

TGS/TMDA Enews Letter

May 2024



Geriatrics

THROUGH THE GRAPEVINE

August 9-11, 2024
Hilton DFW Lakes , Grapevine, TX
Hotel rate \$159/night

TGS/TMDA
Conference Website

Geriatrics Fellowship Recruiting Fair, Saturday, August 10, 2024

TGS and TMDA are co-hosting a Resident Recruiting Fair for Geriatric Fellowships in conjunction with our annual conference. Both entities continuously strive to encourage future residents to enter the fields of geriatrics and long term care.

The cost for a table is \$50. For more information and to purchase a table, please contact our Executive Director, Maggie Hayden: Maggie@texasgeriatrics.org

TGS Scholarship For Annual Conference

TGS is offering scholarships to Residents and Fellows for the Annual Conference. To apply, please email the following to Maggie Hayden: maggie@texasgeriatrics.org

1. Your contact information (name; credentials, mailing address)
2. Short paragraph (250 words or so) about your future goals in geriatrics
3. Letter of support from a faculty member, supervisor, or program director

Scholarships are limited to the first ten accepted applicants. Deadline to apply is July 1, 2024. Accepted applicants will need to provide their own travel, hotel, and registration to the conference. Registration for Residents Fellows/Students is \$30 for all 3 days. Accepted applicants can earn up to \$500.

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Making A Difference: The Texas Silver Hair Legislature by David Hackethorn, MD

I am a retired general internist who midway through my career, made the decision to focus my practice on older adults. The practice included skilled and long term care, caring for residents of assisted living facilities and dementia units, along with a small outpatient clinic practice. I was assisted by nurse practitioners and physician assistants. Beyond my practice I became involved with the local Area Agency on Aging (AAA). It was through that organization that I became aware of the Texas Silver Hair Legislature (TSHL). I did not become a legislature member until retirement a couple of years ago. Little did I know about legislative affairs, especially as it relates to older Texans.

The TSHL is a nonpartisan legislature that advocates for issues of concerns for older adults. It was created by the state legislature in 1985, and is required to submit a legislative report every 2 years prior to the opening session. Members have to be over 60 years old and are elected by peers from their AAA.

Since its inception more than 200 enacted laws have been significantly influenced by TSHL advocacy. These include:

- ◆ Implementing the Texas Silver Alert System
- ◆ Increasing personal needs allowance for medicaid nursing home residents
- ◆ Access to telemedicine and teledentistry
- ◆ Increase rates for home delivered meals
- ◆ Require criminal background checks of employees at facilities serving older Texans
- ◆ Insuring pension soundness for retired teachers and state employees
- ◆ Public school property tax reduction for aging and disabled homeowner
- ◆ Prohibit the use of eminent domain authority for private gain

For the next legislative session some of the proposed health care issues include:

- ◆ Increasing the staffing requirements of Alzheimer certified dementia units
- ◆ Requiring medical directors of nursing homes be certified
- ◆ Increasing the number of ombudsmen for oversight of ALFs and nursing homes
- ◆ Requiring back up generator capability for ALFs.

Currently, I am the only physician member of the TSHL. The organization could benefit with more physician input. I realize that many of you would not qualify for age reasons. However, some of you might know retired physicians who are passionate about the welfare and care of older Texans.

If you desire more information, visit TSHL or email me at dhackethorn@gmail.com.

TMF Learning Modules

TMF is a quality improvement organization for Texas and some other states. They have 8 free module CMD accredited recordings on important topics like infection control, leadership, committee work etc released once a month.

To learn more see flyer below or go to their website: <https://tmf.org/> or click on the link below

CMD Training Series

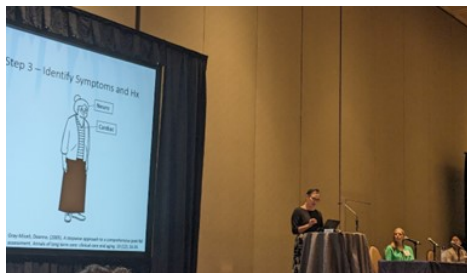
Texas Geriatrics at TexMed 2024 by Julia Hiner, TGS President-Elect

The Texas Geriatrics Society was pleased to again support the Texas Medical Association's TexMed Conference programing this year with some high quality Geriatric Medicine presentations.

Friday afternoon was rung in by an excellent presentation by University of Texas Medical Branch assistant professor and program director of the Integrative and Behavioral Medicine Fellowship, Dr. Samuel Mathis. A long-time veteran TMA member, Dr. Mathis also advocates for physicians and patients tirelessly through his history of service on the TMA Board of Trustees, in the American Medical Association's House of Delegates, and on the Board of Directors for the American Academy of Family Physicians. His presentation, "Drug-Supplement Interactions and Nutrient Depletions in Older Adults," was attended by a record-breaking number of participants, one of whom memorably stated of Dr. Mathis' presentation: "If Hippocrates was at this conference, he would have opted for this session." Wow!



Saturday morning was highlighted first by an interactive panel presentation by three incredible physicians speaking on "Falls and Older Adults: Evaluation of Risk and Prevention of Injury". First up was Dr. Molly Camp, Geriatric Psychiatrist and associate professor in the department



of Psychiatry at University of Texas Southwestern, as well as director of the Geriatric and Neuropsychiatry Clinical Program and associate program director for the combined Psychiatry-Neurology residency program. Next up was Dr. Jessie Voit, University of Texas Southwestern assistant professor, medical director of the Geriatric Care Center, and founder and director of Comets HELP, a program aiming to improve the care of hospitalized older patients. Last, but certainly not

least, was Dr. Lessley Chiriboga, an assistant professor within the Department of Psychiatry at University of Texas Southwestern and course director of the Basic Spanish for Healthcare Providers elective. These three incredible physicians had everyone out of their seats testing their own gaits, reviewed validated fall screening questionnaires and examinations like the Timed Up and Go (TUGs), and reviewed risk factor identification such as the dangers of flip-flops and sandals. Oh no, summer dreams dashed!

Finally, late Saturday morning was capstoned by an engaging and entertaining presentation that any Geriatrician worth their salt found solace in: "Changing The Paradigm Of Chemotherapy Dosing". Dr. Pamela Hayes eschewed the historical one-size-fits approach to cancer treatment in older adults, instead reassuring the audience with the more modern and individualized dosing-approach to oncologic care. Dr. Hayes is a triple-board certified Oncologist, Hematologist, and Internist employed by Texas Oncology in Dallas, Texas by day, but evidently quite the wit by weekend. She closed her presentation by sharing the Oncologist's Prayer: "Dear Lord, let there be a cure for cancer... And may it be so complicated that only I can understand it." Amen to that!



Overall, a highly successful conference, and dare I say, an even more successful set of Geriatric sessions!

Neela K. Patel, MD, MPH, CMD, FAAFP named American Geriatrics Society Fellow (AGSF)



Congratulations to Neela K. Patel, MD, MPH, CMD, FAAFP, AGSF, of The University of Texas Health Science Center at San Antonio. Dr. Patel, Associate Professor and Chief of the Division of Geriatrics and Supportive Care in the health science center's Department of Family and Community Medicine, was recently inducted into the newest class of American Geriatrics Society (AGS) Fellows. Dr. Patel is on the TGS Board of Directors and is also a TMDA member.

Dr. Patel also serves as Outreach Recruitment and Engagement Core Director of the Glenn Biggs Institute for Alzheimer's and Neurodegenerative Diseases/South Texas Alzheimer's Disease Research Center (South Texas ADRC) at the health science center and is with UT Health Physicians.

AGS Fellows like Dr. Patel represent a distinguished cohort of geriatrics experts recognized for a deep commitment to advancing high-quality, person-centered care for all older adults, an AGS announcement stated.

Each year, a small contingent of highly qualified AGS members earn fellowship status following a rigorous application process, which includes assessing everything from continuing education and public service to geriatrics scholarship and health care leadership. This year's fellows hail from all four corners of the country and reflect the increasingly interprofessional nature of geriatrics as a field attracting influential physicians like Dr. Patel.

Dr. Patel revolutionized the geriatrics practice in San Antonio during the COVID-19 pandemic with the home visit program CARINOS en su Casa, which now serves more than 10,000 older adults annually across the underserved communities in and around San Antonio.

TMA Publications

Innovation for Every Age: Texas Primary Care Physicians Improve Access for Older Patients

By Emma Freer, Associate Editor

Harlingen family physician Sheila Magoon, MD, suspected loneliness was a driving force behind poor outcomes among her older adult patients.

So through her accountable care organization (ACO), Buena Vida y Salud, she developed a senior buddy pilot program in 2017.

One patient loved the program so much that she volunteered to serve as a buddy herself. "It helped her blossom and return to some of the vitality she used to have," said Dr. Magoon, who serves on the Texas Medical Association's Committee on Medicaid, CHIP, and the Uninsured.



To learn more click on the link for the full article

[TMA Publications: Innovation for Every Age](#)

The Idioms of Age-A tiny poem on aging with humor and much more!

By Neeta Nayak, TMDA Board of Directors

Every poet worth her salt,
Must at least once find fault;
With the trials and tribulations of growing old,
Or be questioned of their creative mould!

Wrinkles and thinning grey hair,
Prime targets for poking fun, not fair;
Passing wind and slowly transiting bowels,
Humor to tackle traitorous organs gives one powers!

Idioms about aging, abound galore,
Put on your fun hat, and let's explore;
From "coming of age",
To those "senior moments" that pop up on stage!

From "one foot in the grave",
To "old age is not for sissies", be brave;
You may be "over the hill",
So, don't forget to make your last will!!

Who says "you cannot teach old dogs new tricks"?????
Old folks can learn to surf Hulu and Net-flicks; 😊
And Facebook and Instagram and TikTok,
Just get over that ageist mental block!

"Age is just a number",
It happens even while you slumber;
Exercise, eat right, play with a puppy or kitten,
That way, you'll surely stay "a spring chicken"!

Watch out for scammers tracking you all day,
After all, "you were not born yesterday",
There is "no fool like an old fool",
Hmmm..... to disprove that idiom, go back to school!

How old would you be if you didn't know how old you actually are?
Could you pick your own age, how bizarre?!
What do people mean when they say "Act your age"?
Assuming "you're past your prime" is not a good gauge. 🤔

Middle age is when the broad mind,
And narrow waist change places- someone opined; 😊
Old age is when you are ready with all the answers,
But your kids ask Dr. Google all the questions!

We don't stop playing because we grow old,
we grow old because we stop playing, I'm told;
Or so said the great George Bernard Shaw,
His words put me in a state of awe!

So, play merrily into your "ripe old age",
Feel the joy as you live every page;
Aging with grace is an art,
Do your part to stay "young at heart"! ❤️

AMDA On-The-Go Podcast Series



[Deprescribing of Anticoagulants](#)
(5/15/2024)

[Heart Disease and Matters of the Heart](#)
(5/13/202)

[JAMDA on The Go](#)
(5/15/2024)

[View All Episodes](#)



Who is credited with coining the term "geriatrics" and in what year?

The first person to email the correct response to will win a \$25 gift card to Starbucks! Email your answer to

Maggie@texasgeriatrics.org

If you have won before, please let others take a guess.

Winner based on date/time stamp of Ms. Hayden's inbox!

Deadline is June 10, 2024

Previous answer: Dr. Francis Rynd invented the first hollow needle

Winner: Valerie Cheatham, MSN, APRN, A/GNP

Writing Fellowship

In August 2022, the McGovern Center welcomed its inaugural class of Writing Fellows to explore what constitutes creative work and develop a writing practice they can maintain in the long run. Works of literary fiction, non-fiction, and poetry will aid Fellows' learning of the methods and craft involved in creative works. The program welcomed its second class of writing fellows for the 2023-2024 academic year amid a new collaboration with [Inprint](#). Now that it is entering its third year, the program is open for applications from potential Writing Fellows for the third class, starting in October.

As part of this intensive writers' workshop for health professionals, Writing Fellows participate in one 3-hour-long workshop monthly from October through May, discussing assigned readings, completing writing exercises, and engaging in supportive and critical analyses of their creative works.

The course instructor is Pritha Bhattacharyya, MFA, Fiction PhD Candidate and Inprint C. Glenn Cambor Fellow in Literature and Creative Writing at the University of Houston, and Inprint Writer-in-Residence with the McGovern Center for Humanities and Ethics.

For more information visit their website: [UT Health Houston Writing Fellowship](#)

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