

UGEC Fireside Chat Series

As a part of our Utah Geriatric Education Consortium (UGEC), I have the privilege of serving as the team lead of Community Education. Our team has developed a series of "Fireside Chats" geared towards community members, family caregivers, and professionals working with older adults in the community or in long-term care settings. The "Fireside Chats" are specifically designed to address two main themes: Creating Age-Friendly Health Care Systems and Creating a Dementia-Friendly America. These sessions are held live as a webinar, but are also recorded and posted on our website, utahgwep.org/trainings/fireside-chats, for you to watch at your convenience. We hope these presentations, provided by community experts and university faculty, provide useful information for you as individuals and as caregivers.

- Kara Dassel, PhD, FGSA, FAGHE
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"Screen for the 3D's: Dementia, Depression & Delirium"

Presented by Dr. Rand Rupper



Rand Rupper, MD, MPH is a geriatric physician and health services researcher at the Salt Lake VAMC and an Associate Professor at the University of Utah.

"The LEAD Guide: Life-Planning in Early Alzheimer's and Dementia"

Presented by Dr. Kara Dassel



Kara Dassel, PhD is an associate professor in the Gerontology Interdisciplinary Program in the College of Nursing at the University of Utah. Kara coordinates the ADRD community education for the UGEC, and is the author of the recent LEAD Guide.

"Coping with Stress During the Health Crisis"

Presented by Dr. Kathie Supiano



Kathie Supiano, PhD, LCSW, FT is an Associate Professor and the Director of Caring Connections: A Hope and Comfort in Grief Program, the bereavement care program of the University of Utah serving the intermountain west.

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"Current Issues and How to Identify 'Fake News' or Information"

Presented by Dr. Tim Chambless



Tim Chambless has taught 10 different courses in: Political Science, Communication, History at the English Language Institute and the U's Hinckley Institute of Politics. Currently, he teaches 3 sections of Current Issues in U.S. Politics & Government for the U of U's Osher Lifelong Learning Institute.

"Promoting Resiliency through Mindfulness"

Presented by Katarina Felsted, PhD



Katarina Friberg Felsted is an Associate Professor in the Gerontology Interdisciplinary Program in the College of Nursing at the University of Utah, and holds a PhD in Nursing Research as well as an MS in Gerontology.

"Simple Exercises You Can Do in the Home"

Presented by Dr. Jim Ballard



James Ballard, PT, DPT, GCS, WCS has been a faculty member in the Department of Physical Therapy since 2004. He is currently a clinical assistant professor and the clinical director of the University Balance and Mobility Clinic

"Arts-Based Activities for Persons with Dementia"

Presented by Jackie Eaton, PhD



Jackie Eaton, PhD is Assistant Professor and Director of the Gerontology Interdisciplinary Program in the College of Nursing at the University of Utah. She has a bachelor of art in theater art studies, a M.S. in gerontology and a PhD in nursing.

"How to Stay Healthy Long-Term During COVID"

Presented by Melissa Batchelor, PhD



Melissa Batchelor, Ph.D., RN-BC, is a tenured associate professor of nursing and geriatric nursing researcher. She is the director of GW's interdisciplinary Center for Aging, Health and Humanities.

"Tips & Tricks for Optimizing Vision"

Presented by Dr. Corinna Tanner



Corinna Tanner joined the Brigham Young University College of Nursing as an Assistant Professor after completing her PhD and a two year NIH Research Fellowship in cancer, aging and end of life. She maintains an ongoing clinical practice at the University of Utah Moran Eye Center.

"Creative Interventions to Reduce Social Isolation for People with Dementia and their Caregivers"

Presented by Rosemary Quatrale



Rosemary Quatrale is the Older Adult Care Manager at Jewish Family Service. Rosemary oversees the SNAP assistance program, Music & Memory, Caregiver support groups, the Gleeful Choir, and memory café, and has developed new programs to meet the needs of caregivers during the time of COVID-19.

"Getting the Help You Need: Community Resources for Caregivers"

Presented by Scott Rasmussen, Moriah Mason & Nancy Madsen



Scott Rasmussen is the Program Director of DayBreak Senior Services.



Moriah Mason is the Regional Manager for the Alzheimer's Association covering Salt Lake and Tooele Counties.



Nancy Madsen is the Utah Caregiver Support Program Manager for the State of Utah/Division of Aging & Adult Services.

"Me & My Wishes"

Presented by Dr. Gail Towsley



Gail Towsley, PhD is a tenured Associate Professor at University of Utah College of Nursing. She teaches in the Gerontology Interdisciplinary Program and Nursing doctoral program. She has led the development of Me & My Wishes- resident centered video recorded conversations to communicate care preferences for today and at the end of life.

"Music-Based Caregiving"

Presented by Emily Christensen



Emily Christensen is a board certified music therapist and director of Crescendo Music Therapy. She completed her undergraduate degree in music therapy from Utah State University and her graduate degree from the University of Utah in Gerontology. Emily specializes in hospice, dementia and general elder care.

"Funding Care in Independent, Assisted Living and Memory Care Communities"

Presented by Michelle Malais



Michelle Malais is a CSA, Certified Senior Advisor (CSA)®, which is the leading certification for professionals serving older adults. She is the owner of Assisted Living Locators, a referral and placement agency, serving the Wasatch front. She is also Dementia Care certified which allows her to understand and assist clients and their families in an empathetic and knowledgeable manner.

"Dementia Care Transitions: Dead Ends, Detours, Denial"

Presented by Dr. Troy Andersen



Troy Christian Andersen, PhD, MSW, MS, LCSW, is the Executive Director of W. D. Goodwill Initiatives on Aging and Associate Professor/lecturer in the College of Social Work at the University of Utah. Dr. Andersen is a dementia specialist clinical social worker at the Center for Alzheimer's Care, Imaging and Research at the University Of Utah School Of Medicine.

"Neuroplasticity in the Aging Brain: How to Maintain and Enhance Function"

Presented by Dr. Sarah Morimoto



Dr. Sarah Shizuko Morimoto is Associate Professor in Population Health Sciences, Division of Health Systems Innovation and Research and Director of Cognitive Remediation in Psychiatry at the U of U School of Medicine. Dr. Morimoto's research focuses on developing tech-based digital interventions to enhance plasticity in an aging brain. Her clinical research and clinic treat older adults who suffer from depression and cognitive impairment.