

# AGS NEWS

NEWSLETTER OF THE AMERICAN GERIATRICS SOCIETY

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## AT #AGS20, GERIATRICS EXPERTS SET SIGHTS ON NEXT CENTURY'S GAINS

In the century since 1920, life expectancy in the U.S. has jumped 20 years, the older adult population has grown nearly 10-fold, and more older Americans than ever before have taken advantage of new opportunities for contributing to our communities.

Geriatrics played a significant role in those milestones, and it'll continue to do so, if AGS members have anything to say about it! At our 2020 gathering (#AGS20) in Long Beach, CA (May 7-9; pre-conference program on May 6), some 3,000 of the world's leading geriatrics experts will converge to advance research, education, clinical practice, and public policy supporting health, safety, and independence for the world's burgeoning older adult population.

Browse highlights from #AGS20's more than 100 events below. Want more (or need to reserve your spot)? Visit [Meeting.AmericanGeriatrics.org](http://Meeting.AmericanGeriatrics.org) for registration, the full program schedule, and everything else #AGS20.

### Member Business Meeting (5/7, 7:30-8am PT)

- Find out more about the impact of AGS initiatives and your role as an AGS member as we report on the society's inner-workings and our new leaders.

### VA Research Funding Opportunities for Early to Established Investigators (5/7; 8:15-9:15am PT)

- Veterans Affairs (VA) funds thousands of high-priority research programs, including many critical to the care of America's 18.2 million older Veterans. In this session, seasoned experts will describe the VA's research priorities

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## #DECISION2020: QUESTIONS FOR CANDIDATES

The AGS is committed to improving the health, independence, and quality of life of all older people. In clinics, classrooms, and communities across the U.S., an important part of that commitment is understanding what programs and policies our elected representatives are championing so that federal, state, and local government support older Americans continuing to contribute to our communities in new and innovative ways.

We believe it's important that Americans ask questions of our candidates so that we all have an understanding of where they stand on issues important to older Americans and caregivers. It's particularly important that presidential candidates articulate their vision for

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# AGS 360° WITH NANCY E. LUNDEBJERG, MPA

She was a writer's writer, that's how I'll remember Barbara Loecher, our long-time senior writer who died in late January after living with younger-onset Alzheimer's disease. During her tenure at the AGS, Barbara was the deft behind-the-scenes editor and author of too many articles, education pieces, and columns for us to count. She was that rare writer who could pick up any topic and produce an article that sounded like she'd been studying the subject for years. Perhaps most importantly, she took joy in the simplest things and her delight was infectious.

In that respect, Barb was much like Arti Hurria, whom I recently wrote about in "Leadership in Action: Emulating Arti Hurria" (DOI: 10.1016/j.jgo.2019.12.009) for the *Journal of Geriatric Oncology*. Arti was a champion for infusing geriatrics across medical specialties, and her legacy lives on in the champions she mentored in service of this goal. That piece closed with a call to action for myself and others:

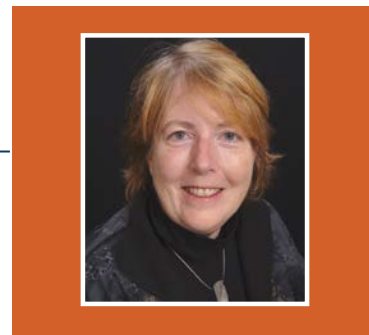
**"Bring Joy:** Arti thought that we could change the world. She did not believe in magic wands but knew warmth, smiles, and hugs were the 'secret in the sauce' when it came to achieving success. She was well aware that achieving our goals would take a lot of elbow grease, yet she made sure we all took joy in what has been the ride of a lifetime."

AGS members bring joy to their work every day, and I couldn't be prouder of your commitment to caring for us all as we age. The beginning of 2020 has brought some great updates that highlight those efforts.

First, we had our final John A. Hartford Foundation (JAHF) site

visit for our long-standing partnership focused on infusing geriatrics into the surgical and related medical specialties. That partnership has been the foundation for initiatives to improve the quality of care led by the American College of Surgeons, American College of Emergency Physicians, Society for Academic Emergency Medicine, Emergency Nurses Association, and American Society of Anesthesiology. The workforce driving these initiatives reflects a true partnership with our surgical and medical society friends. The AGS will continue to serve as a home for the many partner organizations comprising the Geriatrics-for-Specialists Initiative, as well as the medical specialists who participated in our sister initiative focused on internal medicine specialties as led by the Association of Specialty Professors. Please visit our virtual compendium of articles about how these two initiatives created the foundation for transformation (<http://ow.ly/kiqa30qfEoX>, case-sensitive). I'm so excited that we're continuing to collaborate to support this work in new and creative ways.

January also saw the launch of our Age-Friendly Health Systems Action Community, bringing together all 48 Geriatrics Workforce Enhancement Programs (GWEPs) and their partners to infuse the 4Ms of the age-friendly movement into primary care. It's both exciting and daunting to be a part of the larger Age-Friendly Health Systems Initiative spearheaded by JAHF in partnership with the Institute for Healthcare Improvement. We're certainly learning a lot from our partner GWEPs and their partner practices. What we learn will serve as a foundation for spreading the 4Ms—care



for **M**edication, **M**entation, **M**obility, and **W**hat **M**atters—into primary care nationwide.

All of these initiatives have one thing in common: They start with a big bold vision (transforming care for us all as we age) coupled with hard work, strategic thinking, and the joy we find in successes along the way. Here's to 2020 being about the AGS and our members continuing to swing for the fences in ways both big and small. Given this is an election year, one fence that we all need to swing for is educating candidates up and down the ballot about issues important to geriatrics and older adults. To that end, we've created a list of candidate questions (see p. 5) coupled with potential solutions and a rationale for why these issues in particular matter to us all as we age. Take a look and pick one or two (or even three) that you'll start asking. Pick questions you feel passionate about. If every AGS member picked just one question, that'd be 6,000+ people planting seeds that hopefully will grow to serve us all as we age.

As Robert Louis Stevenson once said, "Don't judge each day by the harvest you reap, but by the seeds you plant."

Looking forward to seeing you in Long Beach. ♦

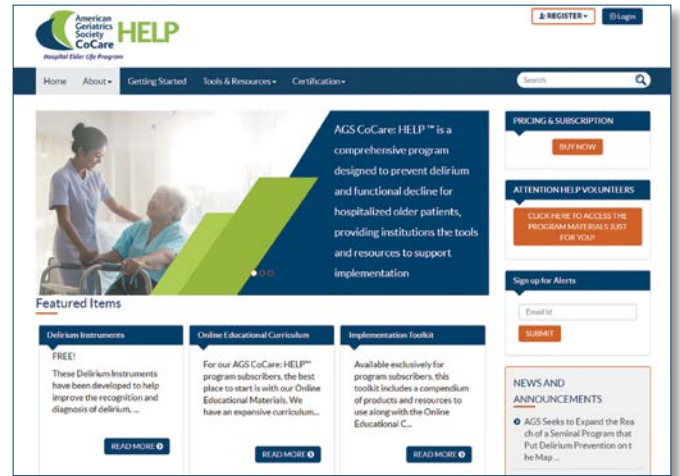
# THREE THINGS YOU SHOULD KNOW ABOUT...AGS COCARE: HELP™



A seminal program for preventing delirium and loss of function for hospitalized older adults stands poised for a major expansion thanks to the AGS. Now the newest addition to the AGS “CoCare” portfolio, a suite of programs helping embed geriatrics expertise in broader care for older adults, AGS CoCare: HELP™ represents a new step forward for a program that has already taken significant strides.

AGS CoCare: HELP™ is a comprehensive program of care for hospitalized older adult patients, designed to prevent delirium and functional decline. Formerly known as the Hospital Elder Life Program (HELP), AGS CoCare: HELP™ is built on personalized interventions to reflect the evolution of patient needs throughout hospitalization. ♦

*Get to know our new program with three fast facts about AGS CoCare: HELP™'s impact. Subscriptions are available now, so contact [cocarehelp@americangeriatrics.org](mailto:cocarehelp@americangeriatrics.org) or visit [HELP.AGSCoCare.org](http://HELP.AGSCoCare.org) to get started today!*



## 1 AGS CoCare: HELP™ Can Improve Outcomes for Hospitalized Older Adults

- Decreased the onset of delirium from 15% to 9.9% of cases (a 34% reduction)
- Improved quality of care
- Reduced complications and resource costs
- Reduced need for patient restraints
- Increased scores on patient cognitive functioning tests
- Reduced hospital re-admissions

## 2 AGS CoCare: HELP™ Leads to Cost-Savings

- Savings of up to \$3,800 per patient in hospital costs and \$16,000 per person-year in long-term care costs
- Savings of more than \$7.3 million per year in hospital costs (more than \$1,000 in savings per patient)
- Savings of \$121,425 per year in sitter costs and decreased delirium incidence
- Added long-term benefits both for patients and employees thanks to:
  - Enhanced patient satisfaction, public relations, and community engagement
  - Improved nursing job satisfaction
  - Availability of turn-key training resources

## 3 AGS CoCare: HELP™ Can Impact Your Bottom Line

- Reduces incidence of delirium, a serious care concern associated with mortality rates of 25-33% in the hospital setting, increased morbidity, increased length of stay, and increased nursing intensity
- Improves consistency of care for frail older adults, resulting not only in more predictable lengths of stay and improved coordination for discharge but also in more efficient management of hospital capacity
- Improves patient satisfaction thanks to protocols promoting practical personal care that assists patients in activities of daily living and supports a successful return to home and family
- Increases visibility of geriatrics programming within an institution
- Improves quality of care and patient safety
- Enhances staff education, training, skill development, and job satisfaction

# FROM OUR PRESIDENT

SUNNY LINNEBUR, PHARMD, FCCP, FASCP, BCGP, BCPS

I don't think it's a stretch to say...All of us—even the locals—are excited about returning to Long Beach, CA, for #AGS20. Setting aside my enthusiasm for the cutting-edge geriatrics expertise, visitors like *this* Denver native won't complain about some Pacific Coast weather (just as locals probably won't complain about being on Pacific Coast *time* for a change!).

If you follow sports news, you also know we're in good company planning a return to SoCal for the 2020s. For the third time in modern history, the International Olympic Committee (IOC) selected Southern California to host the Summer Olympic Games. They'll be returning to the Hollywood Hills in 2028 for the first time since 1984 (and 1932 before that).

Those of us who attended #AGS16, our last Long Beach meeting, probably think of the IOC's choice as a no-brainer. Believe it or not, it wasn't. The reasons why—and how Los Angeles overcame them—offer some surprising lessons for geriatrics on our own roads, those leading back to LA and onward to better health, safety, and independence for older people.

As a veteran Olympic host, LA faced the most ironic of perceptual barriers (at least when you think about it as a member of the AGS): "LA again? That's *old*." Instead of going on the defensive, however, LA took a different tactic.

"Ours are new games for a new era—games that benefit our communities and connect the Olympic movement to the future," the LA bid extolled. "LA2028 is about what we do best: Reinvent. Reimagine. Dream."

We're right there with you, LA—and though we're approaching *very different* challenges in very different ways, I'd like to think the same vision and spirit are alive and well in geriatrics

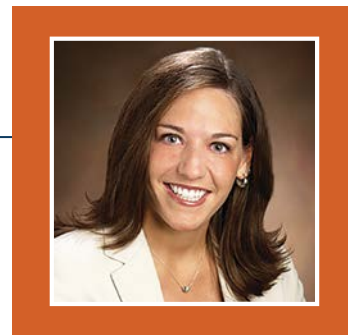
and at #AGS20. Ours can (and should) be *the* health care specialty "for a new era," one that benefits our communities and connects well-being to the future by doing what we do best: Reinvent. Reimagine. Dream.



The arena may change, the players may evolve, but the goal will always be the same: Building new care for a new era... wherever that era may take us!

I know this newsletter gives you all you need and more for charting your own course at #AGS20 (see p. 1, 8, and 9 to get started), but allow me to offer just two highlights of my own. Across a program that encompasses hundreds of events, symposia, and research updates, these opportunities capture some of what I think we do best!

- **Section Breakfasts (5/7 from 8:15-9:15am PT):** You'd be surprised what can be accomplished over a meal at our Section Breakfasts for Fellows, Nurses, Pharmacists, and Social Workers. Many of our best and brightest ideas come from professional reflection and inter-professional collaboration—and it's definitely a hot commodity! Last year, in fact, we nearly broke a local fire code with attendance among our pharmacists (yes, a little bit of a humble brag as a pharmacist member).
- **Special Interest Group Meetings (5/6-5/9 from 6-7pm PT daily):** Did you know the AGS boasts more than 30 Special Interest Groups (SIGs)?



They're dedicated to everything from meeting the needs of LGBTQ+ older persons to international activities and to advancing care for persons with dementia through clinical research. If our Section Breakfasts help plant the seeds of collaboration, our SIGs are where that collaboration gets to blossom. Please don't be shy about attending a SIG meeting. They're open to all...and I can almost assure you there's a SIG to meet any and all of your interests ([AmericanGeriatrics.org/sigs](http://AmericanGeriatrics.org/sigs) for a complete list).

As excited as I am for #AGS20, it's also a bit bittersweet, since my tenure as AGS President will be coming to a close. If you'll indulge the sports analogies for one final paragraph, let start the transition now by thanking all of you for being such incomparable teammates. It is frequently said that geriatrics is a "team sport," and I really can't think of a better descriptor for who we are and what we do. I've witnessed our team spirit in unique ways as AGS President, but I suppose I'm most encouraged by the fact that it's been there all along: From my first meeting as a new AGS member to my last AGS Board meeting, when I'll pass the baton to my AMAZING colleague and friend: Dr. Annie Medina-Walpole. The arena may change, the players may evolve, but the goal will always be the same: Building new care for a new era...wherever that era may take us! ♦

*Sunny A. Linnebur*

a United States that supports all generations, and we have developed a new compendium of questions with the 2020 presidential election in mind.

Review our top questions below. Want more information about why these questions matter, what policy solutions might work, and what's at stake for 2020 and beyond? Visit [AmericanGeriatrics.org/Where-We-Stand](https://AmericanGeriatrics.org/Where-We-Stand) for our complete, comprehensive guide. ♦



*Do you have ideas for additional topics? Submit your suggestions to [info.amger@americangeriatrics.org](mailto:info.amger@americangeriatrics.org) or tweet us at [@AmerGeriatrics](https://twitter.com/AmerGeriatrics).*

## Topics & Questions Important to Supporting All Americans as We Age

### Issue 1: Ensuring Access to Geriatrics Health Professionals

If elected, what policies and programs would you champion that would increase access to geriatrics health professionals for older Americans?

### Issue 2: Expanding Title VII Geriatrics Training Programs

If elected, how would you work to expand the reach of federal training programs so that all older people have access to health professionals who are competent to meet our needs as we age?

### Issue 3: Ensuring Our Workforce is Competent to Care for Older Americans

If elected, how would you reform graduate medical education to address the gap between training requirements and our nation's need for a workforce that is prepared to care for us all as we age?

### Issue 4: Supporting American Women

If elected...

- What will you do to ensure women receive equal pay for equal work?
- What are your plans for ensuring women and other traditionally underrepresented groups are vibrant parts of your Administration?

### Issue 5: Supporting American Families

If elected, how would you ensure that all Americans, including all those employed by the federal government, have access to paid family leave?

### Issue 6: Addressing Complexity in Caring for Older Americans

If elected, how would you work to improve both the quality and efficiency of care delivered to the increasing number of Medicare beneficiaries with multiple chronic and complex conditions? Additionally, how would you improve care and care coordination for individuals who have dual eligibility for both Medicare (controlled by the federal government) and Medicaid (largely controlled by the states)?

### Issue 7: Reducing the Toll and Impact of Chronic Diseases

If elected, how would you prioritize aging research across federal agencies and institutions so that we can address the human and economic toll of chronic diseases on older Americans?

and opportunities for clinicians to get involved across their careers.

### **Geriatric Education Materials and Methods Swap (5/7; 8:15-9:15am PT)**

- This workshop offers a forum for geriatrics educators to share tips, topics, and tools shaping the future of health professional training for experts in older adult care.

### **Clinical Skills Workshop: Physical Exam (5/7; 8:15-9:15am PT)**

- One of several skills workshops on tap at #AGS20, this session will cover practical techniques for conducting a high-quality, efficient geriatrics exam.

### **Plenary Paper Session (5/7; 9:30-10:30am PT)**

- This session will highlight top research abstracts submitted for presentation at #AGS20 from a record-breaking pool of more than 1,000 contenders.

### **Preventing Serious Fall Injuries: Primary Findings from the STRIDE Study (5/7; 10:15-11:15am PT)**

- Falls affect 1 in 3 older adults annually, and addressing falls prevention has been a major focal point for geriatrics clinicians. The Strategies to Reduce Injuries and Develop Confidence in Elders (STRIDE) Study is one of modern medicine's largest and most well-known research efforts to learn more—and to translate results into action. In this session, STRIDE experts will present data on strategies to reduce serious falls by implementing individualized interventions.

### **Narrative Medicine: Communicating to the Public, Policy Makers, and Funders (5/7; 1:30-2:30pm PT)**

- A practicing geriatrician, Professor of Medicine at UCSF, and now bestselling author of *Elderhood*, Louise Aronson, MD, MFA, wears many hats. One thread that ties them all together is the power and potential to leverage narrative as we tell the true story of what it means to grow older. In this session, Dr. Aronson will present techniques and strategies for reaching those who shape geriatrics expertise, from fellow clinicians to policy makers and public funders.

### **CPT Coding: Basic Principles and Practice (5/7; 2:45-3:45pm PT)**

- Navigating the ins and outs of coding can set both individual clinicians and whole practices on the road to sustainable success. In this session, AGS coding guru and Board member Peter Hollmann, MD, AGSF, will describe why coding basics are essential and how geriatrics professionals can adjust to changes in 2020.



### **Henderson State-of-the-Art Lecture (5/7; 4-5pm PT)**

- Among the AGS's highest honors, the Edward Henderson Lecture is presented by one of geriatrics' most distinguished scholars, a person who has set the standard for improving health and care as we age. This year's honoree, Ellen Flaherty, PhD, APRN, AGSF, is not only the AGS's second nurse president but also a key player in the move to champion interprofessional, team-based care.

### **Presidential Poster Session (5/7; 5-6pm PT)**

- The Presidential Poster Session celebrates posters that received top billing from #AGS20 reviewers across a range of categories, including clinical trials, epidemiology, ethics, geriatric bioscience, and health policy.

### **Guided Science & Innovation Walking Tour (5/7; 5:30-6pm PT)**

- Following her Henderson State-of-the-Art Lecture, Dr. Flaherty will lead an interactive walking tour of select #AGS20 posters featuring new discoveries, novel models of care, and innovative approaches to geriatrics.

### **Stealth Geriatrics: An Interprofessional Approach to Incorporating Geriatrics in Non-Traditional Venues (5/8; 7:30-8:30am PT)**

- For geriatrics to have maximum impact, it needs to find a home in all the spaces and places where older adults seek care. This session will include a series of presentations on integrating geriatrics into existing healthcare structures, from medical student and physician-assistant curricula to clerkships for pediatricians.

### **AGS Awards Ceremony (5/8; 8:45-9:30am PT)**

- Join us as we honor more than 20 of the best and brightest clinicians, researchers, and educators representing the future of geriatrics.

### **Yoshikawa Award Lecture for Outstanding Scientific Achievement in Clinical Investigation (5/8; 9:30-10:15am PT)**

- Announced in 2016 and supported for 16 years thanks to generous contributions to the AGS Health in Aging

Foundation, the Yoshikawa Lecture recognizes the research accomplishments of mid-career clinician-investigators innovating the care of older adults. This year we honor Alexander Smith, MD, MS, MPH, who will present his "confessions of an unfocused researcher."

#### **That Was the Year That Will Be (5/8; 10:30-11:30am PT)**

- A fan-favorite among AGS Annual Scientific Meeting attendees, this session will explore advances in care for cardiovascular concerns, neurovascular disorders, and cellular senescence, with an eye toward learning how basic science will impact clinical care by 2025.

#### **Expanding the Age-Friendly Movement: Tools, Techniques, and Resources (5/8; 10:30-11:30am PT)**

- Launched by The John A. Hartford Foundation and the Institute for Healthcare Improvement in partnership with the American Hospital Association and the Catholic Health Association of the United States, the Age-Friendly Health Systems movement seeks to improve care for us all as we age by focusing on core components of older adults' needs. These include the "4Ms" of geriatrics expertise: care for **M**entation, **M**edication, **M**obility, and **W**hat **M**atters to patients as individuals. In this session, experts in providing age-friendly care will describe efforts to expand the movement, as well as what it takes to put age-friendly planning into practice.

#### **Public Policy Plenary (5/8; 11:30am-12:30pm PT)**

- Public policy in the U.S. plays a critical role shaping everything from geriatrics expertise to the ways our health systems and communities support us as we age. In this plenary symposium, policy experts will review the legislative and regulatory landscape in 2020, including what we all need from candidates for the 2020 election.

#### **Lightning Science: Brief Presentations of Top-Rated Abstracts (5/8; 1:30-2:30pm PT)**

- This fast-paced, interactive session will showcase some of the best new research and innovation in aging from all abstracts submitted for presentation at #AGS20.

#### **Leadership Curriculum: Negotiating with the C-Suite (5/8; 1:30-2:30pm PT)**

- When it comes to conversations with decision makers, what does it take to make a truly compelling case for geriatrics? Attend this session to heighten your knowledge of all-things negotiation.

#### **Updating the Medical Student Competencies in Geriatrics for 2020 Using the Geriatrics 5Ms Framework: An AGS Initiative (5/8; 2:45-3:45pm PT)**

- Geriatrics health professionals set themselves apart by focusing on the 5Ms that make their expertise so unique. In this session, AGS experts will describe new efforts

to translate these priorities into educational tools and objectives for the medical students of the future.

#### **Firearms and Dementia (5/8; 2:45-3:45pm PT)**

- Though many older adults are themselves responsible firearms owners, as many as 60% of older people with dementia live in a home with a firearm, which may not be locked or unloaded. This session will explore many of the complexities—social, cultural, and medical—associated with firearms and older adults with dementia.

#### **Geriatrics Literature Update (5/9; 8:45-10:15am PT)**

- A must-see for meeting attendees, the Geriatrics Literature Update will focus on 2019's most important and impactful journal articles shaping care for older adults.

#### **Immunizations in Older Adults (5/9; 10:30-11:30am PT)**

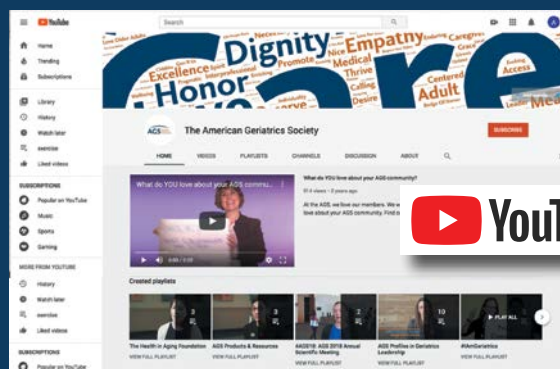
- Vaccinations have transformed preventive health, but recommendations—and reservations—can often raise more questions than answers. Over a series of "TED-style" talks, a cadre of interprofessional experts will weigh in on key opportunities for vaccinating against influenza, shingles, pneumonia, and pertussis, among other priorities.

#### **Pharmacotherapy Update 2020 (5/9; 1-2pm PT)**

- This session will address updates in access to medications for older adults, summarizing changes over the past year in prescription treatments and coverage. ♦

### **Subscribe to the AGS YouTube Channel!**

If once a year isn't enough for you to see all of your fellow AGS colleagues, follow us year-round on YouTube! Search "American Geriatrics Society" at YouTube.com to find all of our latest video updates, including a brand new video to get you excited for #AGS20 (<http://bit.ly/AGS20video>). Watch our playlists to hear from AGS board members, Health in Aging Foundation award recipients, members, and more!



# FUN IN THE SUN AT #AGS20: FIND PLENTY OF GREAT OPTIONS FOR YOUR DOWNTIME IN LONG BEACH!

Great food. A world-class aquarium. Sensational art. Whale watching. Gorgeously sunny weather. No wonder we're again setting our sights on Long Beach, CA, as the site for #AGS20, May 7-9 (pre-conference day May 6). This SoCal city's many attractions mean your downtime can be as enriching as your meeting time!

We last visited Long Beach for #AGS16, where an eventful program and amazing Pacific sunsets had us knowing we'd be back for more. Whether you're returning to some old favorite haunts or catching us in Cali for the first time, Long Beach has plenty to offer its visitors. Start planning your week in Long Beach with some of the recommendations below.

## DINING

With options ranging from trendy food trucks to elegant fine dining, you won't run out of delicious places to eat while you're learning, presenting, and networking at #AGS20. A few choices include:

**James Republic**, 500 E. 1st St.

Artisanal, locally sourced, sustainable cuisine. The menu includes great choices for vegetarians, vegans, pescatarians, and omnivores alike.

**Thai District**, 149 Linden Ave.

Authentic Thai cuisine, vegetarian-friendly, and great dumplings.

**The 4th Horseman**, 121 W. 4th St.

Apocalyptic pizza (their words, not ours!), craft beer, fine wine, and an entertaining gothic vibe.

**Bo-beau kitchen + roof tap**, 144 Pine St.

Casual gastropub with an extensive beer and wine list, serving delectable comfort foods.

**Pier 76 Fish Grill**, 95 Pine Ave.

A copious seafood menu that is as delectable as it is affordable.

## ATTRACTIONS

Looking for an adventure? There's plenty to do and see in Long Beach.

### Aquarium of the Pacific

100 Aquarium Way - [www.aquariumofpacific.org](http://www.aquariumofpacific.org)

This magnificent aquarium takes you deep into the Pacific Ocean, where you'll meet its amazing denizens who'll glide by just inches away.



Photo by majunznk / CC BY 2.0

### Museum of Latin American Art

628 Alamitos Ave. - [www.molaa.org](http://www.molaa.org)

America's only museum dedicated to modern and contemporary Latin American and Latino art, with a collection numbering over 1,600 works and a 15,000 square foot sculpture garden.

### Whale Watching

May's a great time to catch a glimpse of gray whales, orcas, and humpbacks. Many whale-watching excursions leave from the Long Beach area, typically last two to three hours, and often include talks by the captain or an onboard naturalist who can explain about native California sea life, as well as how best to spot blows and tail slaps—indications that whales are nearby. There are various whale watching tours in the area; one of them is Harbor Breeze ([www.2seewhales.com](http://www.2seewhales.com)). ♦

*Now that you're covered on the Long Beach fun, be sure to check out the #AGS20 program and register for the meeting at [Meeting.AmericanGeriatrics.org](http://Meeting.AmericanGeriatrics.org). We can't wait to see you there!*





# #AGS20 FIRST-TIMERS' GUIDE

## AGS20 ANNUAL SCIENTIFIC MEETING

### Tips for First Time Attendees & Early Career Professionals

"Check your pre-arrival emails and the signs at the convention center for the free WiFi details!"

"Join the Annual Meeting Mentor Program! You can sign up on MyAGSOnline to be paired with someone to meet at #AGS20."

Download the 2020 app to access speaker presentations, poster schedules, and exhibitor information in real-time. The app will become available on Meeting.AmericanGeriatrics.org before the meeting!"

"Attend a Special Interest Group. It's one of the best ways to learn and network. Plus, don't forget about the Student Section meet-up on Friday!"

"Post on social media. Tweet #AGS20 @AmerGeriatrics. Also follow the Twitter Correspondents list AGS provides each year, and consider becoming one yourself!"

"A friendly smile goes a long way!"

"Carry extra business cards."

"Wear comfy shoes."

"Wear your 'newbie' label proudly. It's a great conversation starter. Ask other newbies about their experience, and ask seasoned veterans what their first conference was like."

"Become an AGS member! Stop by the AGS Marketplace to join and receive 20% off."

"Meet someone new? Connect and follow up with them on MyAGSOnline."

#AGSPROUD

"Keep up your energy-lunch starts at 12:30 in the Exhibit Hall. You can also check out the Fellows-in-Training Breakfast on Thursday and the Resident Breakfast on Friday."

"Ask someone you meet to join you for lunch."

"Get your dance on and join the party at the reception on Thursday Night!"

"Establish goals for what you want to learn and take notes to share with others when you return to work."

"Browse new products and sales at the AGS Marketplace."

"Stop by the State Affiliate Booth in the AGS Marketplace to learn about local education, networking and advocacy."

"Learn about the latest in research by attending poster sessions."

"Plan ahead! Set up time to meet with peer and senior mentors."

"Dress in layers. Session rooms can vary in temperature."

"Complete the post-conference survey to share your experience with AGS."

Questions? Go to the Info Booth in the Lobby of the Convention Center or the AGS Marketplace in the Exhibit Hall.

**FOUNDERS CIRCLE**  
**\$7,500 pledge commitment**

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## MAKE LASTING CONNECTIONS AT #AGS20: JOIN THE ANNUAL MEETING MENTOR PROGRAM!

The AGS Annual Scientific Meeting Mentor Program matches students, residents, fellows, and junior faculty with geriatrics professionals from across the country. Through the AGS Junior Faculty Special Interest Group, dedicated volunteers work to review every single application to create impactful mentoring relationships that often last well beyond the annual meeting.

Take a recent feedback survey as an example: More than 95% of respondents who participated in 2019 noted they'd be returning for 2020. One participant confirmed: "I think this is a great program and I have had the opportunity to work with some of those I mentored for years after."

If you're joining us in Long Beach this May, you won't want to miss out on this program! Sign in to MyAGSOnline to join as a mentor or a mentee (or both!) today. The

program applications are listed under the "Get Involved at AGS" menu tab at MyAGSOnline.AmericanGeriatrics.org.

One last bit of advice from a survey respondent: "I encourage junior faculty right out of fellowship to sign on as mentees and mentors. They don't often realize that they can be matched with a student or resident and how much impact they can have." If you're considering signing on as a first-time mentor, the AGS Annual Scientific Meeting Mentor Program will welcome you with open arms!

**Don't Forget:** If you want to participate in this in-person program, you'll need to be registered for #AGS20! **Register at Meeting.AmericanGeriatrics.org** in order to receive an early-bird discount on top of your reduced membership price. ♦

# WHY I'M AN AGS MEMBER

## CHITRA KAVOUSPOUR HAMILTON, MD

Early on, there were some life experiences that set Chitra Hamilton, MD, on the path toward a career in geriatrics. During high school, for example, she became certified as a nursing assistant and worked in a nursing home—an activity which had the unexpected benefit of bringing her even closer to her Iranian grandparents, who lived at home with her and her family.

Then, during her medical school rotations in pulmonary medicine, oncology, and critical care, Chitra came to realize that certain aspects of those fields attracted her—they all required the management of complex chronic conditions and medications. Most importantly, they all allowed her to support and guide her patients and their families through difficult times. “These are situations very similar to those in geriatrics,” says Dr. Hamilton. “It became clear to me that was the field that would suit me best.”

The many different avenues that a geriatrics practice can offer also held great appeal for Dr. Hamilton. “Whether you’re working in a long-term care facility, or in the home, or in clinics, you see a diversity of patients, and I really love how well you get to know your patients as well as their family and caregivers,” she notes.

Dr. Hamilton joined the AGS nine years ago as a medical student in the Johns Hopkins MSTAR, or Medical Student Training in Aging Research, Program. The Johns Hopkins Division of Geriatric Medicine and Gerontology’s summer training program immerses medical students at the end of their first year in a focused experience in aging research, supplemented by research training and clinical experiences.

“Honestly, the MSTAR experience was wonderful for me,” Dr. Hamilton notes. “I was able to work on research projects and even sent in an abstract

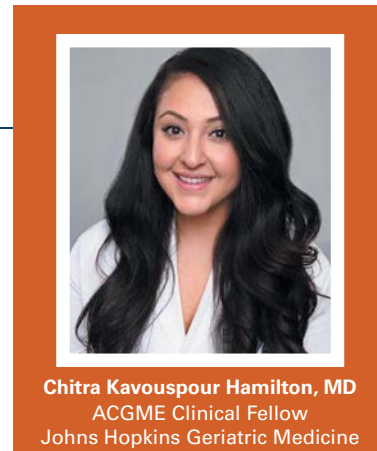
to the AGS—that’s how I got started on my membership path.”

Heading up the Resident Activities Subcommittee was a leadership experience Dr. Hamilton enjoyed via her AGS membership. She first participated as a student and then as a resident. “I was a part of helping the residents see what they wanted as a committee at the AGS Annual Scientific Meeting.”

More recently, Dr. Hamilton helped coordinate an FIT (Fellows-in-Training) Webinar. Its aim? To discuss what careers in academic geriatric medicine might look like. The audience heard from two different sides of the career experience via an academic scholar and a clinician educator. “We are hoping to look at private practice and hospital employed perspectives for our next webinar,” noted Dr. Hamilton.

In 2019, Dr. Hamilton was pleased to be the Fellow-in-Training liaison to the AGS Annual Scientific Meeting Program Committee. “I was honored to be the only fellow member to sit among all these amazing professionals to see what it takes to develop a program for a scientific meeting,” she recalls. “It was great to offer input about trainees and to see how receptive the other members of the committee were—and how much they cared about the next generation of geriatricians. It was an amazing experience.”

Download the  
**Geriatrics Emoji Pack**  
at [AmericanGeriatrics.org](http://AmericanGeriatrics.org)



**Chitra Kavouspour Hamilton, MD**  
ACGME Clinical Fellow  
Johns Hopkins Geriatric Medicine

Dr. Hamilton has also been able to work with her husband, an orthopedic surgery fellow, to increase orthopedic resident knowledge on geriatric syndromes like delirium. She and her husband were able to present their interdisciplinary curriculum on post-operative delirium this past year at the AGS Annual Meeting in Portland.

Dr. Hamilton and her husband love cooking and spending time with family. Their active life is likely to become even more active in the coming months, as a new baby is about to join their family—making their toddler a big brother! ♦

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## Tips for Safely Surfing the Internet

**We are living in the information age.** The Internet is a useful tool that allows us to keep up with friends and family, follow the news, shop, share photos, and much more—all of which can be a real benefit for an older adult. What's more, the Internet can be a convenient place to get the answers to many of your health questions, right from the comfort of your living room. But with so many health websites available, how can you find reliable advice that's safe to follow?

Fortunately, there are smart, easy steps you can take to make sure that the information you read on the Internet is accurate, safe, and based on expert advice. Here's how:

### Know the source (check the web address)

Always look for an “about us” page on websites. This page will tell you who publishes the website. The ending of a site's address can also help you identify the kind of organization that owns it. Websites from the federal government (.gov), universities (.edu), and major non-profit organizations (.org), such as the American Heart Association, the American Lung Association, and the American Cancer Association, are usually higher quality. On the other hand, sites ending in .com can be owned by anyone. Sites with a .com address should be approached with caution when used for healthcare information.

### Look for the site's contact information

If a website doesn't provide an easy way to contact the organization, approach its information with caution.

### Who's an expert?

Look for recognized experts as writers or reviewers of information on health websites. Experts may be doctors, professors, nurses, psychologists, social workers, or other professionals experienced in a particular field. Top experts will often hold university-level teaching positions.



## Look for expert reviewers

Check the “About Us” page to see how the information is reviewed. Make sure that reviewers are experts. For example, cardiologists should review heart health information. Sites that have attorneys or lay people review the information are suspect. Also watch out for reviewers who are paid consultants for products—read any fine print on the website to look for disclosures.

## Check the review date

Health information changes rapidly. Check to see if there’s a date on the page indicating when the content was last reviewed. Older information isn’t necessarily useless, but websites that keep their content current will have newer information.

## Be careful

Steer clear of products or services that claim to provide miracle cures. If it sounds too good to be true, it probably is too good to be true. Avoid products that contain “secret ingredients” or those “your doctor won’t tell you about.” You should always consult your healthcare provider before starting any new medical therapies or supplements.



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