

ENHANCE THE HEALTH OF YOUR COMMUNITY

Primary Care, Education and Geriatric Expertise

Twin Cities Physicians is known for providing service-oriented primary care to residents of select senior communities. Partnering with us also offers opportunities for your residents, their families, and your staff to gain needed knowledge in the area of geriatric care.

EDUCATION SERIES | *Choosing Wisely In Geriatrics*

Staying healthy while growing older can be a challenge for many people. With the right combination of smart insights and a thoughtful plan of action, however, it's possible to live a better quality of life as an aging adult. Our education series, delivered onsite for your community, allows you to empower your staff, residents, and their families with the latest geriatric health information presented in a convenient and interactive format. Featuring the expertise of our founders, **Dr. Clemencia Rasquinha, MD, CMD**, and **Steven Atkinson, PA-C, MS**, both nationally known authors, speakers, and experts in geriatric medicine, this series is structured to include:

1. **Q & A Session** – A private meeting with your staff
2. **Interactive Presentation** – A formal presentation for residents and families
3. **Meet & Greet** – An informal time for everyone to talk with our providers and enjoy refreshments

Our interactive presentations can be tied to various health awareness months, with a menu of topics that include:

- **Understanding Dementia**
- **Common Geriatric Emergencies**
- **Geriatric Depression**
- **Healthy Brain, Healthy Mind—Minimizing the Risk of Alzheimer's Disease**
- **Graceful Aging with Quality**
- **Sundowning and Why It Occurs**
- **Geriatric Pharmacology**
- **10 Medications Seniors Should Avoid**
- **End-of-Life Discussions with Empathy**
- **End-of-Life Decisions**

ON-SITE MEDICAL DIRECTOR SERVICES

Dr. Clemencia Rasquinha, MD, CMD, Founder & Partner with Twin Cities Physicians, brings years of experience to us as a Certified Medical Director. She is able to provide onsite medical director services in an official capacity to your community in addition to her regular visits with your residents in their homes.

STAFF ENRICHMENT & TRAINING

We understand that your staff comes from all different backgrounds and experience levels. They often encounter challenging geriatric care issues in their day to day work with your residents. Let us provide some of the answers to their questions and help them provide the highest quality care through onsite training sessions and one-on-one meetings.

For more information about these opportunities to enhance the health of your community, call us at **763-267-8701** or email us at info@twincitiesphysicians.net