

August  
2010



## GET-IT Newsletter

### 2010 Outstanding Citizen for Seniors Award

#### Special Interest:

- SAGE
- Personal Safety
- RAGU Conference

#### SCS Announces 14th Annual Award

##### Dinner and Honorees

For the first time in the thirteen year history, Senior Citizen Services of Greater Tarrant County, Inc. (SCS) has chosen to honor a husband and wife who together and separately have been stellar advocates for Clinical Geriatrics and Gerontology: Janice Knebl, DO, MBA and Thomas Fairchild, PhD. The duo will receive the "Outstanding Citizen for Seniors Award" on Tuesday, September 14, 2010.



Advocates for Clinical Geriatrics & Gerontology

### Hispanic Wellness Fair & Geriatrics Department

Saturday, August 14th

The Geriatrics Department & Reynolds GET-IT Program participated in the 2010 Hispanic Wellness Fair at the Will Rogers Complex this past Saturday. The number of attendees doubled this year to approximately 5,860. The Geriatrics Department provided blood pressure screenings, nutritional screening and educational material.

Congratulations to everyone that participated to make this year's Hispanic Wellness Fair a huge success.

A special "Thank You" goes out to the volunteer TCOM Medical School Students:

Jeannie Banh  
Julieanna Camarena  
Evan Cohen  
Leah Freeman  
Michael Montie  
Brigitte Nguyen  
Jacob Pickering  
Sree Yakkala



# Seniors Assisting in Geriatrics Education

This is the first time that the Reynolds Program will run 2 SAGE Programs simultaneously. We will have the Class of 2013 starting their second year with 177 students and the Class of 2014 starting their 1<sup>st</sup> year of SAGE with 219 students.

The program is designed to aid medical school students in their understanding and communication in working with older adults. The SAGE program pairs two 1<sup>st</sup> or 2<sup>nd</sup> year medical school students with a senior mentor/client that receives either home delivered meals through the Meals on Wheels Program Inc. of Tarrant County or a senior in the community. SAGE senior mentors/clients receive free check-ups, benefit from the students' companionship and contribute to students' medical school training. The program provides students with the opportunity to practice basic clinical skills, history taking, client interviewing and physical exam skills. Every visit includes taking vital signs and completing assignments to aid in the students' attitudes, knowledge, and skills related to aging.

Need additional information about the program, contact Yolanda Pitts, Education Coordinator at (817) 735-0289 or [Yolanda.pitts@unthsc.edu](mailto:Yolanda.pitts@unthsc.edu) or Reynolds GET-IT Program, UNTHSC, Blue House, 855 Montgomery St., FTW 76107.



## Personal Safety- In the Community

Chief Gary Gailliard spoke about personal safety in the community to the students of TCOM Class of 2013 & 2014 during the SAGE portion of the clinical medicine orientation on July 27<sup>th</sup> & 28<sup>th</sup>. Chief Gailliard has provided several helpful tips to help keep you safe while out in the community.

### Personal Safety Tips

- Know your destination and surrounding area. Verify your address and directions. If you are able, pre-plan with a site visit.
- Share your plans. A trusted source or friend should know where you are headed and your expected time back. Give them your guidance on what to do if they don't hear back from you.
- Have your cell phone with you with a fully charged battery. If your cell phone has GPS, utilize it.
- Keep a flashlight in your vehicle.
- Park in visible areas around other cars, in proximity to street lights if you anticipate being there after dark.
- Secure all doors and windows on your vehicle and secure all packages, books, portable electronics, medical equipment or property of value in the trunk.
- Be alert and observe when exiting. Don't get distracted talking on the phone.
- Visual Scan (outside and inside)
- If it doesn't feel right, leave the area. Criminal activity is opportunistic. Follow your "senses".

### The Four A's of Personal Safety

- **Aware - be aware.** Become more aware of risks in your everyday life.
- **Act - takes action.** Do things that reduce risks around your environment.
- **Anticipate.** Quickly recognize risks as they occur around you.
- **Avoid - actively avoid.** Take action to avoid risks as they happen in front of you.



# RAGU

“Them Old Bones: Preventing Falls,  
Managing Fractures, &  
Maintaining Mobility in Older Patients”

Saturday, September 18, 2010

UNT Health Science Center

Medical Education &

Training Building

3500 Camp Bowie Blvd., Fort Worth, 76107

This activity offers 7.5 CME Credits

7.5 Type 1 Nursing Contact Hours

7.5 CHES credits

7.5 Social Worker Clock Hours

\*Includes Ethics/Professional Responsibility

For more information visit [www.RegisterWithUNT.com](http://www.RegisterWithUNT.com)

SAVE the DATE

## Geriatric Fellowship Program

### Are you ready to care for an aging America?

Geriatric medicine offers some of the greatest career opportunities for modern healthcare professionals. With America's over-65 population expected to double in the next 25 years, the need for teachers, administrators and practitioners who are proficient in these interactive fields will also increase. Strengthening your credentials with a Fellowship in Geriatric Medicine could help you be in the right place at the right time with the right expertise!

We're seeking those about to complete residencies in internal medicine or family medicine, as well as practicing physicians who want to develop as leaders and role models in geriatric care for the future.

### Fellowship Goals:

Our goal is to prepare fellows as educators, who will incorporate their special knowledge into teaching and research programs. We also aim to create highly skilled practitioners, who will use their experiences to help managed care organizations, long-term care facilities, clinics, hospitals and community service agencies to better meet the needs of aging patients.

One and two year training programs are available. The curriculum encompasses didactic coursework, teaching, clinical experience, healthcare management/administration, palliative/end of life care and research.

Stipends are competitive. Tuition, fees and travel to professional meetings are paid through the fellowship grant.

For additional information contact: Lee Ann Cunningham at 817-735-2549 or Email:  
[Lee.Cunningham@unthsc.edu](mailto:Lee.Cunningham@unthsc.edu).

# August Grand Rounds

## “Elder Mistreatment: Challenges in Identification and Assessment”

August 25, 2010 @ noon in, Mini-Auditorium

**Dan Swagerty, MD**  
**University of Kansas**



Dr. Swagerty completed medical school, Family Practice residency, and Geriatric Medicine fellowship training at University of Kansas School of Medicine. He also obtained his graduate degree in Public Health from the University of Kansas. Dr. Swagerty is a full time faculty member in the Departments of Family Medicine and Internal Medicine and serves as Associate Director for Medical Education for the Center on Aging. In this capacity, Dr. Swagerty coordinates undergraduate, graduate and community focused geriatric medical education.

Dr. Swagerty's clinical interests include primary care, geriatric assessment and consultation, preventive medicine, and long term care. His research interests include malnutrition, medication use in the elderly, long term care system management, autonomy issues, and educational methodologies. Dr. Swagerty is very active in national education and program development for the American Medical Directors Association and American Geriatrics Society.

"The decision to focus my medical practice on older adults began with being close to my grandparents and other older adults as I was growing up. I was fortunate to see that most older people are vigorous and are in the community and contributing. As a geriatrician, I am able to provide both primary care and specialty medical services to a full array of older adults, from the completely independent to the very frail. It is satisfying to focus on individuals for all of their health care needs and follow them throughout the various care settings - outpatient clinic, hospital, home care, assisted living, and long term care facilities."



## Online Grand Rounds

***New! Earn Category 1A (AOA ) & Category 1 (AMA PRA™ ) Credits Online!!!***

### **Professional & Continuing Education (PACE)**

Download the application, install it on your computer and participate in **LIVE** Grand Rounds Wednesdays at 12 PM (central).

9/22/2010 Dr. Paul Eleazer “Geriatrics Update”

10/6/2010 Dr. Mindy Fain “Driving and the Older Adult”

<http://www.hsc.unt.edu/education/PACE/DownloadGrandRoundsApplication.cfm>

### Preventing Elder Abuse is 'Everyone's Business'

Every year, an increasing number of elderly people are being abused, neglected, or exploited. Instead of enjoying what is supposed to be their "golden years," many are isolated and are afraid to call for help. The growing population of elderly people and growing awareness of adult abuse have dramatically increased reports of abuse, neglect, and exploitation. The number of cases investigated by Adult Protective Services (APS) in Texas has increased.

Most are victims of self-neglect, suffering in silence and weighed down by physical, medical, emotional, and financial stresses. Of those being abused by others, sadly, the most common abusers are those closest to them. As a result, many are afraid to contact the authorities because they don't want their children to be arrested.

Abuse results in scratches, cuts, bruises, burns, broken bones, bedsores, confinement, rape or sexual misconduct, and verbal and psychological abuse. Neglect results in starvation, dehydration, over- or under-medication, unsanitary living conditions, and lack of heat, running water, electricity, medical care, and personal hygiene. Exploitation is misusing the resources of an elderly or disabled person for personal or monetary benefit. This includes taking Social Security or SSI (Supplemental Security Income) checks, abusing a joint checking account, and taking property and other resources.

"Elder abuse touches all racial, cultural, religious and socioeconomic groups," says Governor Rick Perry in the 2010 May proclamation. "At this time, I encourage all Texans to begin at home--ensuring that we are taking the very best care of the seniors in our lives, reaching out to the elderly in communities across Texas and, again, reporting any suspicion of senior abuse to the proper authorities."

“Provided by the Texas Department of Family and Protective Services, Adult Protective Services.”

## Student Chapter of the American Geriatrics Society



### Top 5 Reasons You Need to Join SCAGS

5. Win cool prizes at our first meeting
4. Reality: Almost 13% of the population is over age 65
3. Guaranteed clinical volunteer hours – you gotta have it
2. First served at lunches and awesome T-shirt
1. Face it, you will be old someday...

Membership --- \$35

#### Benefits:

- Free T-shirt
- Free access to *Geriatrics At Your Fingertips* (PDA Version)
- 4 years of amazing learning opportunities
- Medical service hours, first preference

For more information, check us out under "Students": <http://www.hsc.unt.edu/Sites/GETIT/>

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