



all nursing home residents each year. These impactful results were presented at the PALTmed and AGS annual conferences and are pending publication in the *Journal of the American Geriatrics Society*.<sup>2</sup>

Charles Semelka, MD, and his team from Wake Forest University, who studied post-acute care utilization patterns and outcomes in frail older adults, found that among nearly 24,000 hospital discharges, patients with frailty had higher 30-day mortality and 30-day readmission rates compared to non-frail individuals. Discharge to a SNF posed a high risk for short-term mortality, indicating the need to differentiate these frail individuals to deploy appropriate interventions. Frailty assessment at hospital discharge provided high clinical value in determining patients at risk of poor outcomes.<sup>3,4</sup>

Sarah Holmes, PhD, evaluated the effectiveness of optimizing meaningful activity as a strategy to reduce sedentary behavior in residents with dementia in assisted living (AL) facilities. She found that the meaningful activity intervention was feasible to implement in AL and resulted in a significant decrease in behavioral symptoms while producing non-significant trends of decreased time spent sedentary. Dr. Holmes is presenting her results at PALTC26 in Anaheim, CA.

The most recent grant recipient was Rachel McPherson, PhD, MA, for a study entitled, Pilot Testing the Fostering Positive Care Interactions in Assisted Living (FCPI-AL).

The impactful results from Foundation-sponsored projects have contributed clinically important findings that our members can apply to improve patient safety and quality of care in PALTC settings. These clinician/researchers are to be commended for their work.

This year, the deadline for interested investigators to submit a letter of intent to apply for a research grant through the Foundation is April 13. The Foundation has focused on attracting additional support for research and is pleased to announce that three grants are being offered in 2026:

1. Parkinson's Disease in Long-Term Care Residents, philanthropically supported by Acadia Pharmaceutical
2. Tardive Dyskinesia in Long-Term Care Residents, philanthropically supported by Neurocrine Bioscience
3. Foundation for PALTC Medicine (unspecified condition)

The submission process is the same for all three grants and is outlined on the [Foundation website](#).

Cari Levy, MD, PhD, CMD, the chair of the Foundation for PALTC Medicine, states, "It is an honor for the Foundation to continue to support the high-impact work of investigators invested in improving the quality of care in our community of older adults. We look forward to receiving an increasing number of high-quality research proposals during our 2026 funding cycle."

*Barbara J. Zarowitz is editor-in-chief of Caring for the Ages and a member of the Foundation Board of Directors.*

## References

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2. McGarry BE, Grabowski D. The effect of medical directors on nursing home quality: Evidence from certified medical director hires. *JAGS* 2026; accepted for publication.
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<https://paltmed.org/news-media/basking-glow-foundations-sponsored-research-program-just-look-what-your-money-can-buy>