. The well attended lecture welcomed many friends and supporters of Dr. Dyer and UTHealth Houston.





Photography by Jacob Power

Membership Summary Growth



In 2022 the **Consortium on Aging** experienced an increase in membership with a focus on clinical, education, research and community outreach programs that attracted participants from diverse professions and backgrounds. Facilitating virtual and in-person educational events, conferences and a research symposium focused on issues of aging along with offering pilot grant programs to faculty resulted in a high degree of interest and engagement across all UTHealth Houston schools. Additionally, attendees from other academic institutions, governmental and nonprofit agencies and community organizations accessed resources, tools and networking opportunities made available through the Consortium to support their programs and initiatives.

**THE CONSORTIUM ON
AGING HAS 228 MEMBERS
FROM SIX **UTHEALTH**
HOUSTON SCHOOLS AND
OTHER LOCAL AGING
RELATED ORGANIZATIONS.**

UTHEALTH HOUSTON MCGOVERN MEDICAL SCHOOL

UTHEALTH HOUSTON SCHOOL OF PUBLIC HEALTH

UTHEALTH HOUSTON SCHOOL OF DENTISTRY

UTHEALTH HOUSTON CIZIK SCHOOL OF NURSING

UTHEALTH HOUSTON SCHOOL OF BIOMEDICAL INFORMATICS

MD ANDERSON UTHEALTH GRADUATE SCHOOL

TEXAS WOMEN'S UNIVERSITY

UNIVERSITY OF HOUSTON

SAM HOUSTON STATE UNIVERSITY



SCHOLARLY RESEARCH



CLINICAL CARE



RESEARCH PROJECTS



COMMUNITY EDUCATION



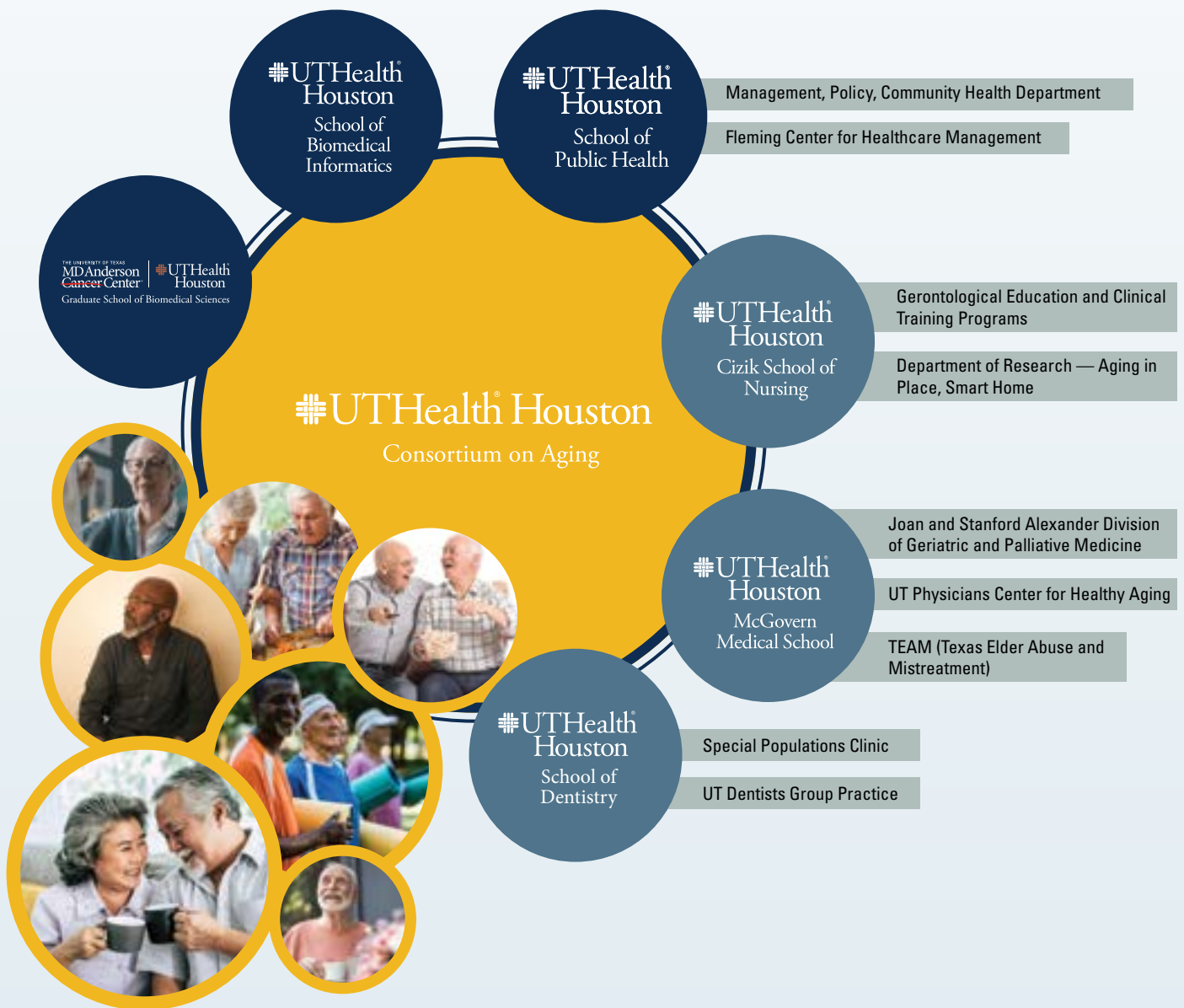
GROWING MEMBERSHIP



 UTHealth[®] Houston
Consortium on Aging

Houston's Health University

PROGRAM SUPPORT



The Consortium on Aging engages with all of the UTHealth Houston Schools on clinical, education, research and community outreach projects that focus on issues related to aging.

FIFTY +

The Consortium on Aging continued its sponsorship of the Fifty plus radio show featuring host, Doug Pike, in 2021. The popular radio program that broadcasts every Sunday in the Houston community provides resourceful information to older adult residents and caregivers about healthcare, research and educational projects at UTHealth Houston available in the greater Houston community. The broadcast provides a forum for UTHealth Houston faculty and staff to speak to the public about clinical, research, education and community engagement aging related projects.

SPEAKER	TITLE OF PRESENTATION
ANDREA TAYLOR, PHD	Mental Health
MAUREEN BECK, MSN, DNP	Difference between COVID-19, flu, and the common cold
JOHN HIGGINS, MD	The evolution of medicine over the years
FAITH ATAI, MD	Thyroid issues
SUKHDEEP BASRA, MD	Heart failure
ABYOMI OGUNWALE, MBBS/MD, MPH	How cold weather affects arthritis
SHREELA SHARMA, PHD	Culinary medicine
PAUL E. SCHULZ, MD	Signs of Alzheimer's disease
RON ACIERNO, PHD	How the news of war may impact veterans
SARAH BESHAY, MD	Impact of sleep on our health
JENNIFER BAHRMAN, PHD	Ways on how to manage stress
AUDREY TAYLOR, AUD	Over-the-counter hearing aids
GERARD E. FRANCISCO, MD	Innovations in stroke recovery
JOHN HIGGINS, MD	Common heart health myths
STEVEN CANFIELD, MD	The evolution of medicine over the years
WAFI MOMIN, DO	How to manage stress during the holiday season
KRISTIN ECKEL MAHAN, PHD	Preparing for the end of daylight savings time
ABSALON GUTIERREZ, MD	Global impact of diabetes
JASON BURNETT, PHD	Carmel B. Dyer Second Family Program at CarePartners, which aims to combat elder abuse
ABAYOMI OGUNWALE, MD	Importance of scheduling health exams in the new year



Doug Pike

Doug Pike has been a writer, broadcaster, editor and photographer for more than 35 years.

His early work was in the outdoors, where – with considerable overlap – he was a columnist for the Houston Chronicle (23 years), on the masthead of Field & Stream (21 years) and editor of Tide magazine (10 years). During that time, Doug won more than 100 state and national awards for his work. His outdoors/golf radio shows launched in 2000 and continue today on SportsTalk790. He also currently is a columnist for Saltwater Sportsman and Texas Fish & Game magazines.

In 2014, when his mother’s health began to fail, Doug discovered the difficulty experienced by seniors and their caregivers in finding necessary services and facilities, and he also realized that there was no local radio programming dedicated to seniors.

Soon after, he introduced Fifty+ to Houston and since then has conducted several thousand interviews on topics of interest to people who have done a lot of living and intend to do more.

Fifty+ covers everything from medicine to music, from finances to friendships, and walking sticks to wine tours, all from the perspective of someone who is part of and who wholeheartedly embraces this demo.

Nothing is off limits, and no topic is ignored on Fifty+. The information is serious when it should be, humorous when it can be, and always entertaining. Fifty+ airs weekdays at noon on AM950KPRC.

In memory and honor of Dr. Carmel Dyer, who offered encouragement and support from the onset, Doug remains dedicated to Fifty+ and its audience.

FUTURE GOALS

The past year was very productive for the Consortium on Aging as we were able to transition back to holding in-person events and outreach activities. In 2023, we look forward to the challenges of establishing the UTHealth Houston Institute on Aging and promoting a larger aging footprint in the areas of clinical care, education, research and community outreach. Promoting healthy and meaningful aging begins with our new mission, vision and organizational goals.

VISION

The UTHealth Houston Institute on Aging will be the national leader in innovation, education, and training for healthcare that serves older adults.

MISSION

Develop the workforce and disseminate innovations that enable older adults to achieve what matters most in their health and lives.

INSTITUTE OF AGING GOALS

- Accelerator for interprofessional training & age-friendly innovations
- Implement Patient Priorities Care to transform healthcare for diverse older adults with multiple chronic conditions
- Recognize elder mistreatment and promote elder justice
- Promote healthy aging infrastructure across UTHealth Houston and among community stakeholders
- Facilitate interprofessional and interdisciplinary research and innovations across UTHealth Houston schools through pilot grant programs

COMMUNITY EDUCATION AND OUTREACH ACTIVITIES

- Provide and disseminate aging resources via the Institute on Aging website, newsletters, 50+ radio program and electronic media
- Offer continuing education activities on issues related to aging
- Facilitate community engagement to improve dementia care
- Strengthen Southeast Texas Geriatrics Workforce Enhancement Program and other training activities

ENHANCE GEROSCIENCE AT UTHEALTH HOUSTON

- Develop Geroscience strategic plan across UTHealth Houston
- Recruit and promote scientists conducting basic aging research
- Support ongoing pilot funding initiatives to cultivate geroscientists at UTHealth Houston

PROFESSIONAL EDUCATION AND TRAINING GOALS

- Enhance the profile of Aging across UTHealth Houston institutions
- Develop strategies for interprofessional education and training programs
- Support programs for Patient Priorities Care training, elder mistreatment education, and frailty assessment and treatment



UPCOMING EVENTS

COA MEMBER RETREAT

Members of the Consortium are invited to participate in this yearly event to showcase research and developments in interdisciplinary aging fields.

WORLD ALZHEIMER'S DAY

Join medical professionals, educators, and community members for an event focused on raising awareness and sharing new information about Alzheimer's.

AGING RESEARCH SYMPOSIUM

The COA hosts this annual one day event to feature translational aging research and foster development of emerging technologies.

HOT TOPICS IN AGING

This full-day interprofessional CE course highlights new and interesting takes on aging research from a variety of disciplines.

VISIT OUR WEBSITE FOR DATES AND TIMES

www.uth.edu/aging



CONSORTIUM ON AGING INFORMATION

7000 Fannin | UCT 2600 | Houston, TX 77030

TEL 713-500-3921 | FAX 713-486-0963 | WEB www.uth.edu/aging

AANAND NAIK, MD

Professor & Executive Director

713-500-3921

Aanand.Naik@uth.tmc.edu

AMY FRANKLIN, PhD

Deputy Director

713-486-3670

Amy.Franklin@uth.tmc.edu

JAMES BOOKER, PhD

Administrative Director

713-500-3853

James.Booker@uth.tmc.edu

MONICA J. BENNETT

Senior Administrative Assistant

713-500-3921

Monica.J.Bennett@uth.tmc.edu

DESIGN + ART DIRECTION

Omar Aguado

Omar.Aguado@uth.tmc.edu

 UTHealth[®] Houston

Consortium on Aging

7000 Fannin Street, Suite 850

Houston, TX 77030