



ELDER CARE MEDICINE NETWORK

February 2023

The [Peter Lamy Center on Drug Therapy and Aging](#) at the University of Maryland, Baltimore is part of a national group working to build [The Elder Care Medicine Network](#), a project funded by a grant from the Eugene Washington PCORI Engagement Awards program, an initiative of the Patient-Centered Outcomes Research Institute (PCORI). The Elder Care Medicine Network brings together patients, caregivers, researchers, and pharmacists to discuss "Patient Centered Outcomes Research" (PCOR) on the best use of medicines for **seniors** (also known as kūpuna in Hawaii).

AGE FRIENDLY ACTIVITY

As the colder weather is upon us in many areas of the country, we find exercise and energy may decrease. That is why we need to support each other to become more **ACTIVE**. **Physical activity** benefits the body and will enrich your mental and physical health. The American Association of Retired Persons (AARP) offers a short 10-minute fitness, stretching, and exercise videos, along with personalized classes which can be found here: <https://www.aarp.org/health/healthy-living/info-2020/exercising-at-home.html>



REGIONAL UPDATES

MidAtlantic Region

Over the last 2 months, our team has been organizing events within our community to both educate our students but also older adults and caregivers. We are excited about these programs and would love for you to get involved and register for these programs [HERE](#).

Also, join us on **Thursday February 16th from 10:30-11:45 AM EST** for a discussion about patient centered outcome research and medication use and safety. Join Zoom Meeting

<https://umaryland.zoom.us/j/91764465968>. Meeting ID: 917 6446 5968

Midwest Region

The Midwest region/team had a local discussion with 29 participants on the topic of how independent senior living facilities can add to the discussion of optimizing patient centered outcomes research (PCOR) for the older adult population. Participants also shared insights on how their pharmacists can work as part of an integrated healthcare team to promote medication management. Network members encouraged older adults to participate in PCOR in the near future.

Hawai'i Region

The following artwork, titled “Kahuna Lapaau” was created by artist, Dietrich Varez, and will serve as the Hawaii regional network logo. The combination of the traditional Kahuna Lapaau image and the scientific-abstract Kupuna Care logo encapsulates the intersection of traditional Hawaiian practices and Western medicine. The earth-tone color palette for the logo projects a subdued and non-threatening feel which is important when appealing to kupuna. Presented is a key image from Dietrich Varez’s artwork.



QUESTIONS?

If you have any questions, please reach out to Dr. Nicole Brandt at (410) 706-1491 or lamycenter@rx.umaryland.edu who is coordinating efforts of the Elder Care Medicine Network. More information can be found at our [website](#).

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