

# SWEDISH GERIATRICS FELLOWSHIP

SUMMER 2016

SWEDISH MEDICAL CENTER SEATTLE, WASHINGTON

**H**appy Summer from Swedish Family Medicine Residency –  
Geriatric Medicine Fellowship Program!

## FELLOWSHIP DIRECTOR'S UPDATE

The new academic year has started and we are excited to welcome our new fellows Anshu Rimal and Laura Blinkhorn to the program! We recently celebrated the graduation of our fellows, Andrea Grace and Melissa Leedle.

Over the last several months, we have had the honor and pleasure to present to our local community. These events were a success, and it was striking to see how appreciative the attendees were that we came to their community to speak. I was inspired to see how engaged and active they were in their own health and well-being.

Events such as these can break down some perceived barriers between healthcare providers and patients and contribute to the health of the community.

Carrie Rubenstein, MD  
Geriatric Medicine Fellowship Director

## The Importance of Community Connection

### PIKE MARKET SENIOR CENTER COMMUNITY

On April 12, Geriatrics Fellow Melissa Leedle and Fellowship Director, Carrie Rubenstein presented to the seniors at Pike Market Senior Center Community.



From Left to Right: Zoe Freeman, Pike Market Senior Community members, & Melissa Leedle, MD (Fellow),

The topic was “Steps to Positive Aging” and covered topics such as nutrition, sleep, medications, and exercise.

Zoe Freeman, who helped coordinate the event, said, *The Wednesday “Steps to Positive Aging” workshop was wonderful and magical. Thank you immensely for your energetic engagement in the project. You made the information fun and accessible. We were delighted that so many woman attended!*

## ALUMNI SPOTLIGHT

**Andrea Grace, MD**  
(2016 Fellowship Graduate) has joined Group Health’s Department of Innovation and Development to create a memory care service.

**Melissa Leedle, MD**  
(2016 Fellowship Graduate) moved to Portland, OR to work at Providence Elderplace, a PACE (Program for All Inclusive Care for the Elderly) program.



### 2016 AGS PRESENTATIONS

[Cultivating Collaborative Practice within an Academic Geriatric Assessment Inter-professional Team.](#) Carrie Rubenstein, MD.

[Rapid Progressive Dementia \(RPD\): A case for medical and ethical consideration.](#) Andrea Grace, MD.

[Meeting the Quintuple Aim: One Year Results from the Iora Primary Care Practices for Older Adults.](#) Carroll Haymon, MD. (Fellow ‘04 and former Program Director)

## The Importance of Community Connection (continued)

### HORIZON HOUSE COMMUNITY OF FIRST HILL

On July 19, 2016, Geriatric Fellow Andrea Grace, Carrie Rubenstein, and a Sleep Medicine Nurse Practitioner, Sarah James (from Swedish Sleep Medicine), presented to Horizon House Community of First Hill. The topics covered were healthy sleep, insomnia, and how to take control of your sleep. Almost 100 residents of Horizon House came to hear the talk!

Margaret Burke, a Horizon House resident and retired Swedish Nurse Educator, helped coordinate this event. She reported back after the talk: *Thanks to all of you for an outstanding program last evening. We had nearly 100 participants - engaged and enthusiastic. I had have heard nothing but positive comments about your presentation - information covered, presentation skills, audience connection, come back again - just to name a few.*



From left to Right: Margaret Burke; Carrie Rubenstein, MD; Sarah James, ARNP; & Andrea Grace, MD

### Words from our Graduates:

Melissa Leedle MD,

One year ago, I was excited and nervous to start my geriatric fellowship at Swedish. I joined a community of geriatricians devoted to caring for older adults from diverse backgrounds and in multiple care settings. Over the year, not only did I learn from the geriatricians and faculty at the program, I also learned from nurses, social workers, pharmacy and mental health providers who are equally as devoted to providing care to the community of older adults in Seattle.

I feel Swedish Geriatric Medicine Fellowship has prepared me well for my new position. I will be moving to Portland to work at Providence Elderplace, a PACE (Program for All Inclusive Care for the Elderly) program. Elderplace is devoted to keeping older adults as healthy as possible and living in their community for as long as possible.



From left to Right: Sarah Babineau, MD; Melissa Leedle, MD; Andrea Grace, MD; Carrie Rubenstein, MD, and Carla Ainsworth, MD

Andrea Grace, MD

Going back into training after 8 years in practice was timed perfectly. I had been working in Geriatrics in the form of Skilled Nursing Facility and Long-Term Care for 6 years and had enough experience to hone my career goals. Those goals were easily recognized because of the flexibility of the fellowship schedule - concentration on Hospice and Palliative Medicine (HPM), program development with Swedish @ Home, academic projects including a poster presentation at AGS, and experience with inpatient and outpatient consultative Geriatrics, all of which were not possible in my previous position.

It also provided an easy entry into the network of Geriatricians and HPM physicians, which is a crucial part of advancing our subspecialties' to patients, families and the health care systems that serve them. The advanced training in Geriatrics affords the broadest based experiences in the field and of course the ability to become board certified, an accomplishment not to be underestimated.

I'm looking forward to starting a new position at Group Health with the Department of Innovation and Development to create a memory care service and continue their work already in progress with home health care for patients with complex medical and social issues. I'll also be providing outpatient and inpatient palliative care.