

**PALMed Texas Geriatrics Annual Conference 2026: *Houston: We Have Geriatrics!*
Session Objectives and Speaker Bio(s)**

**Speaker(s): Tammie Michael, DNP, APRN, AGPCNP-BC
Jennifer Young, MSN, APRN, AGPCNP-C**

Title: *Age-Friendly Health System 4M's: Mentation and Mental Health*

Date: Friday, July 31, 2026

Time: 8:00 am to 9:00 am

Objectives:

1. Identify the three core components of Mentation in the Age-Friendly Health System.
2. Describe how to screen for cognitive impairment and management strategies for patients with suspected or confirmed cognitive impairment.
3. Describe how to screen for depression in older adults and management strategies for patients with depression and mental health concerns.
4. Demonstrate how to apply Mentation principles in geriatric care.

Tammie Michael, DNP, APRN, AGPCNP-BC

Tammie Michael is a Nurse Practitioner at the University of Texas Medical Branch practicing in the Internal Medicine/Geriatrics Home Based Primary Care program. She obtained her DNP and Masters degree from UTMB School of Nursing. She is certified in Adult Geriatric Primary Care through the American Nurses Credentialing Center.

Jennifer Young, MSN, APRN, AGPCNP-C

Jennifer Young is a Nurse Practitioner at the University of Texas Medical Branch practicing in the Internal Medicine Geriatric Home Based Primary Care Program. She obtained her master's degree in nursing from University of Texas Medical Branch in Galveston, TX in 2014. She is certified in Adult Geriatric Primary Care through the American Association of Nurse Practitioners.