

# CMDA's 29<sup>th</sup> Annual Conference:

**Communication and Compassionate Care in Colorado**

**Program**

**April 19, 2024**



THE COLORADO  
SOCIETY FOR  
POST-ACUTE AND  
LONG-TERM CARE  
MEDICINE

## CREDIT INFORMATION & CREDIT CLAIM

### Credit Statements

#### **AMA PRA Category 1 Credits™ (CME) Accreditation**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AMDA - The Society for Post-Acute and Long-Term Care Medicine and CMDA - The Colorado Society for Post-Acute and Long-Term Care Medicine. AMDA - The Society for Post-Acute and Long-Term Care Medicine is accredited by the ACCME to provide continuing medical education for physicians.

#### **AMA PRA Category 1 Credits™ (CME) Designation**

AMDA - The Society for Post-Acute and Long-Term Care Medicine designates this live activity for a maximum of **6 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

#### **ABPLM CMD Credit**

This live activity has been pre-approved by the American Board of Post-Acute and Long-Term Care Medicine (ABPLM) for a total of **2.5** management hours and **3.5** clinical hours toward certification or recertification as a Certified Medical Director (CMD) in post-acute and long-term care medicine. The CMD program is administered by the ABPLM. Each physician should claim only those hours of credit actually spent on the activity.

#### **ABIM MOC Statement**

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **6** Medical Knowledge MOC points and patient safety MOC credit in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

#### **Physician Assistants**

The NCCPA accepts AMA PRA Category 1 Credit(s)™ towards recertification. Visit the NCCPA website for more information.

#### **Nurse Practitioners**

The ANCC accepts AMA PRA Category 1 Credit(s)™ towards recertification. 1 AMA PRA Category 1 Credit™ = 1 contact hour. For more information visit the ANCC FAQs.

#### **Financial Relationship Disclosures**

Financial relationships with Ineligible Companies\* relevant to the content of the conference are as follows and have been mitigated:

The following speakers and planners have relevant financial relationships:

- Naushira Pandya (Speaker): Sanofi: Consultant; Lilly: Speaker's Bureau

No one else in control of content has any relevant financial relationships with \*"companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients."

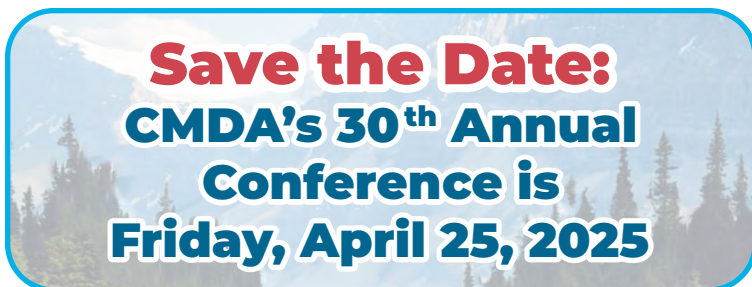




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# CMDA'S 29th Annual Conference: Communication and Compassionate Care in Colorado

CMDA – The Colorado Society for Post-Acute and Long-Term Care Medicine  
Friday, April 19, 2024, at the Denver PPA Event Center

April 19, 2024

Dear Colleagues in Post-Acute and Long-Term Care,

We are thrilled to welcome you to our 29<sup>th</sup> annual CMDA – The Colorado Society for Post-Acute and Long-Term Care Medicine Conference: **Communication and Compassionate Care in Colorado**.

This year, our conference is honored to host a phenomenal group of national experts to share the highest standards of medical care with our community. Medical providers, medical directors, surveyors, directors of nursing, administrators, and other LTC professionals will gain valuable knowledge that impacts daily care in our PALTC settings. It is also an opportunity to come together and support each other and our community. We hope you take this opportunity to reconnect with friends and colleagues and gain the most current education you need to best serve our patients.

We would like to thank our sponsors and exhibitors for making this conference possible. Our **Diamond Sponsor, ProHealth One**; our **Platinum Sponsors, Summit Medical Consultants and Forte Health and Wellness**; our **Gold sponsor, Longevity Health Plan**, who will sponsor our lunch; and our **Bronze Sponsor, Acadia Pharmaceuticals**, will provide our coffee service. We have a total of 24 sponsors and exhibitors, all dedicated to supporting our community. We encourage you to visit and thank all our sponsors and exhibitors and enjoy the networking time to collaborate with colleagues.

We welcome you to **PALTC 2024: Communication and Compassionate Care in Colorado**. Together, let's seize this opportunity to enrich our knowledge, strengthen our connections, and ultimately, enhance the quality of care we provide to our patients. Your participation is invaluable in shaping the future of post-acute and long-term care medicine in Colorado. Thank you for joining us.

Sincerely,

  
Leslie Eber, MD, CMD; Conference Co-Chair

  
Sing Palat, MD, CMD; Conference Co-Chair

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# CMDA'S 29th Annual Conference: Communication and Compassionate Care in Colorado

CMDA-The Colorado Society for Post-Acute and Long-Term Care Medicine Presents CMDA's 29<sup>th</sup> Annual Conference

## ***PALTC 2024: Communication and Compassionate Care in Colorado***

Friday, April 19, 2024; Denver PPA Event Center, 2105 Decatur Street, Denver CO 80211

<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
7:00 – 8:00 a.m. Breakfast with Exhibitors		
8:00 – 8:10 a.m.	A Conference on Communication and Compassion	Sing Palat, MD, CMD
8:10 – 8:20 a.m.	CHCA Trends in the LTC Profession (10 min. M)	Jenny Albertson, NHA, QCP
8:20 – 8:45 a.m.	Complicated Pain Management: Addiction, Tolerance or Both (25 Min. C)	Monica Ott, MD, CMD
8:45 – 9:10 a.m.	Diabetes Management in PALTC: A Brief Update (25 Min. C)	Naushira Pandya, MD, CMD
9:10 – 9:15 a.m. Questions & Answers (5 Min. C)		
9:15 – 9:50 a.m.	<i>Keynote address: Creating Cultural Transformation Through the Art of Belonging</i> (35 Min. M)	Diane Sanders-Cepeda, DO, CMD
9:50 – 9:55 a.m. Questions & Answers (5 Min. M)		
9:55 – 10:20 a.m. Break with Exhibitors		
10:20 – 10:45 a.m.	Managing Behaviors in PALTC – How to Do it Better (25 Min. C)	Kimberly Bryant, MHA, LNHA, CMDCP
10:45 – 11:10 a.m.	Post Pandemic CamDucky Derby (25 Min. C)	Greg Gahm, MD, MS, FACP
11:10 – 11:15 a.m. Questions & Answers (5 Min. C)		
11:15 – 11:25 a.m.	CDPHE Update for CMDA (10 Min. M)	Jo Tansey
11:25 – 11:50 a.m.	Strategies to Prevent the Spread of Antimicrobial Resistance in Colorado (25 Min. C)	Christopher A. Czaja, MD, DrPH
11:50 - 11:55 a.m. Questions & Answers (5 Min. M)		
11:55 a.m. - 12:55 p.m. Lunch with Exhibitors		
12:55 – 1:20 p.m.	How to Have the Conversation About Advance Care Planning (25 Min. M)	Hillary Lum, MD, PhD
1:20 – 1:35 p.m.	Telligen Update: Together We Can Accomplish So Much (15 Min. M)	Christine LaRocca, MD
1:35 – 2 p.m.	Tai Chi in Post-Acute and Long-Term Care: Why Do it and How Do I Make it Work? (25 Min. M)	Elizabeth Eckstrom, MD, MPH, MACP
2:00 – 2:05 p.m. Questions & Answers (5 Min. M)		
2:05 – 2:30 p.m. Coffee with Exhibitors		
2:30 – 2:55 p.m.	Speech Language Pathologists' Role on the Care Team (25 Min. M)	Samantha Conley, MS, CCC-SLP
2:55 - 3:20 p.m.	How to Sell Deprescribing of Antithrombotics and CNS Medications (25 Min. C)	Monica Ott, MD, CMD
3:20 – 3:25 p.m. Questions & Answers (5 Min. C)		
3:25 – 3:50 p.m.	New Dementia Medications (25 Min. C)	Cari Levy, MD, PhD, CMD
3:50 – 4 p.m.	Best Pearls of the Day (10 Min. C)	Allison Villegas, PA-C Leslie Eber, MD, CMD

**Approved for 6.0 CMEs; 2.5 Management hours, 3.5 Clinical hours.**

# CMDA'S 29th Annual Conference: Communication and Compassionate Care in Colorado



CMDA – The Colorado Society for Post-Acute and Long-Term Care Medicine thanks all its sponsors and exhibitors for making the 29<sup>th</sup> Annual Conference possible.

## *Diamond Sponsor*



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# Save the Date:

## CMDA's 30<sup>th</sup> Annual Conference is Friday, April 25, 2025 Denver, Colorado



To access the presentations and handouts online, visit <https://cmda.us/page-1075436>

### Target Audience

This conference is designed to educate medical directors, physicians, advanced practice nurses, physician assistants, directors of nursing in LTC, registered nurses, and long-term care administrators, as well as geriatricians, primary care and home care physicians, physicians considering becoming long-term care medical directors, hospice medical directors, or home care medical directors, and others with an interest in geriatrics and its continuum of care. The faculty includes national and regional authorities in the fields of medical direction, senior care pharmacology, post-acute and long-term care medicine, and geriatric medicine.

### Annual Conference Objectives

Upon completion of the 29<sup>th</sup> Annual Conference, participants should be able to:

1. Discuss the professional challenges facing medical directors, attending physicians, advanced practice nurses, consultant pharmacists, physician assistants, directors of nursing, and administrators practicing in the continuum.
2. Describe the advances in theoretical and clinical knowledge impacting individuals affected by medical issues in the PALTC continuum.
3. Describe examples of evidence-based practice and multidisciplinary approaches to enhance outcomes in various health care settings.
4. List examples of evidence-based practice as it pertains to PALTC medicine.

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6. CMDA will report your earned hours to AMDA.

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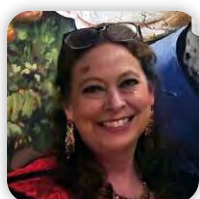
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## CMDA's 29<sup>th</sup> Annual Conference Speaker Biographies



### **Jenny Albertson, NHA, QCP**

*Jenny Albertson is Director of Quality and Regulatory Affairs at CHCA. She is passionate about enabling skilled nursing and senior residential communities to reach new heights in the profession through empowerment of its employees and clients. She spent 17 years in the heart of our profession as a CO nursing home administrator, leading long-term, subacute, and dementia care facilities, served on the Nursing Home Innovations Grants Board for 4 years, and precepted Administrators in Training. In her role at CHCA, she advocates for the nursing homes and assisted living facilities in the state, providing education, networking, and resources to the membership.*



### **Kimberly Bryant, MHA, LNHA, CMDCP**

Kimberly is a Colorado native and has been working in healthcare since 1991 and long-term care since 2013. She is a licensed nursing home administrator, PAC certified public trainer for Teepa Snow's program positive approach to care, and a Certified Montessori Dementia Care Professional. Kimberly's research for her doctoral dissertation is focusing on dementia care. She is a strong advocate for non-pharmacologic interventions for people living with dementia and that caregivers often cause the behavior in this population.



### **Samantha Conley, MS, CCC-SLP**

Samantha Conley is a speech-language pathologist with over 12 years of experience treating older adults in the settings of home health, skilled nursing, outpatient, and post-acute rehab. She holds certification in the McNeill Dysphagia Therapy Protocol (MDTP), VitalStim, Lee Silverman Voice Treatment, as well as Dementia Capable Care Specialist. Outside of her career, she enjoys running, hiking, skiing, spending time with her family, and is an avid photographer.



### **Christopher A. Czaja, MD, DrPH**

Dr. Czaja is the Healthcare-Associated Infections and Antimicrobial Resistance (HAI/AR) Program Manager at the Colorado Department of Public Health and Environment. He is a medical epidemiologist with training in internal medicine, infectious diseases, and epidemiology. The HAI/AR Program seeks to prevent health care-associated infections and control the spread of emerging antimicrobial resistance threats in all health care settings in Colorado through surveillance, containment and response, infection prevention, and antimicrobial stewardship.



### **Leslie Eber, MD, CMD**

Dr. Leslie Eber is board-certified in internal medicine and is a Certified Medical Director. She has provided medical directorships for long-term care facilities and hospice and is the medical director for multiple facilities as a part of Rocky Mountain Senior Care, in Denver, CO. She serves as the Chief Faculty for Abode Care Partners. Dr. Eber is the vice president of AMDA –The Society for Post-Acute and Long-Term Care Medicine. She is a clinical advisor for the AMDA Moving Needles CDC grant: Improving Adult Immunization Rates for COVID-19, Influenza, and Routine Adult Vaccinations through Partnerships with the Long-Term Care Professional Society.

In 2021, Dr. Eber received the AMDA Medical Director of the Year award. She has provided expertise for several national initiatives including the Colorado AHRQ ECHO National Nursing Home COVID-19 Action Network and presented for the ECHO COVID-19 Global Conversations: Vaccine Development, Distribution and Delivery. Dr. Eber has represented AMDA as an AMA Delegation since 2021. Through her dedicated work with the Colorado Dementia Partnership, Dr. Eber has helped develop many tools to care for patients with dementia. Dr. Eber had the honor to serve as president of CMDA – The Colorado Society for Post-Acute and Long-Term Care Medicine from 2016-2021. She continues her work on the CMDA executive board as immediate past president.





**Elizabeth Eckstrom, MD, MPH, MACP**

Elizabeth Eckstrom is professor and chief of geriatrics in the Division of General Internal Medicine & Geriatrics at Oregon Health & Science University (OHSU). Her research focuses on promoting a healthy lifestyle in older adults, with an emphasis on tai chi for fall prevention. She has been part of the investigator team for three randomized trials that showed tai chi reduces falls by at least 50%, among other positive outcomes. She is director of Integrating Special Populations for the Oregon Clinical & Translational Research Institute, focusing on inclusion of older adults

in research and training research teams who study diseases of older adults but have no aging expertise to successfully include older adults in trials. Other research interests include improving primary care of older adults with dementia, interprofessional education and team-based implementation of best practices for care of older adults. She co-directs OHSU’s Healthy Aging Alliance.



**Greg Gahm, MD, MS, FACP**

Dr. Gahm is a geriatrician serving as Chief Medical Officer for Vivage Senior Living and Medical Director for a number of Denver area nursing homes. He has served as president of CMDA for a number of years and frequently works with CDPHE on Task Forces applicable to long-term care. For many years, he has led a monthly Geriatric Journal Club for LTC providers in Colorado.

He attended the University of Colorado for undergraduate studies and medical school, did a residency in Internal Medicine in Arizona, a Fellowship in Administrative Medicine and Medical Informatics at Harvard and a sabbatical in Clinical Preventive Medicine at Stanford. In 2020, he collaborated on research about asymptomatic spread of COVID through LTC staff and has been on Colorado’s COVID Strike Force.



**Christine LaRocca, MD**

Christine LaRocca is a fellowship-trained, board-certified geriatrician. She received her medical degree from Vanderbilt University School of Medicine and completed an internal medicine residency and geriatrics fellowship at the University of Colorado Health Sciences Center (now the University of Colorado Anschutz Medical Campus). At Telligen, a 100% employee-owned population health solutions company, she provides clinical oversight and subject matter expertise for local and national contracts and subcontracts, including the Centers for Medicare &

Medicaid Services (CMS) Quality Innovation Network–Quality Improvement Organization (QIN-QIO) 12<sup>th</sup> Statement of Work, the CMS Hospital Quality Improvement Contractor (HQIC) program, the Merit-based Incentive Payment System Data Validation and Audits (MIPS-DVA) task, and the independent evaluations of the Comprehensive Joint Replacement (CJR) Model, and the Bundled Payments for Care Improvement (BPCI) Advanced Model.



**Cari Levy, MD, PhD, CMD**

Cari Levy is a professor of medicine at the University of Colorado Denver who trained in internal medicine and is board certified in Geriatrics and Hospice and Palliative Medicine. She received her undergraduate degree from Pepperdine University, her medical degree and PhD from the University of Colorado. She is currently Division Head of Geriatric Medicine, Director of the Multidisciplinary Center on Aging at the University of Colorado and attends on the palliative medicine service at the Rocky Mountain Regional VA Medical Center. As a health services

researcher, she focuses her research on improving long-term care for frail elders using innovative models of geriatric care.



**Hillary Lum, MD, PhD**

Hillary Lum is a geriatrician and palliative medicine physician and researcher at the University of Colorado in the Division of Geriatric Medicine. She conducts research to improve advance care planning, dementia care, and caregiver support. She is part of the Colorado Advance Care Planning Stakeholder group.



**Monica Ott, MD, CMD**

Dr. Monica Ott currently serves as the market medical director for the Illinois/Missouri market of Senior Community Care within Optum. Prior to joining Optum, Dr. Ott worked for 10 years as faculty in the Department of Internal Medicine and Geriatrics at Indiana University teaching medical students, residents, and geriatric fellows. Dr. Ott is board certified in Family Medicine and Geriatrics. She has been active in AMDA (The Society for Post-Acute and Long-Term Care Medicine) for many years and has a CMD.



**Sing Palat, MD, CMD**

Sing Palat is president of CMDA, medical director with Optum Senior Community Care, and physician with Long-Term Care Rehab. She completed medical school and Internal Medicine residency at the University of Pittsburgh and a Geriatrics fellowship at the University of Colorado.



**Naushira Pandya, MD, CMD**

Dr. Naushira Pandya is professor and chair of the Geriatrics Department at Nova Southeastern University, Kiran C. Patel College of Osteopathic Medicine, and the Project Director of the Geriatrics Workforce Enhancement Program (GWEP). She directs the Ziff Geriatrics Medicine Clinic at NSU COM and is a certified medical director and post-acute and long-term medicine practitioner. Dr. Pandya is also the program director of the Geriatric Medicine fellowship at Aventura Hospital and in addition she oversees the training of medical students, residents and fellows in Geriatrics, and is a research mentor for students, residents and faculty.

She completed her medical training at University College Hospital in London, England; her internal medicine residency in London and at Maricopa Medical Center in Phoenix, Az.; her fellowship in Endocrinology and Metabolism, and Geriatrics at the University of Michigan. Dr. Pandya is board-certified in Internal Medicine, Geriatrics and Endocrinology and Metabolism.

On a state and national level, Dr. Pandya is past president of AMDA – The Society for Post-Acute and Long-Term Care Medicine, past chair of the Clinical Practice Committee, an active member of the Clinical Practice Steering Committee, and Board President of the Broward County Area Agency on Aging. She has participated in the development of multiple clinical practice guidelines and position statements on diabetes management and osteoporosis and fracture prevention.

Dr. Pandya is a recognized authority and a national and international speaker in the area of management of diabetes in the elderly. She is on the editorial board of JAMDA, and a reviewer for several journals. She has published in this field and her other research interests include endocrine dysfunction, and frailty. Dr Pandya also holds the distinction of being a Fulbright Senior Specialist Scholar in Geriatrics in Slovakia.



**Diane Sanders-Cepeda, DO, CMD**

Dr. Diane Sanders-Cepeda is a Senior Medical Director for UnitedHealthcare Retiree Solutions. She is responsible for clinical strategy, quality improvement, clinical program development, and innovation. She has expertise in Health Equity, Behavioral Health solutions, Social Determinants of Health integration into clinical models, Post-Acute & Long-Term Care Medical management and system development, and Hospice & Palliative care models. She works collaboratively with employers and plan sponsor groups nationally to address quality, affordability, and care delivery for their retirees.

Dr. Sanders-Cepeda is a geriatrician and Certified Medical Director who has focused her career on geriatric care across the Post-Acute & Long-Term Care Continuum. She began her career at Nova Southeastern University as an Assistant Professor in the Department of Geriatrics. Her passion for program development and the practical application of medical models led her to start her own medical practice which focused on geriatric medical care, resource management, and transitions of care across the post-acute & long-term care continuum. As Dr. Sanders-Cepeda grew her practice, her expertise in geriatric medicine led her to create an Inpatient Geriatric Care unit at a South Florida Hospital, develop Palliative Care initiatives for home health's and SNFs, and serve in the capacity of physician advisor and Medical Director for multiple skilled nursing facilities, inpatient units, and hospice groups. She then transitioned into United Health Group as an Optum Medical Director for the South Florida Market. While in Optum, she used her skills to focus on Clinical Strategic Planning, Educational initiatives, and Clinical Development of Optum's Advanced Practice Clinicians.

She believes in professional volunteerism and is an active member of the American Medical Directors Association Society for Post-Acute Long-Term Care. She serves on AMDA's board of directors, as chair of AMDA's DEI committee and vice chair of AMDA's Program Planning subcommittee while sitting on their Education Committee. On the state level, Dr. Sanders-Cepeda remains an active member of the Florida Medical Directors Association and serves as the immediate-past president of the organization, as well as the chair of the FMDA's Nomination Committee and FMDA's Journal Club. Dr. Sanders-Cepeda also hosts national podcasts for both AMDA and FMDA, and is a contributing writer for *Caring for the Ages* – an AMDA publication.



**Jo Tansey**

Jo Tansey graduated from the University of Northern CO with a degree in sociology. She worked for several years as a county social worker in child protective services. In 1999, Ms. Tansey started her career in working with elders by becoming an administrator in assisted living and worked as an administrator in assisted living for eight years. In 2007, she joined CDPHE as a surveyor for nursing homes and has been fortunate to have the opportunity to increase her level of responsibility to Branch Chief for Acute Care and Nursing Facilities. She has now been with CDPHE for 16 years, working to improve the quality of care for residents in nursing homes.



**Allison Villegas, PA-C**

Allison Villegas has been a physician assistant working in the PALTC setting for over 10 years. She graduated from the University of Colorado Child Health Associate/Physician Assistant Program. Ms. Villegas serves on the AMDA Board as a House of Delegates Representative and she also serves on several AMDA committees. She serves on the Board of her state chapter, CMDA – The Colorado Society for Post Acute and Long-Term Care Medicine.

## **CMDA – The Colorado Society for Post-Acute and Long-Term Care Medicine**

**Join us for our monthly meeting:  
The first Tuesday of the month**

**Join us via Zoom:**

**<https://us02web.zoom.us/j/7204905079>**



THE COLORADO  
SOCIETY FOR  
POST-ACUTE AND  
LONG-TERM CARE  
MEDICINE



# CMDA's 29<sup>th</sup> Annual Conference & Trade Show

## Exhibitor Directory & Descriptions

### Acadia Pharmaceuticals

Melissa Heideman  
Executive LTC Specialist  
5202 Shade Tree Ln.  
Parker, CO 80134  
Phone: (303) 921-5254  
melissa.heideman@acadia-pharm.com



Acadia is trailblazing breakthroughs in neuroscience to elevate life. Acadia aspires to enable brighter moments for patients and their loved ones. For more than 25 years we have been working at the forefront of healthcare to bring vital solutions to people who need them most.

### Colavria Hospitality

Kimberly Edman, NHA  
Director of Business Development  
1127 E. 16th Ave.  
Denver, CO 80218  
Phone: (303) 421-3600  
kedman@colavria.com



Colavria Hospitality is a locally owned and operated management company offering a full array of in-depth community management services for skilled nursing, rehabilitation, and assisted livings.

Currently, Colavria Hospitality manages The Rehabilitation Center of Sandalwood (Wheat Ridge), WestLake Care Center (Lakewood), and Saint Paul Care Health Center (Denver).

### Continued Care Pharmacy

Heather TerHark  
Director of Business Development  
3895 Upham St., Ste. 30  
Wheat Ridge, CO 80033  
Phone: (303) 886-9968; Fax: (877) 231-6468  
hterhark@continuedcarerx.com



Continued Care Pharmacy provides long term care pharmacy services tailored to post-acute rehab and skilled nursing, assisted living, and senior living communities. Providing the Right Resident, Right Medicine, Right Dose at the Right Time. We are here when you need us. Contact us at 1 (888) 277-2132 for more information.

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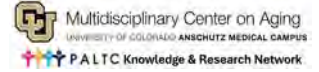
Gina Rowland  
Outreach Program Manager  
7351 E. Lowry Blvd., Ste. 400  
Denver, CO 80230  
Phone: (720) 858-6065  
growland@copic.com



COPIC's mission is to improve medicine in the communities we serve. We are a leading provider of medical liability insurance that goes beyond basic coverage to offer educational resources, expert guidance, and proven programs designed to address health care risks and support better outcomes.

### CU Anschutz Multidisciplinary Center on Aging

Cathy Gains  
Program Coordinator  
Mail Stop B179, 12631 E. 17th Ave.  
Aurora, CO 80045  
Phone: (303) 724-1919; Fax: (303) 724-1918; Cell: (303) 618-5690  
catherine.gains@cuanschutz.edu



The PALTC (Post-Acute and Long-Term Care) Knowledge and Research Network is a community-based network hosted by the Multidisciplinary Center on Aging at the University of Colorado Anschutz which meets monthly to identify opportunities and develop innovative solutions to the issues faced by everyone involved in older adult healthcare.

### Forte Health and Wellness

Scott McClusky  
Director, Marketing  
8181 E. Tufts Ave., Ste. 560  
Denver, CO 80237  
Phone: (815) 325-5537  
Phone: scott.mcclusky@fortehw.com



Our primary care teams are dedicated to helping our patients feel their best through coordinating care across our network to achieve optimal results. By taking on the risk and accountability for quality and service with our own employed providers, we maintain and promote better patient health and wellness. Our providers are partners with our patients, guiding them through diagnosis and treatment decisions, while taking into account patients' concerns and values when determining an appropriate treatment plan.

### Good Day Pharmacy

Beverly Brown, MBS, LM, CSTC  
Business Development & Client Relations Manager  
Good Day LTC Pharmacy  
4775 Larimer Pkwy., Ste. 100  
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### Longevity Health Plan

Donna DuLong, RN, MSN  
VP Colorado Market  
191 University Blvd., Ste. 163  
Denver, CO 80206  
Phone: (303) 874-8491  
donna.dulong@longevityhealthplan.com



Longevity Health Plan is more than a health plan. It's holistic care for members and peace of mind for loved ones.

Longevity Health Plan is an Institutional Special Needs Plan (ISNP), a specialized Medicare Advantage health plan serving people living in skilled nursing facilities. We partner with leading nursing homes around the country to improve the health and quality of life of residents by caring for their unique medical, social, and emotional needs.

### Magnolia Medical Group

Valerie LaVoie  
Director of Operations  
2925 E. Colfax Ave.  
Denver, CO 80206  
Phone: (303) 945-1155  
valerie.lavoie@magnoliamedical.com



Magnolia Medical Group is a practice that provides outpatient medication-assisted treatment (MAT) as well as comprehensive counseling programs for people who are struggling with addiction. Our team of board-certified physicians and counselors utilize an integrated harm-reduction model of care to address substance use disorders without judgment.

### MDOps

Matthew Almgren  
Development  
188 Cranberry Ct.  
Melville, NY 11747  
Phone: (631) 617-8659  
malmgren@mdops.com



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### Moderna

Jeff Hudson  
Specialty Markets, Account Manager  
200 Technology Sq.  
Cambridge, MA 02139  
Phone: (617) 460-1142  
jeff.hudson@modernatx.com



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### Molnlycke Healthcare

Audrey Lookner  
Denver PAC TSM  
4100 E. Iliff Ave., Unit 11  
Denver, CO 80222  
Phone: (303) 564-6571  
audrey.lookner@molnlycke.com



Molnlycke is a world-leading medical solutions company that strives to treat a variety of wounds with an Advanced Wound Care line. We enable confident, consistent wound care across the patient journey, with superior products and evidence-based processes to optimize clinical and economic outcomes.

### Neurocrine

Bob Crain  
Account Specialist  
12780 El Camino Real  
San Diego, CA 91230  
Phone: (971) 610-7048  
bcrain@neurocrine.com



Neurocrine Biosciences is a leading neuroscience-focused, biopharmaceutical company with a simple purpose: to relieve suffering for people with great needs, but few options. We are dedicated to discovering and developing life-changing treatments for patients with under-addressed neurological, neuroendocrine, and neuropsychiatric disorders. For more information, visit [neurocrine.com](http://neurocrine.com).

### Optum

Tim Rogers  
Vice President  
169 Inverness Dr. W., Ste. 400  
Englewood, CO 80112  
Phone: (303) 503-2585  
tim.rogers@optum.com



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### Otsuka America Pharmaceutical, Inc.

Kayla Waldie  
Account Manager  
508 Carnegie Center Dr.  
Princeton, NJ 08540  
Phone: (702) 349-7165  
kayla.waldie@otsuka-us.com



Otsuka America Pharmaceutical, Inc. (OAPI) is an innovative healthcare company that commercializes Otsuka-discovered and in-licensed products in the U.S., with a focus on neuroscience, nephrology, and medical devices. Lundbeck is a global pharmaceutical company, specialized in psychiatric and neurological disorders.

## pH1 Consulting

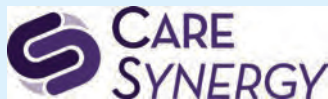
Megan Bland  
Director of Operations  
8181 E. Tufts Avenue, #510  
Denver, CO 80237  
Phone: (970) 381-1148  
megan.bland@ph1-consulting.com



Excelling in the healthcare industry requires constant improvement and innovation. At pH1 Consulting, we utilize our experience and expertise to assist our clients with the challenges associated with balancing patient care and patient experience while optimizing healthcare business operations.

## Pikes Peak Hospice & Palliative Care

Dee Licona  
Director of Business Development  
2550 Tenderfoot Hill St.  
Colorado Springs, CO 80906  
Phone: (719) 306-3960  
dlicona@pikespeakhospice.org



Care Synergy's is a network of not-for-profit community-based hospice, home health, and palliative care organizations serving Colorado's Front Range.

### OUR AFFILIATES:

Pikes Peak Hospice & Palliative Care  
Pathways  
The Denver Hospice and Optio Health Services  
Colorado Visiting Nurse Association

## ProHealth One

Brian Young  
Director, Business Development  
8181 E. Tufts Ave., #560  
Denver, CO 80237  
Phone: (720) 505-1016  
brian.young@prohealthone.com



ProHealth One partners with skilled-nursing and long-term care facilities to develop exceptional wound care programs. Our team of wound care certified providers deliver effective, compassionate care to your residents. Our wound care/ostomy certified nurses provide educational opportunities and inservices for your clinical team. Detailed encounter documentation is provided to the facility promptly after rounds. For partner facilities looking to grow their census through the wound care program, we also offer resources for community outreach.

## Restore First Health

Keziah Ritter  
Marketing Coordinator  
9195 Grant St., #301  
Thornton, CO 80229  
Phone: (720) 299-0579  
kritter@restorefirsthealth.com



Restore First Health collaborates with home health, skilled nursing and health systems, as well as individual patients and families to provide in-home, advanced therapy for chronic wounds. Our team of professionals evaluates each patient and works with the provider teams to communicate, collaborate and offer customized care for patients who need bedside assistance for stalled and non-healing wounds.

## SK Life Science

Jim Semans  
Key Account Manager  
3229 Royal Melbourne Dr.  
Plano, TX 75093  
Phone: (214) 707-3122  
jsemans@sklsi.com



SK Life Science, Inc. is focused on developing treatments for CNS disorders. We have a pipeline of eight compounds in development. The first approved drug is XCOPRI, an anti-epileptic drug indicated for focal seizures in adult patients. For more information on XCOPRI or SK life science, visit [www.XCOPRIhcp.com](http://www.XCOPRIhcp.com) or [www.SKLifeScienceInc.com](http://www.SKLifeScienceInc.com)

## Summit Medical Consultants

Ashley Pacheco  
Practice Manager  
9250 E. Costilla Ave., #540  
Greenwood Village, CO 80112  
Phone: (720) 644-9355; Fax: (720) 523-1654  
apacheco@summitmc.org



Founded in 2015 by Dr. Rajendra Kadari, Summit Medical Consultants has emerged as the leader in post-acute care across Colorado. Providing services at over 95 licensed facilities across the care continuum, our 85 physicians, nurse practitioners, and physician assistants manage the care of our patients with expertise and compassion throughout their hospital, acute inpatient rehab, skilled nursing, long-term care, and assisted living facility stays.

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## Telligen

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Phone: (800) 383-2856  
qiconnect@telligen.com



Telligen is a leader in quality improvement. Serving as a Centers for Medicare & Medicaid Services Quality Innovation Network-Quality Improvement Organization, Telligen partners with providers, nursing homes, hospitals, communities, patients, and families to improve the quality of healthcare services with interventions aligned with evidence-based practices – all at no cost!



**Vertilocity**

Tracy Hudson  
Marketing Director  
5600 Greenwood Plaza Blvd., Ste. 155  
Englewood, CO 80111  
Phone: (919) 986-5147  
thudson@vertilocity.com



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**Vivage Beecan**

Kara Gibson  
Business Development Manager  
12136 W. Bayaud Ave.  
Lakewood, CO 80228  
Phone: (303) 238-3838  
kgibson@vivagebeecan.com



Vivage Beecan is the largest skilled nursing provider in the state of Colorado, with 42 communities. Vivage Beecan is committed to providing compassionate care along with offering specialty services, including rehabilitation services, pulmonary care, secure memory care, long term care, ventilator care and expanding in-house dialysis services.



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# Session Learning Objectives



[2024 Conference Handouts](#)



## CHCA Trends in the LTC Profession

(0.5 M)

Jenny Albertson, NHA, QCP

8:10 – 8:20 a.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Discuss the current landscape of the long-term care profession.
2. Describe national and state-level governmental initiatives impacting LTC.
3. Identify key forces shifting the focus of LTC.



## Complicated Pain Management: Addiction, Tolerance or Both

(0.5 C)

Monica Ott, MD, CMD

8:20 – 8:45 a.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Distinguish addiction from tolerance.
2. Determine when buprenorphine might be appropriate.
3. Discuss how to set boundaries with patients requesting pain medication.



## Diabetes Management in PALTC: A Brief Update (Pre-recorded)

(0.5 C)

Naushira Pandya, MD, CMD

8:45 – 9 a.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Describe the challenges and strategies to optimize diabetes management in PALTC.
2. Highlight the use of newer therapeutic agents to improve cardiorenal outcomes.
3. Discuss the potential applications and benefits of wearable diabetes technologies.



## Keynote: Creating Cultural Transformation Through the Art of Belonging

(0.5 M)

Diane Sanders-Cepeda, DO, CMD

9:15 – 9:50 a.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Describe the tools required to cultivate a culture of belonging and the potential impact to our clinical practice and care delivery.
2. Discuss how we reinforce our PALTC infrastructure by adopting diverse, equitable, and inclusive policies.
3. Through the discussion of clinical scenarios, describe opportunities to promote equity, address healthcare disparities and foster a sense of belonging



## Managing Behaviors in PALTC – How To Do It Better

(0.75 C)

Kimberly Bryant, MHA, LNHA, CMDCP

10:20 – 10:45 a.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Identify triggers of behavioral and psychological symptoms of dementia.
2. Describe easy questions to identify how to address the behaviors non-pharmacologically.
3. Discuss the proper approach for behavioral and psychological symptoms of dementia.



## Post Pandemic CamDucky Derby

(0.75 C)

Greg Gahm, MD, MS, FACP

10:45 – 11:10 a.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Summarize the breadth of clinical education provided by CMDA and Geriatric Journal Clubs throughout the year.
2. Teach the updated indication for using ASA for CAD
3. Review the indications for the use of medications for the treatment of Dementia
4. Review the updated indications for the use of Iron supplementation
5. Develop a perspective of learning through game play that can be fun, entertaining, and valuable.

## CDPHE Update for CMDA

(0.75 M)

Jo Tansey

11:15 – 11:25 a.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Know who to reach out to within the Colorado Department of Public Health and Environment with issues concerning residential care facilities.
2. Identify current public health priorities for the CDPHE.



## Strategies to Prevent the Spread of Antimicrobial Resistance in Colorado

(0.75 C)

Christopher A. Czaja, MD, DrPH

11:25 – 11:50 a.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Identify the prevalence of antimicrobial resistance threats in Colorado.
2. Describe infection control strategies to prevent spread of antimicrobial resistance in long-term care settings.
3. Implement antimicrobial stewardship strategies in long-term care settings.





## How to Have the Conversation About Advance Care Planning

(0.5 M)

Hillary Lum, MD, PhD

12:55 – 1:20 p.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Identify how to routinely integrate ACP conversations into nursing home care.
2. Adapt ACP conversations to people with dementia and their surrogate decision maker.
3. Appropriately incorporate use of the Colorado MOST form into ACP conversation.



## Telligen Update: Together We Can Accomplish So Much

(0.5 M)

Christine LaRocca, MD

1:20 – 1:35 p.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Describe the role of Telligen, Colorado’s Quality Innovation Network-Quality Improvement Organization (QIN-QIO), and the no-cost, data-driven, quality improvement (QI) support we provide.
2. Identify current focus areas and explain how Telligen assists homes in reaching their patient safety goals by complementing, coordinating, and/or co-creating QI initiatives.
3. Summarize and celebrate data and outcomes from Telligen’s collaboration with nursing homes, the Colorado Department of Public Health and Environment’s HAI team, nursing home trade associations, and/or other partners dedicated to improving healthcare quality.

## Tai Chi in Post-Acute and Long-Term Care: Why Do it and How Do I Make it Work?

(0.5 M)

Elizabeth Eckstrom, MD, MPH, MACP

1:35 – 2 p.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Describe the benefits of tai chi for older adults – especially those in post-acute and long-term care.
2. Discuss strategies to incorporate tai chi into post-acute and long-term care programs.
3. Implement tai chi in post-acute and long-term care.



## Speech Language Pathologists’ Role on the Care Team

(0.5 M)

Samantha Conley, MS, CCC-SLP

2:30 – 2:55 p.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Identify Speech Language Pathologist scope of practice.
2. Discuss risk factors for dysphagia.
3. Describe 3 ethical or cultural considerations when recommending diet changes in patients with dysphagia.



## How to Sell Deprescribing of Antithrombotics and CNS Medications

(0.5 C)

Monica Ott, MD, CMD

2:55 – 3:20 p.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Identify which antithrombotic medication to GDR first.
2. Discuss family/patient barriers to deprescribing.
3. Demonstrate one approach to determining which CNS active medication to taper first based on specific patient characteristics/responses.



## New Dementia Medications

(0.5 C)

Cari Levy, MD, PhD, CMD

3:25 – 3:50 p.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Describe the effect of new monoclonal antibodies targeting amyloid beta.
2. Review the eligibility for monoclonal antibody dementia treatments.
3. List the major side effects and required monitoring for monoclonal antibodies targeting amyloid beta.



## Best Pearls of the Day

(0.5 C)

Allison Villegas, PA-C

Leslie Eber, MD, CMD

3:50 – 4 p.m.

### LEARNING OBJECTIVES

At the conclusion of this program, attendees should be able to:

1. Summarize clinical pearls from the CMDA Annual Conference that can be used in everyday PALTC practice.



[2024 Conference Handouts](#)

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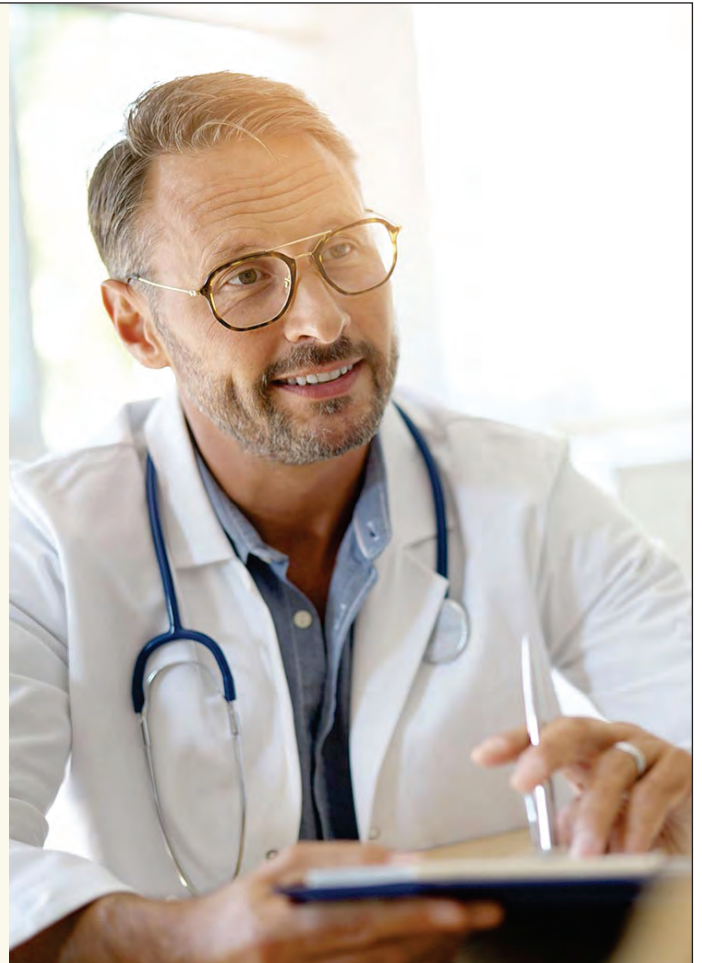
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## PALTC KNOWLEDGE AND RESEARCH NETWORK MONTHLY MEETINGS

Monthly Meeting are the 1st Thursday of the Month (\*exceptions for holidays)

- **Monthly Zoom Meeting 2-3 PM**
  - May 2, 2024
  - August 1, 2024
  - October 10, 2024\*, November 7, 2024
- **Quarterly In-Person Meeting 1:30 - 3:30 PM at various locations around Metro Denver**
  - July 11, 2024\* - Shalom Park, Aurora
  - December 5, 2024 - TBD
- **Yearly In-Person Full Day Conference 9 - 3 PM**
  - September 5, 2024 -location TBD

TO JOIN OUR NETWORK OR FOR MORE INFORMATION CONTACT:  
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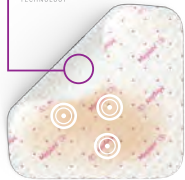
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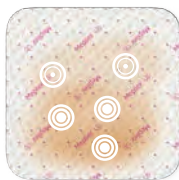
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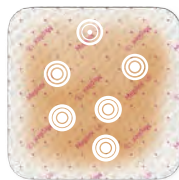
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