


PALTmed Texas/Texas Geriatrics Society Enews Letter March 2026




 Annual Conference
HOUSTON: WE HAVE GERIATRICS!

July 31-August 2
Westin Memorial City
Houston, TX
Hotel rate \$189/night

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RENEW YOUR MEMBERSHIP



Support your state chapter by renewing your dues! Your state chapter dues provide you with a great discount to our annual meeting, supports Futures Scholarships at PALTmed, Resident/Fellows Scholarships to our annual meeting, and our enews letters.

Renew today!!

[PALTmed Texas Renewal](#)

[Texas Geriatrics Society Renewal](#)

Contact our Executive Director, Maggie Hayden, if you are not sure you have renewed

Maggie@texasgeriatrics.org



PALMED TEXAS GERIATRICS ANNUAL CONFERENCE

JULY 31 TO AUGUST 2, 2026

WESTIN MEMORIAL CITY

Registration is now open!

Join your state chapter at our 36th annual conference! Earn up to 17.0 hours of CE/CME (*note: all applications pending*) Topics include AI, dentistry, oncology, delirium geroscience, driving, financial toxicity, gynecology, mentation from the 4M's, brain teasers, legislative update, PMR in palte, suicide prevention, medical directorships and our annual wound care and journal club talks!

Geriatrics Fellowship Recruiting Fair, Saturday, August 1, 2026

TGS and PALMed Texas 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 for Residents and Fellows to attend our 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, 2026. Accepted applicants will need to provide their own travel, hotel, and registration to the conference. Registration fees for Residents and Fellows is \$30 for all 3 days. Accepted applicants can earn up to \$1,000.00!

Poster Submissions PALMed Texas Geriatrics Annual Conference

PALMed Texas and Texas Geriatrics Society are seeking abstracts for case report/case series, education, quality improvement, and research categories.

There is a 3,000-character count limit for poster abstract submissions. This limit does not include the abstract title or authors. Punctuation does count against the 3,000 character limit.

Accepted Abstracts:

The posters will be presented electronically on Saturday, August 1, 2026 during the exhibit breaks.

Please see the conference website for more information and to submit an abstract. **Deadline for abstract submission: June 1, 2026.**

<https://paltmedtexasgeriatrics.org/abstract-submissions/>



Texas State Chapter Reception at PALTmed 2026

PALTmed 26 Registration

Join your fellow Texans at our State Chapter Meeting! This is a great way to meet some of the PALTmed Texas Board Members and connect with your fellow Texans in LTC!

**Friday, March 27, 2026
5:30 pm to 6:30 pm
Orange County Ballrooms 1-2**



10th Annual Hot Topics in Aging

UTHealth Houston Cooley University Life Center
March 13, 2026
8 am to 5 pm

8.00 CE Available
Nursing, Social Work, Physicians, and Interprofessional



Eden Alternative International Conference

March 9-12, 2026
Atlanta, Georgia

Their mission is to explore meaningful ways to educate, empower, and inspire leaders of all kinds within the field of eldercare.

Dr. Sandra Hazelip, TGS President 2010-2011 is a guest speaker!



Southern Gerontological Society Meeting

April 9-12, 2026
Hyatt Regency Hotel
Dallas, Texas



AGS Annual Meeting

April 27-29, 2026
Virtual Only

Texas Geriatrics at TexMed 2026
April 16-18, 2026
Corpus Christi, Texas

Texas Geriatrics Society is pleased to support the Texas Medical Association's TexMed Conference programming this year with some high quality Geriatric Medicine presentations. Ezenwa Onyema, MD, TGS President-Elect is this year's chair of our geriatric programming. Below is more information about the sessions we are presenting and a link to register!

More Than Survival: Aligning Trauma Care with Goals in Older Adults

Linda Pang MD, Michael Boyars MD

Objectives

- ⇒ Identify key clinical, functional, and psychosocial factors unique to geriatric trauma patients that influence early palliative care needs.
- ⇒ Apply a multidisciplinary approach to integrating palliative principles into acute trauma workflows to improve communication, shared decision-making, and goal-concordant care.
- ⇒ Integrate geriatric and palliative care principles into acute trauma workflows by identifying high-yield interventions for symptom management, family engagement, and realistic discharge planning.

Advancing Age Friendly Care: Understanding the new CMS Measure for Hospitals

Cristina Murdock MD

Objectives

- ⇒ Describe the CMS Age-Friendly Structural Measure and its key requirements for hospitals caring for older adults.
- ⇒ Explain the 4Ms framework and how it aligns with the CMS measure to support age-friendly clinical practice.
- ⇒ Identify programs and initiatives that can help hospitals meet the CMS Age-Friendly Structural Measure.

Breaking the Cycle: Osteoporosis and Fracture Prevention

Chidinma Aniemekwe MD, Ezenwa Onyema MD

Objectives:

- ⇒ Describe the epidemiology and burden of osteoporosis and fragility fractures in Texas
- ⇒ Apply current screening and diagnostic guidelines to identify patients at risk and outline evidence-based strategies for fracture prevention and management.
- ⇒ Develop a comprehensive care plan that incorporates the Geriatric 5Ms in the management of osteoporosis and fragility fractures among older adults, with particular emphasis on post-hospital discharge and home-based care

[TexMed Registration](#)



McGovern Center Launches Medical Humanities Workforce Training Program

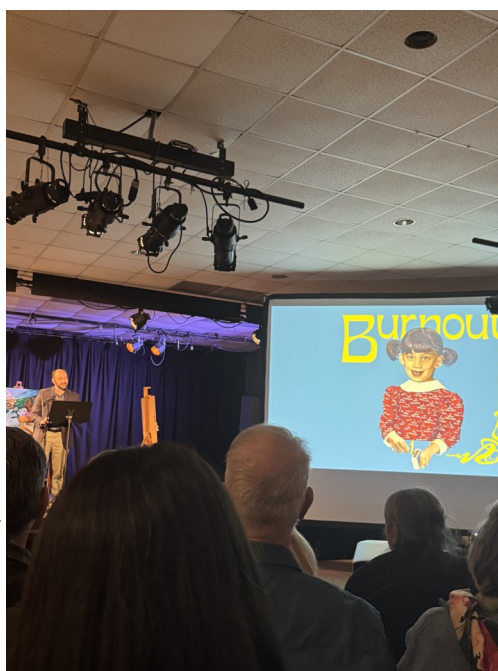
The McGovern Center for Humanities and Ethics launched its new Medical Humanities Workforce Training Program for Physicians with an inaugural intensive weekend Jan. 17, 2026.

This 24-month, cohort-based program is designed to support physician self-development, renewal, and re-connection. The curriculum includes primarily virtual coursework, with live online sessions once or twice monthly, asynchronous learning, and two in-person weekend intensives each year in the Texas Medical Center in Houston, Texas.

The first cohort includes 17 physicians from across the U.S. and internationally, including geriatricians Dr. Renee Flores and Dr. Kathy Soch. The intensive weekend included reflection in integrating creativity, compassion, and empathy into medical practice.

The January intensive also featured “Burnout: A Music and Picture Show,” an interdisciplinary performance exploring burnout as a gradual accumulation of pressures rather than a single breaking point, and highlighting the roles of rest, community, and the arts in recovery.

The second semester begins Feb. 15. Applications for the 2026–28 cohort are open through May 15. Learn more at: <https://med.uth.edu/mcgovern/programs/medical-humanities-workforce-training-program/>





A tiny tale from the Geriatrics chronicles!

by Neeta Nayak, MD, CMD

Rehabilitating the Prostate. Hmmm!

I walked in to see an elderly gentleman, Mr. B, in the long-term care section of the nursing home. He arrived recently, transferred from another facility to be closer to family.

He started off pleasant enough, calm seas and friendly skies. But within minutes, he was raging loudly like a thunderstorm.

“Doc,” he said, voice rising, “in my previous nursing home I had **prostate therapy every day**. The therapist would take me to the gym, and we’d do prostate therapy for an hour. An *hour*, Doc! I am so angry. I should never have moved here.”

I nodded, wondering whether there was a new kind of therapy I’d never heard of.....

“How can insurance pay for prostate therapy in one nursing home and cut me off in the next? Just because it’s the new year doesn’t mean my problems magically disappeared!”

Prostate therapy?

Mr. B was now fully aflame. “If they don’t give me prostate therapy here, I’m telling my family to move me to back to the previous nursing home by *tomorrow*.”

Hmmmm.....

I made a rushed pilgrimage down the hall to the Director of Rehabilitation to investigate this mysterious, apparently gym-based prostate regimen.

She sighed. “Dr. N, he’s been raving and ranting about prostate therapy since the moment he arrived yesterday. At first we thought it was a urologic emergency. But we finally figured it out when we called the family this morning. He has a left below-knee amputation. He wants therapy for a new **prosthetic** leg.”

Ahhhhhhh.

PROSTATE versus PROSTHETIC.

One missing syllable. One huge misunderstanding. Entirely different body part. She said “ don’t worry, Doc. We can handle him here.”

Go figure!

Like this story? Read two more from Dr. Nayak. Click on the links below to read two that were published in Pulse!

Two Drops of Relief

Nursing is Noble



PALTalk : Advocacy in Action

PALTalk with JAMDA

PALTalk with Caring

[View All Episodes](#)



What common condiment was originally sold in the 1830’s to cure indigestion?

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

Maggie@texasgeriatrics.org

If you have won before, please let others take a guess. Deadline is March 15!

Previous answer: Agatha Christy was the best selling author who passed the assistant’s exam for London’s Society of Apothecaries, at age 26 in 1917

Winner: Julia Hiner, MD

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Texas Geriatrics Society
Website

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