

21st Annual Senior Injury Prevention Educational Forum

March 8, 2023, 9 am-noon



Strong Bonds, Strong Bodies: Keys to Aging Well

The speakers for 21st Senior Injury Prevention Educational Forum will explore two topics that can factor into our risk for falls and our overall health and well-being as we age. Join this year's Forum to learn strategies to address the challenges of loneliness and social isolation and the importance of maintaining muscle mass for older adults.

Keynote Speaker: Carla M. Perissinotto M.D., M.H.S.

“Addressing Loneliness and Isolation Medically and with a Public Health Lens”

Dr. Perissinotto will discuss current trends in loneliness and isolation with a focus on older adults. In addition, she will discuss the role of **medicine** and public health to address social isolation and loneliness given their impacts on health.



Carla M. Perissinotto is a Professor in the Division of Geriatrics, Department of Medicine at the University of California, San Francisco (UCSF) and is board certified in internal medicine, geriatrics, and palliative medicine. She served as the associate chief for geriatrics clinical programs at UCSF from 2017 to 2021. In this role she oversaw and developed new clinical programs serving older adults across care settings. For over a decade she has worked in home-based primary care. More recently, she has begun working with VITAS hospice as an associate medical director, working to rethink how we care for patients with terminal dementia. Dr. Perissinotto has gained national and international recognition for her research on the effects of loneliness on the health of older adults. Her research and advocacy have focused on integration of loneliness assessments in health care, and evaluation and implementation of community-based programs focused on ameliorating loneliness and isolation in adults.



Speaker: Lindsay Orbeta, M.S., R.D., C.S.S.D.

“Senior Wellness: Muscle Mass Retention”

Nutrition and exercise can help maintain strength and quality of life. Muscle mass is lost as part of normal aging, effecting strength and mobility. Ms. Orbeta will address many controllable risk factors such as nutritional deficiencies, hormonal changes, comorbidities (e.g., diabetes, hypothyroidism), medication, and physical activity/daily movement.

Lindsay Orbeta is a Registered Dietitian with a double Master of Science in Sports Nutrition and Exercise Physiology. As the Senior Nutritionist for Alameda County, she develops and monitors compliance of California state-funded senior meal programs. Lindsay also works closely with the UCSF Sports Medicine Team to provide sports nutrition services to Oakland's professional soccer team, Roots, within the United Soccer League and running clinics. Formally, she directed the Metabolic Research & Testing Lab at UCSF.

STORY BEHIND THE PHOTO: The title of this photo is “Rose” and was taken by Shonana Fink. It won a merit prize in the 2021 photo contest held by National Council on Aging Organization. It can be found in a collection of photos entitled, “[Aging Well for All.](#)” Look closely at this photo. The three hands help tell a story.

REGISTER HERE

Register in advance for this meeting by clicking this link: https://picf-org.zoom.us/meeting/register/tZYuc-uupzsqHNlbs2vPu9V_LKGJXvTswduU.

After registering, you will receive a confirmation email containing information about joining the meeting. The SIPP Forum is a **free** educational event sponsored by the Alameda County Health Care Services Agency and coordinated by the Senior Injury Prevention Partnership through the Alameda County Emergency Medical Services Agency's Injury Prevention Program. No CEUs will be awarded this year. If you have questions, please contact Carol Powers, Senior Injury Prevention Program, Alameda County Emergency Medical Services, carol.powers@acgov.org.

Partners in Care Foundation staff members are aiding us in bringing the SIPP Forum to you virtually. They are providing technical support and the use of their Zoom account. For this, I am/we are most grateful. To learn more about the Foundation, click here: [Partners in Care Foundation](#).