



BUILDING RESILIENCE IN AGING: PERSPECTIVES FOR PATIENTS, CARE PARTNERS, AND COMMUNITIES

**19TH ANNUAL
ROCKY MOUNTAIN
GERIATRICS
CONFERENCE**

**SNOWBIRD SKI
AND
SUMMER RESORT
SNOWBIRD, UTAH**

September 26-27, 2023



FOR MORE INFORMATION GO TO: <https://medicine.utah.edu/internal-medicine/geriatrics/conferences/rocky-mountain>

PROGRAM OVERVIEW

Welcome to the 2023 Rocky Mountain Geriatrics Conference! This year's conference brings together clinicians, practitioners, and researchers working to support the health and well-being of older adults, their families, and care partners from a variety of fields. Over the next two days, we will discuss resilience in aging from diverse perspectives, with an emphasis on the experiences of people living with dementia and their care partners. Sessions will include discussions of cutting-edge research, evidence-based interventions, and community-based services. We will explore multiple dimensions of resilience: physical, cognitive, and the built environment. Attendees will leave with information and skills to build resilience, integrate research into practice, and connect older adults and families to support services.

After completing this learning activity, participants should be able to:

1. Describe how to build resilience among older adults, their families, and their care partners.
2. Discuss how to address end of life care for people with dementia and their families.
3. Have difficult conversations with people living with dementia and their families.
4. How to put into practice new and emerging research practices
5. Identify resources and connections available for older adults living with dementia and their care partners.

KEYNOTE SPEAKERS

Luci Leykum, MD, MBA, MSc



Currently part of the South Texas Veterans Health Care System. Dr. Leykum's work has focused on assessing and improving healthcare system function using complexity science as a framework. Specifically, she has focused on relationships, sense-making, and learning among providers, patients, and families. She has received state and federal funding and has authored or co-authored over 60 peer-reviewed

manuscripts. Dr. Leykum is a Professor of Medicine at the University of Texas Health Science Center in San Antonio, where she also serves as Chief of the Division of General and Hospital Medicine, and is a past recipient of an HSR&D Career Development Program award.

Kevin Duff, Ph.D., ABPP-CN

Dr. Kevin Duff specializes in neuropsychology to try and help patients with brain diseases appreciate the strengths and weaknesses in their thinking skills.



Although much of his practice focuses on working with older adults, he sees patients ages 18+. In addition to evaluating patients and their thinking skills, he does research on cognitive disorders in later life (e.g., Alzheimer's disease), including how we best diagnose and treat these conditions.

Dr. Duff is a recent transplant to Oregon after spending 13 years

practicing in Utah. When not at work, he spends time with his family learning about their beautiful new surroundings in the Pacific Northwest.

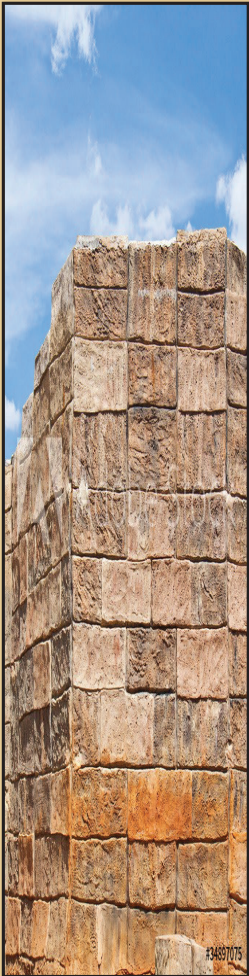


Heather Whitson, MD, Ph.D.

Dr. Whitson's research is focused on improving care options and resilience for people with multiple chronic conditions. In particular, she has interest and expertise related to the link between age-related changes in the eye and brain (e.g., How does late-life vision loss impact the aging brain or cognitive outcomes? Is Alzheimer's disease associated

with distinctive changes in the retina, and could such changes help diagnose Alzheimer's disease early in its course?). Dr. Whitson leads a collaborative Alzheimer's Disease initiative that brings together investigators from Duke University and the University of North Carolina (UNC) at Chapel Hill, with a bold vision to transform dementia research and care across Eastern North Carolina. Dr. Whitson is also interested in improving health services to better meet the needs of medically complex patients. Within the Duke Aging Center, she leads research efforts aimed at promoting resilience to late-life stressors (e.g., surgery, sensory loss, infection). She has developed a novel rehabilitation model for people with co-existing vision and cognitive deficits, and she is part of a inter-disciplinary team seeking to improve peri-operative outcomes for frail or at-risk seniors who must undergo surgery. As a co-leader of a national resilience collaborative, she seeks to better understand the biological and psychological factors that determine how well we "bounce back" after health stressors.

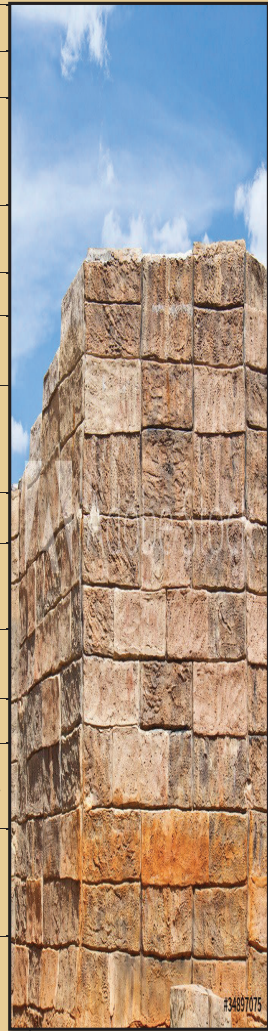
AGENDA - DAY 1 – SEPTEMBER 26, 2023



7:00 – 7:45 AM	BREAKFAST AND REGISTRATION		
7:45 – 8:00 AM	WELCOME	OPENING REMARKS	RAND RUPPER, MD, MPH
8:00 – 9:00 AM	KEYNOTE	IMPROVING HOSPITAL STAYS AND CARE TRANSITIONS FOR OLDER PERSONS	LUCI LEYKUM, MD, MBA, MSc
9:00 – 10:00 AM	PLENARY	RESILIENCE: THEORETICAL UNDERPINNINGS AND PRACTICAL IMPLICATIONS	CAROLINE STEPHENS, PhD, GNP, FAAN TIMOTHY FARRELL, MD, AGSF NATALIE SANDERS, DO, FACP
10:00 – 10:15 AM	BREAK		
10:15 – 11:00 AM	PLENARY	WHEN ONE NEEDS CARE, TWO NEED HELP: HOW PROVIDERS MANAGE CAREGIVER NEEDS	KRISTY RUSSELL, MHL, CHES KATE NEDEROSTEK, MGS, CDP, GERONTOLOGIST
11:00 – 11:45 AM	PANEL DISCUSSION	CAREGIVER, RESILIENCE AND TRANSITIONS PANEL	LUCI LEYKUM, MD, MBA, MSc CAROLINE STEPHENS, PhD, GNP, FAAN TIMOTHY FARRELL, MD, AGSF NATALIE SANDERS, DO, FACP KRISTY RUSSELL, MHL, CHES KATE NEDEROSTEK, MGS, CDP, GERONTOLOGIST MODERATOR: ERIN BOULDIN, MPH, PhD
11:45 – 1:15 PM	LUNCH		
1:15 – 2:15 PM	KEYNOTE	I DON'T BOUNCE BACK LIKE I USED TO: THE SCIENCE OF RESILIENCE TO HEALTH STRESSORS	HEATHER WHITSON, MD, PhD
2:15 – 3:00 PM	PLENARY	CASE-BASED STUDIES IN RESILIENCE	RAND RUPPER, MD, MPH
3:00 – 3:15 PM	BREAK		
3:15 – 3:45 PM	PLENARY	TECHNOLOGY-BASED SOLUTIONS FOR PATIENTS AND CARE PARTNERS	CATHY BODINE, PhD CCC-SLP
3:45- 4:30 PM	PLENARY	HEARING LOSS, COGNITION, AND HEALTHY AGING	RICHARD GURGEL, MD, MSCl
4:30 – 4:45 PM	CLOSING REMARKS: MICHELLE SORWEID, DO, MPH REVIEW AND EVALUATIONS 19th Annual Geriatric Conference Learner Survey		

AGENDA - DAY 2 - SEPTEMBER 27, 2023

7:00 – 7:45 AM	BREAKFAST		
7:45 – 8:00 AM	WELCOME	OPENING REMARKS	ERIN BOULDIN, MPH, PhD
8:00 – 9:00 AM	KEYNOTE	WHAT PRACTICE EFFECTS CAN TELL US ABOUT DIAGNOSIS, PROGNOSIS, AND COGNITIVE RESILIENCE IN LATE LIFE COGNITIVE DISORDERS	KEVIN DUFF, PhD, ABPP-CN
9:00 – 10:00 AM	PLENARY	RESILIENT PLACE FOR HEALTHY AGING	ANDY HONG, PhD
10:00 – 10:15 AM	BREAK		
10:15 – 11:00 AM	PLENARY	LIVED EXPERIENCE OF RESILIENCE AND DEMENTIA CAREGIVING	GERARD CARVALHO INTERVIEWER: LIZ GARCIA-LEAVITT, LCSW, MSW
11:00 – 11:45 AM	PANEL DISCUSSION	RESILIENCY PANEL	KEVIN DUFF, PhD, ABPP-CN ANDY HONG, PhD GERARD CARVALHO MODERATOR: KATHRYN NEARING, PhD
11:45 – 1:15 PM	LUNCH		
1:15 – 2:00 PM	PLENARY	NEIGHBORHOODS AND RESILIENCE AMONG OLDER ADULTS RECOVERING FROM DISABLING INJURIES AND ILLNESS	JASON FALVEY, PT, DPT, PhD
2:00 – 2:45 PM	PLENARY	END OF LIFE CARE: TRANSITIONING FROM CAREGIVER TO SURVIVORSHIP	KARA DASSEL, PhD, FGSA, FAGHE, FAHSE
2:45 – 3:00 PM	BREAK		
3:00 – 3:45 PM	PANEL DISCUSSION	EFFECTIVE AGING STRATEGIES THROUGH POLICY AND COLLABORATIVE PLANNING	ROB ENCE, MBA REBECCA UTZ, PhD KATE NEDEROSTEK, MGS, CDP, GERONTOLOGIST KRISTY RUSSELL, MHL, CHES
3:45- 4:30 PM	CAPSTONE PANEL DISCUSSION		LUCI LEYKUM, MD, MBA, MSc HEATHER WHITSON, MD, PhD KEVIN DUFF, PhD, ABPP-CN MODERATOR: ERIN BOULDIN, MPH, PhD
4:30 – 4:45 PM	CLOSING REMARKS: RAND RUPPER, MD, MPH REVIEW AND EVALUATIONS 19th Annual Geriatric Conference Learner Survey		



YOUR HOST HOTEL AND CONFERENCE CENTER



9500 E. LITTLE COTTONWOOD CANYON RD, HIGHWAY 210, SNOWBIRD, UT 84092

TOLL FREE RESERVATION LINE OF 800-453-3000

LODGING@SNOWBIRD.COM; WEBSITE: WWW.SNOWBIRD.COM

PARKING FOR CONFERENCE: PARKING FOR THE SNOWBIRD CENTER IS LOCATED IN ENTRY #2.

PARKING FOR LODGING: PARKING FOR THE LODGE AT SNOWBIRD IS LOCATED IN ENTRY #3. IF THAT LOT IS FULL, PARKING CAN ALSO BE FOUND IN ENTRY #2. PLEASE OBSERVE SIGNAGE REGARDING OVERNIGHT PARKING.

PERENNIAL AWARD WINNER: SNOWBIRD AND ITS NEIGHBOR ALTA ARE PERENNIAL FAVORITES FOR SKIERS, RIDERS AND PUBLICATIONS AROUND THE WORLD. ALTA/ SNOWBIRD WAS NAMED THE #1 SKI DESTINATION IN NORTH AMERICA IN 2008 BY OUTSIDE MAGAZINE, AND BOTH RESORTS TOPPED SKI AND SKIING MAGAZINE CATEGORIES FOR POWDER. SNOWBIRD HAS ALSO RECEIVED MANY ACCOLADES FOR ITS ENVIRONMENTAL EFFORTS, INCLUDING THE GOLDEN EAGLE AWARD FOR OVERALL EXCELLENCE AND THE UTAH EARTH DAY AWARD FOR AN ENVIRONMENTAL CLEANUP PROJECT IN AMERICAN FORK CANYON.

ACCESSIBILITY: SNOWBIRD IS 29 MILES FROM SALT LAKE CITY INTERNATIONAL AIRPORT WITH MORE THAN 600 DAILY NON-STOP FLIGHTS FROM MOST MAJOR U.S. CITIES AND 25 MILES FROM DOWNTOWN SALT LAKE CITY AND IS A SCENIC 45-MINUTE DRIVE FROM THE AIRPORT.

ELEVATION: SNOWBIRD'S BASE ELEVATION AT THE LODGE AT SNOWBIRD IS 8,100 FEET, HIGHEST POINT IS HIDDEN PEAK AT 11,000 FEET.

ACCOMMODATIONS: A BLOCK OF ROOMS IS BEING HELD AT THE LODGE AT SNOWBIRD FOR ARRIVAL ON SEPTEMBER 25-26, 2023. SNOWBIRD WILL ACCEPT EXTENDED STAYS AT THE SAME RATE, 2 DAYS PRIOR AND 2 DAYS FOLLOWING, BASED ON AVAILABILITY.

RESERVATION METHOD: INDIVIDUALS CALL-IN - GUESTS WILL MAKE THEIR OWN LODGING RESERVATIONS DIRECTLY WITH SNOWBIRD'S CENTRAL RESERVATION OFFICE BY CALLING 1-800-453-3000 OR BY EMAILING LODGING@SNOWBIRD.COM. REFERENCE THE "ROCKY MOUNTAIN GERIATRICS CONFERENCE". THE ROOMS ARE HELD AT OUR "LODGE AT SNOWBIRD". RESERVATION DEADLINE FOR THIS ROOM BLOCK IS August 26, 2023. AFTER THE RESERVATION DEADLINE, SNOWBIRD WILL OFFER ALTERNATE ROOM TYPES FROM REMAINING INVENTORY WHICH MAY REQUIRE A HIGHER RATE.

LODGING DEPOSIT: A ONE-NIGHT DEPOSIT PER ROOM IS REQUIRED AT THE TIME THE RESERVATION IS MADE, FINAL BALANCE WILL BE AUTO BILLED TO CREDIT CARD (3) DAYS PRIOR TO ARRIVAL DATE. FULL PAYMENT IS REQUIRED PRIOR TO DEPARTURE. THE ROOM RATE IS THE PREVAILING FEDERAL GOVERNMENT RATE PLUS LOCAL TAXES. THE CURRENT RATE IS \$169.00 SINGLE/DOUBLE (SUBJECT TO CHANGE PER THE PREVAILING FEDERAL PER DIEM RATE). ADDITIONAL RATES APPLY FOR OTHER OCCUPANCY.

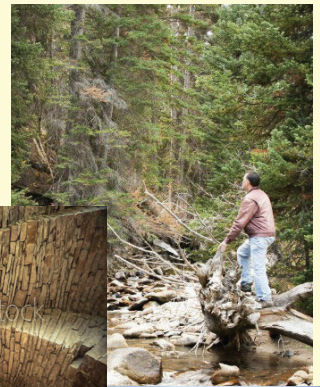
LODGING CANCELLATION: LODGING DEPOSIT IS FULLY REFUNDABLE UP TO THREE (3) DAYS PRIOR TO THE SCHEDULED ARRIVAL DATE, OR THE ENTIRE ONE NIGHT LODGING DEPOSIT WILL BE FORFEITED. RESERVATIONS CANCELLED WITHIN THREE (3) DAYS PRIOR TO ARRIVAL DATE WILL BE CHARGED ONE (1) NIGHTS LODGING AND TAX. AFTER CHECK-IN, RESERVATIONS ARE FULLY NON-REFUNDABLE. NO-SHOWS, DELAYED ARRIVALS AND EARLY DEPARTURES ARE CONSIDERED CANCELLATIONS.

CHECK IN/OUT: CHECK-IN TIME BEGINS AT 4:00 P.M. AND IS GUARANTEED BY 6:00 P.M. CHECK-OUT TIME IS 11:00 A.M. LUGGAGE STORAGE IS AVAILABLE THROUGH BELL SERVICE FOR GUESTS ARRIVING PRIOR TO CHECK-IN TIME AND FOR THOSE INVOLVED IN MEETINGS OR ACTIVITIES THAT EXTEND PAST CHECK-OUT TIME.

RESORT FEE: WAIVED. COMPLIMENTARY AMENITIES INCLUDE FITNESS ROOM, HIGH-SPEED WIRELESS INTERNET IN GUEST ROOMS AND PUBLIC AREAS, USA TODAY, HOT BEVERAGE SERVICE IN LOBBY, SELF PARKING, 800 NUMBER PHONE CALLS, INCOMING AND OUTGOING FAXES AND 15 MINUTES OF DAILY COMPUTER INTERNET USAGE AT THE BUSINESS CENTER. A PORTION OF THE RESORT FEE IS MATCHED BY A CONGRESSIONAL GRANT THROUGH THE NATIONAL FOREST FOUNDATION, FUNDING LOCAL ORGANIZATIONS AS THE COTTONWOOD CANYONS FOUNDATION.

AIRPORT TRANSPORTATION: SEVERAL TRANSPORTATION COMPANIES OFFER NON-STOP SHUTTLES FROM SALT LAKE CITY INTERNATIONAL AIRPORT TO SNOWBIRD'S FRONT DOOR. AIRPORT SHUTTLES MAY BE ARRANGED THROUGH SNOWBIRD CENTRAL RESERVATIONS (800-453-3000) UP TO 48 HOURS PRIOR TO ARRIVAL. CURRENT GROUP ROUND TRIP PRE-PAID PRICE IS \$88.00. PER PERSON. DRIVER GRATUITY NOT INCLUDED AND PRICES ARE SUBJECT TO CHANGE. WALK-UPS ARE ACCEPTED ON A SPACE AVAILABLE BASIS AT THE CANYON TRANSPORTATION DESK LOCATED IN THE BAGGAGE CLAIM AREA OF THE SALT LAKE CITY INTERNATIONAL AIRPORT. CANCELLATIONS RECEIVED WITHIN 48 HOURS OF ARRIVAL ARE NON-REFUNDABLE.

TRIP INSURANCE: GUESTS CAN PURCHASE TRIP INSURANCE THROUGH "SNOWBIRD RESERVATIONS" AT TIME OF BOOKING ROOM RESERVATION. THE INSURANCE PAYS FOR CHARGES INCURRED DUE TO UNFORESEEN CIRCUMSTANCES SUCH AS DEATH, INJURY, OR ILLNESS TO THE GUEST OR TRAVELING COMPANION.



REGISTRATION INFORMATION

REGISTRATION FEES

	EARLY BIRD	RECEIVED AFTER SEP 10, 2023
PHYSICIANS	\$399	\$499
NON-PHYSICIANS	\$299	\$300
STUDENTS/TRAINEES	\$49	\$99

SECURE AND EASY REGISTRATION: REGISTER EARLY REGISTER ONLINE...USE OUR SECURE SERVER AT: [HTTPS://UMARKET.UTAH.EDU/UM2/ROCKY-MOUNTAIN-CONF/PRODUCTLIST.PHP](https://umarket.utah.edu/um2/rocky-mountain-conf/productlist.php)

(CREDIT CARD PAYMENT ONLY)

MULTIPLE ATTENDEES CAN BE PAID ON THE SAME CARD. ALL FEES ARE DUE IN ADVANCE; REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT.

YOUR REGISTRATION WILL BE CONFIRMED BY EMAIL AT TIME OF REGISTRATION. IF CONFIRMATION IS NOT RECEIVED, PLEASE CONTACT, HEATHER PODOLAN, HEATHER.PODOLAN@HSC.UTAH.EDU
DIVISION OF GERIATRICS, 30 N MARIO CAPECCHI DR, SALT LAKE CITY, UT 84112.
(801) 213-4156

ALTERNATE REGISTRATION METHOD NEEDED? CONTACT: HEATHER

FEES INCLUDE: CONTINENTAL BREAKFASTS, LUNCHES, REFRESHMENTS, SYLLABUS MATERIALS, AND ACCREDITATION CERTIFICATES.

CANCELLATION POLICY:
CANCELLATION OF REGISTRATIONS MUST BE RECEIVED IN WRITING NO LATER THAN SEPTEMBER 18. ALL FEES PAID WILL BE REFUNDED, MINUS A \$50 PROCESSING FEE, FOR CANCELLATIONS RECEIVED BEFORE AUGUST 26TH. BETWEEN AUGUST 26TH-SEPTEMBER 18TH CANCELLATIONS WILL BE SUBJECT TO A \$100 PROCESSING FEE. NO REFUNDS WILL BE ISSUED AFTER SEPTEMBER 18TH FOR CANCELLATIONS OR NO-SHOWS. SUBSTITUTIONS ARE PERMITTED IF REQUESTED IN WRITING. PLEASE FAX CANCELLATION OR SUBSTITUTION REQUESTS TO (801) 585-3884.

THE CONFERENCE COMMITTEE RESERVES THE RIGHT TO CANCEL THIS CONFERENCE IN THE EVENT OF UNFORESEEN CIRCUMSTANCES OR IF THE MINIMUM ACCEPTABLE REGISTRATION IS NOT MET. IN THE EVENT OF CONFERENCE CANCELLATION, REGISTRATION FEES WILL BE REFUNDED.

COMPLETE CONFERENCE INFORMATION AND ONLINE REGISTRATION ARE ALSO HERE : <https://medicine.utah.edu/internal-medicine/geriatrics/conferences/rocky-mountain>

ACCREDITATION



ACCREDITATION: THE UNIVERSITY OF UTAH SCHOOL OF MEDICINE IS ACCREDITED BY THE ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION (ACCME) TO PROVIDE CONTINUING MEDICAL EDUCATION FOR PHYSICIANS.

AMA CREDIT: THE UNIVERSITY OF UTAH SCHOOL OF MEDICINE DESIGNATES THIS LIVE ACTIVITY FOR A MAXIMUM OF 14.00 AMA PRA

CATEGORY 1 CREDIT(S)[™]. PHYSICIANS SHOULD CLAIM ONLY THE CREDIT COMMENSURATE WITH THE EXTENT OF THEIR PARTICIPATION IN THE ACTIVITY.



CME PASSPORT: THE CME CREDITS THAT PHYSICIANS EARN FROM THIS ACTIVITY WILL BE SUBMITTED TO ACCME'S CME PASSPORT, A FREE, CENTRALIZED WEB APPLICATION WHERE YOU CAN CREATE A PERSONALIZED ACCOUNT TO VIEW, TRACK, AND GENERATE TRANSCRIPTS OF YOUR REPORTED CME CREDIT. PLEASE CONTACT UUCME (CME.OFFICE@HSC.UTAH.EDU) WITH ANY QUESTIONS.

ALL ATTENDEES ARE ENCOURAGED TO USE THE CME SYSTEM TO CLAIM THEIR ATTENDANCE. PHYSICIANS WILL BE AWARDED AMA PRA CATEGORY 1 CREDITS[™]; ALL OTHER PROFESSIONS WILL BE AWARDED ATTENDANCE AT A CME EVENT CREDIT THAT THEY MAY USE FOR THEIR RE-CREDENTIALING PURPOSES. NURSES SEEKING CONTACT HOURS MUST CLAIM THROUGH THE CME SYSTEM. ALL USERS WILL BE ABLE TO PRINT OR SAVE CERTIFICATES. FOR QUESTIONS REGARDING THE CME SYSTEM, PLEASE CONTACT THE UUCME OFFICE. FOR QUESTIONS REGARDING RE-CREDENTIALING PROCESS OR REQUIREMENTS, PLEASE CONTACT YOUR RE-CREDENTIALING ORGANIZATION.

NONDISCRIMINATION AND DISABILITY ACCOMMODATION STATEMENT: THE UNIVERSITY OF UTAH DOES NOT EXCLUDE, DENY BENEFITS TO OR OTHERWISE DISCRIMINATE AGAINST ANY PERSON ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, DISABILITY, AGE, VETERAN'S STATUS, RELIGION, GENDER IDENTITY/EXPRESSION, GENETIC INFORMATION, OR SEXUAL ORIENTATION IN ADMISSION TO OR PARTICIPATION IN ITS PROGRAMS AND ACTIVITIES. REASONABLE ACCOMMODATIONS WILL BE PROVIDED TO QUALIFIED INDIVIDUALS WITH DISABILITIES UPON REQUEST, WITH REASONABLE NOTICE. REQUESTS FOR ACCOMMODATIONS OR INQUIRIES OR COMPLAINTS ABOUT UNIVERSITY NONDISCRIMINATION AND DISABILITY/ ACCESS POLICIES MAY BE DIRECTED TO THE DIRECTOR, OEO/AA, TITLE IX/SECTION 504/ADA COORDINATOR, 201 S PRESIDENT'S CIRCLE, RM 135, SALT LAKE CITY, UT 84112, 801-581-8365 (VOICE/TTY), 801-585-5746 (FAX).

PLEASE CONTACT CHRISTOPHER TURNER, FOR MORE INFORMATION, AT 801-582-1565 OR EMAIL YOUR QUESTION TO CHRISTOPHER.TURNER3@VA.GOV

