



# AgingME GWEP

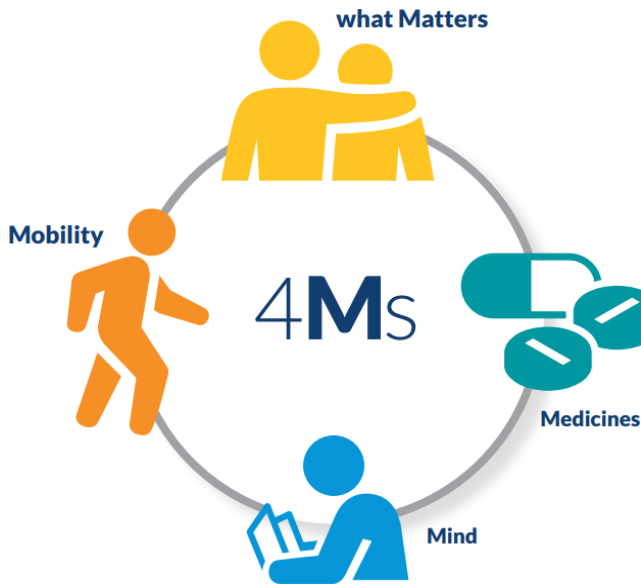
Geriatrics Workforce Enhancement Program \*

## LUNCH & LEARN

Free Live Webinar / Certificate of Attendance Provided  
Questions? Contact [diana.scully@maine.edu](mailto:diana.scully@maine.edu)

Monday, April 8, 2024  
12-1 pm via Zoom

# Register Here



## The 4Ms

*Presented by*

Judy Metcalf, APRN, BC, MS, FMGS

Associate Program Director  
Geriatrics Workforce Enhancement Program  
College of Osteopathic Medicine  
University of New England (UNE)

A movement to create Age-Friendly health systems is happening in Maine and throughout the U.S. The goal is to help older adults choose and receive the best care possible and be as well as possible. The 4Ms framework—what Matters, Mobility, Mind, and Medications—exists to help us reach this goal. Zoom with UNE’s Judy Metcalf at noon on Monday, April 8 to:

- ✓ Learn about the genesis of the 4Ms.
- ✓ Examine the focus of each of M.
- ✓ Explore how older people can advocate for themselves and how professionals can help.
- ✓ Discover approaches and resources to help implement the 4Ms.



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## **Judith A. Metcalf, APRN, BC, MS, FMGS**

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Ms. Metcalf is Associate Program Director for the Geriatrics Workforce Enhancement Program (GWEP) sponsored by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services. This 5-year grant funded program within the University of New England College of Osteopathic Medicine works in close collaboration with the University of Maine and multiple statewide partners to improve health outcomes for older adults throughout Maine. The UNE GWEP known as AgingME aims to create a more age-friendly health system by better preparing an age-capable workforce, transforming primary care practices, and engaging and empowering older adults. The Age-Friendly 4Ms movement of the Institute for Healthcare Improvement (IHI) is at the heart of this work.

Ms. Metcalf is a former Clinical Assistant Professor of Nursing at UNE where she served as Project Coordinator of the HRSA funded Nurse Education Practice Quality and Retention program, "Upstream Practicum in Nursing Program". She has extensive experience as the PI/PD of the previously HRSA funded UNE-Maine Geriatric Education Center (UNE-MGEC) directing several programs related to community, public and population health. She has served as President, Vice President and Board member of the Dirigo Maine Geriatrics Society, the statewide affiliate of the American Geriatrics Society, and serves on several statewide boards and committees.