

UofL Geriatrics at Cardinal Station  
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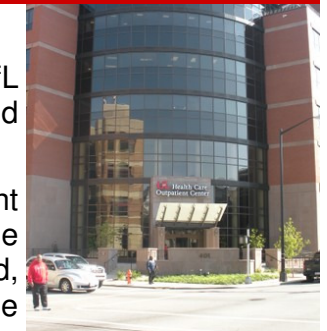
## UofL Geriatrics Advisory Board Leads the Way

by Jill Scoggins

### *Fundraising Goal Exceeded*

The generosity and leadership of the Geriatrics Advisory Board has enabled UofL Geriatrics to expand the scope of care provided to our patients, their families and caregivers.

The effort began when an anonymous donor provided a gift of \$250,000, contingent upon the department's ability to raise a matching amount by June 30. Drawing upon the generosity of the Advisory Board and other donors, an additional \$263,285 was raised, surpassing the half-million-dollar mark necessary to build out new clinical space on the first floor of the Health Care Outpatient Center (HCOC) at 401 E. Chestnut St.



*Healthcare Outpatient Center*

The move will enable more coordination of care for geriatrics' patients. "Beginning this summer, we began using the Geriatric Evaluation and Treatment Program for all new patients, and the new space in the HCOC means we will have improved physical space to coordinate it," Dr. Christian Davis Furman, vice-chair for geriatric medicine, said.

With this program – known as "GET" and offered in Kentucky only by UofL Geriatrics – an interdisciplinary approach is used to develop a treatment plan for patients. With GET, patients receive a medical evaluation by a geriatrician; a cognitive evaluation by a psychologist; a review of their current medications by a PharmD trained in Geriatric Pharmacy; and a psycho-social assessment by a social worker to evaluate their current caregiving and support needs.

After these four evaluations are conducted, the entire team of geriatrics professionals come together to develop a personalized and comprehensive care plan for the patient. The new space in the HCOC will enable each of the four disciplines to have the dedicated space they need to fully accommodate patients and their families in assessing patients and developing their treatment plans.

UofL Geriatrics expects to move into the new facility around Labor Day, a move that would not have come about without the leadership of the Advisory Board, its chair, Mac McClure, and chair-elect, Mary Romelfanger.

"Every member of the Advisory Board contributed a donation to this effort as well as promoted it to others for donations," Dr. Furman said. "We are so grateful for their leadership and generosity." She noted that 100 percent of Geriatrics faculty and staff donated to the effort as well and said, "We are very fortunate to have dedicated providers and staff at UofL Geriatrics and are very appreciative of their generosity."

The Advisory Board is made up of area civic leaders who care about providing optimal care to older adults. "Their advice and recommendations are invaluable to what we do," Dr. Furman said. "Many of our Advisory Board members are involved in geriatrics care themselves, through affiliation with nursing homes and agencies that provide services to seniors. Others are business leaders in other professions but who have a strong interest in geriatrics health care."

"UofL Geriatrics deeply appreciates their support, not only in our recent fundraising campaign but in all they do for us. I can't thank them enough."

***"We are so grateful for their leadership and generosity."  
She added that 100 percent of Geriatrics faculty and staff  
donated to the effort as well.***



*UofL Geriatrics Advisory Board*



## Dr. Jane Thibault

Dr. Jane Thibault retired from her gratis appointment at the end of June after serving the Department of Family and Geriatric Medicine in a variety of roles since 1981. With an advanced degree in Clinical Gerontology, Dr. Thibault has been a vital member of the UofL Geriatrics and the Geriatric Evaluation Team.

She held an appointment as Associate Professor before accepting phased retirement and a subsequent appointment as Clinical Professor (gratis) in our department. Dr. Thibault has always been a passionate champion of elder issues. She has provided valuable ongoing education of staff, faculty, students and residents regarding the non-medical components of gerontology.



*Dr. Jane Thibault*

She established the Louisville branch of the Alzheimer's Association in 1982 and was instrumental in creating the Geriatric Medicine Fellowship for our department. Recognition of her abilities as both a clinician and educator have led to being named the Champion for the Aging award in 2001, Outstanding Community Service Award in 2006, University Alumni Fellow in 2006, and faculty member for the Oxford Roundtable at Oxford University in 2007.

Dr. Thibault has been appointed as emerita faculty to honor a career spanning over 30 years that serves as a model of dedication, passion, professionalism and expertise.

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From her colleagues:

*"Jane Thibault is one of the most outstanding and deserving individuals I have ever known. It is an honor to call her a friend."*

— Richard Aud, MD

*"Thank you, Jane, for teaching us all so much over the years!"*

— Dee Antimisiaris, Pharm D

*"What an impressive career! Thanks, Jane, for paving the way."*

— Christian Furman, MD

*"We commend Dr. Thibault on her dedication and service to the department. She has been a wonderful teacher and mentor to many of the current faculty in Geriatrics as well as so many more fellows and residents. She will be greatly missed. Thanks, Jane!"*

— Belinda Setters, MD

*"I have told Jane that she is the only person in the history of academic medicine who has no enemies."*

— Richard Haddy, MD

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## Congratulations 2010-2011 Fellows – Drs. Ali, Church and Compton

UofL Family and Geriatric Medicine Graduation was on Saturday, June 18, at the Derby Museum. Our three fellows were honored at graduation. Dr. Hina Ali accepted a position with the Lexington Fayette Health Department in Lexington, KY. Dr. Ronna Compton accepted the position of Assistant Professor of Family Medicine and Geriatrics at the University of Pikeville Kentucky College of Osteopathic Medicine in Pikeville, KY. Dr. Kelly Church accepted a position with the Robley Rex VA Medical Center here in Louisville and will have a voluntary clinical faculty appointment with UofL Geriatrics. We wish them well in their new endeavors.



*UofL Geriatric Medicine Faculty and Fellows 2010-2011*



*Dr. Compton, Dr. Church, Dr. Ali*

## Welcome 2011-2012 Geriatric Medicine Fellows



*Dr. Sadaf Naqvi*

**Dr. Sadaf Naqvi** began her fellowship with UofL Geriatrics on July 1. Dr. Naqvi obtained her MBBS (MD equivalent) at Sind Medical College in Karachi, Pakistan. She completed her residency training with the University of Kentucky Family Medicine Program in Hazard, Kentucky.

**Dr. Daniela Neamtu** will begin her fellowship on October 17. Dr. Neamtu obtained her MD and completed residency training at the University of Medicine and Pharmacy in Cluj-Napoca, Romania. She has also completed residency training with the University of Louisville Internal Medicine Program.

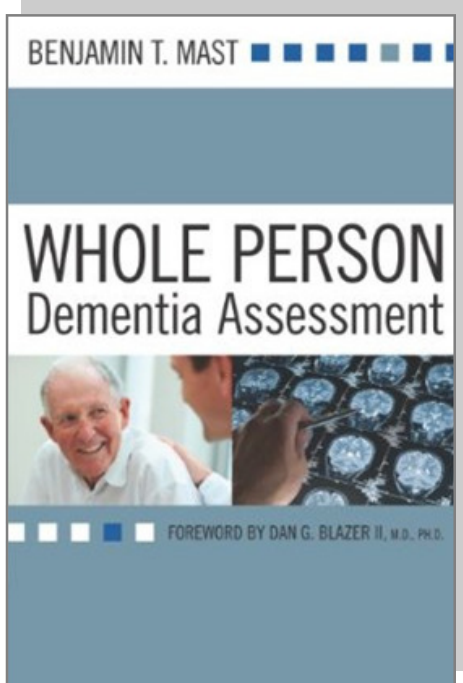
**Dr. Sonia Itticheria** will begin her fellowship in September. Dr. Itticheria obtained her MD at Spartan Health Sciences University, St. Lucia, West Indies, and then completed her residency training at the University of Cincinnati Family Medicine Program in Wilmington, Ohio.



## **Dr. Benjamin Mast's Exciting New Book**

by Kim Toebbe

**Whole Person Dementia Assessment** is a groundbreaking new book written by our own colleague, Benjamin T. Mast, PhD. Dr. Mast, along with his graduate students, provides mental status assessment and counseling for patients at UofL Geriatrics.



Dr. Mast recommends developing a good rapport with families and sufferers of dementia through the use of comprehensive, "whole person" assessments which provide a well-rounded understanding of the person's strengths, weaknesses, and which interventions will be most successful.

Quality of life standards are identified and suggestions made to strengthen and facilitate the person's ability to have the highest quality of life possible. A Whole Person Dementia Assessment is the beginning to a comprehensive plan of care to include the person, family, neighborhood, clinicians, and others who may enhance a person's life in spite of this devastating diagnosis.

This excellent book is used as a textbook for classes which Dr. Mast teaches as Associate Professor of the UofL Department of Psychological and Brain Sciences but is designed to be understandable to most readers who may wish to become further educated on the subject of whole person assessment and care.

Available on Amazon.com, the ISBN is: 978-1-932529-71-5.

## **Faculty and Fellows Visit Washington, DC, while at AGS**



While attending the 2011 annual meeting of the American Geriatrics Society (AGS), several of our faculty and fellows took time to visit with the staff of Sen. Mitch McConnell and Congressmen John Yarmuth and Geoff Davis to discuss the importance of the needs of older Americans and ways of working together to improve the health and well-being of the growing population of older adults. The American Geriatrics Society is the nation's largest not-for-profit organization of health professionals devoted to improving the health, independence and quality of life of all older people.



## The Gold Standard Award for Optimal Aging

The first annual Gold Standard Award for Optimal Aging will be awarded at UofL Geriatrics annual luncheon on October 4 at 11:30 AM at the Olmsted, 3701 Frankfort Avenue, Louisville, KY 40207. We are excited at the prospect of honoring an individual who is over the age of 80, exemplifies optimal bio-psycho-social-spiritual aging, and is outstanding model for optimal aging.

Speaking at the luncheon will be Tori Murden McClure, President of Spalding University in Louisville. She will speak on her experiences as an explorer and adventurer and how the lessons learned in the wild have served her as a civic and educational leader in her professional life. McClure was the first woman to row solo across the Atlantic Ocean, and her adventures are depicted in her memoir, *A Pearl in the Storm* (Harper, 2009). Her other adventures have taken her to Kenya, Antarctica, Mt. Rainer, and as well as to downtown Louisville, where she became president of Spalding University in July 2010. She previously served as a trustee and then a vice-president of the institution. She holds degrees from Smith College, Harvard University, University of Louisville, and Spalding University.



*Tori Murden  
McClure*

Tickets for the luncheon are \$50 per person or \$450 for a table of ten. To make reservations, please contact UofL Geriatrics at 502-852-1998 or by email at [UofLGeriatrics@louisville.edu](mailto:UofLGeriatrics@louisville.edu).

### Upcoming UofL Geriatrics Events

- Aug. 11, 2011** Summer UofL Geriatrics Seminar, 5:30 PM-7:00 PM, Shelbyhurst, 9001 Shelbyville Rd. Please join UofL Geriatrics, as we highlight our clinical, education, and research initiatives geared toward caring for older adults and helping them find fulfillment and exceptional quality of life. For more information, call 502-852-1998 or email [UofLGeriatrics@louisville.edu](mailto:UofLGeriatrics@louisville.edu).
- Sep. 14, 2011** Kentucky Geriatrics Society Member Lunch and Presentation 1:30 PM-5:00 PM Hyatt Regency, 320 W Jefferson St. For more information call 502-852-1806 or email [UofLGeriatrics@louisville.edu](mailto:UofLGeriatrics@louisville.edu).
- Oct. 4, 2011** Annual UofL Geriatrics Fall Luncheon, The Olmsted, Tori Murden McClure speaking Presentation of the UofL Geriatrics Gold Standard Award for Optimal Aging For tickets or for more information, call 502-852-1998 or email [UofL Geriatrics@louisville.edu](mailto:UofL Geriatrics@louisville.edu).

## Ten Top Tips for Aging Well from the AGS Foundation for Health in Aging

Simply living longer isn't enough. What we really want is to live longer *well*, staying healthy enough to continue doing the things we love. While having good genes certainly helps, a growing body of research suggests that how well you age depends largely on you and what you do. Fortunately, research also finds that it's never too late to make changes that can help you live a longer and healthier life.

Here, from the **American Geriatrics Society's Foundation for Health in Aging**, are ten top tips for living longer *and* better:

**Eat a rainbow.** You need fewer calories when you get older, so choose nutrient-rich foods like brightly colored fruits and vegetables. Eat a range of colors -- the more varied, the wider the range of nutrients you're likely to get. Shoot for two servings of salmon, sardines, brook trout or other fish rich in heart healthy omega-3 fatty acids a week. Limit red meat and whole-fat dairy products. And choose whole grains over the refined stuff.

**Sidestep falls.** Walking as little as 30 minutes, three times a week can help you stay physically fit and mentally sharp, strengthen your bones, lift your spirits -- and lower your risk of falls. That's important because falls are a leading cause of fractures, other serious injuries, and death among older adults. Bicycling, dancing, and jogging are also good weight-bearing exercises that can help strengthen your bones. In addition to exercising, get plenty of bone-healthy calcium and vitamin D daily.

**Toast with a smaller glass.** Drinking a moderate amount of alcohol may lower your risks of heart disease and some other illnesses. But what's "moderate" changes with age. It means just 1 drink per day for older men and ½ a drink daily for older women. (A "drink" is 1 oz of hard liquor, 6 oz of wine, or 12 oz of beer.) Since alcohol can interact with certain drugs, ask your healthcare professional whether any alcohol is safe for you.

**Know the low-down on sleep in later life.** Contrary to popular belief, older people don't need less sleep than younger adults. Most need at least 7 or 8 hours of shut-eye a night. If you're getting that much and are still sleepy during the day, see your healthcare professional. You may have a sleep disorder called sleep apnea. People with sleep apnea stop breathing briefly, but repeatedly, while sleeping. Among other things, untreated sleep apnea can increase your risk of developing heart disease.

**Flatten your (virtual) opponent, sharpen your mind.** Conquering your adversary in a complex computer game, joining a discussion club, learning a new language, and engaging in social give-and-take with other people can all help keep your brain sharp, studies suggest.

**Enjoy safe sex.** Older adults are having sex more often and enjoying it more, research finds. Unfortunately, more older people are also being diagnosed with sexually transmitted diseases. To protect yourself, use a condom and a lubricant every time you have sex until you're in a monogamous relationship with someone whose sexual history you know.

**Get a medications check.** When you visit your healthcare professional, bring either all of the prescription and over-the-counter medications, vitamins, herbs and supplements you take, or a complete list that notes the names of each, the doses you take, and how often you take them. Ask your healthcare provider to review everything you brought or put on your list. He or she should make sure they're safe for you to take, and that they don't interact in harmful ways. The older you are, and the more medicines you take, the more likely you are to experience medication side effects, even from drugs bought over-the-counter.

**Speak up when you feel down or anxious.** Roughly 1 in 5 older adults suffers from depression or anxiety. Lingering sadness, tiredness, loss of appetite or pleasure from things you once enjoyed, difficulty sleeping, worry, irritability, and wanting to be alone much of the time can all be signs that you need help. Tell your healthcare professional right away. There are many good treatments for these problems.

**Get your shots.** They're not just for kids! Must-have vaccines for seniors include those that protect against pneumonia, tetanus/diphtheria, shingles, and the flu, which kills thousands of older adults in the US every year.

**Find the right healthcare professional and make the most of your visits.** See your healthcare professional regularly, answer his or her questions frankly, ask any questions you have, and follow his or her advice. If you have multiple, chronic health problems, your best bet may be to see a geriatrician - a physician with advanced training that prepares her to care for the most complex patients. The AGS' Foundation for Health in Aging can help you find one; visit [www.healthinaging.org](http://www.healthinaging.org).



**Thank you**

*Thank You  
UofL Geriatrics*

*From: Cindy Hatton RN MSN  
CEO  
Hospice of the East Bay*

Dr. Furman,  
Thank you for fitting Ray in to see you while I was in town. We feel very confident that with your help we will be able to have him function at his optimal level. Additionally, I know that you and your team will provide Randy the support and tools to care for Ray. I hope you enjoyed your trip to San Diego - and I hope to see you again when we are in town this summer. Looking forward to working together.  
*Cindy*

## UofL Geriatrics

### Contact us:



#### By Mail

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#### By Phone:

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**Geriatricians**

Christian Furman, MD  
Rangaraj Gopalraj, MD, PhD  
Laura Grooms, MD  
Patrick Murphy, MD  
James O'Brien, MD  
Kenneth Holtzapple, MD  
Belinda Setters, MD

**Fellows**

Sadaf Naqvi, MD  
Sonia Itticheria, MD  
Daniela Neamtu, MD

**Medication Management**

Demetra Antimisiaris, PharmD

**Nurse Practitioners**

Rebecca Griffin, APRN  
Angela Irvin, APRN  
Noreen Mason, APRN  
Amy Varner, APRN

**Office Staff**

Lora Durham, Medical Assistant  
Audrey Lee, Office Manager and  
Coordinator-Nursing Home & Home Call Program  
Robin Naiser, Receptionist  
Kim Toebbe, Special Projects

[www.familymedicine.louisville.edu](http://www.familymedicine.louisville.edu)

**Nursing Homes Where  
UofL Geriatrics Serves as  
Medical Director**

**Christian Health Center**

920 S. 4th St.  
Louisville, KY 40202  
502-583-6538  
Patrick Murphy, MD  
Angela Irvin, APRN

**Episcopal Church Home**

7504 Westport Rd.  
Louisville, KY 40222  
502-736-7800  
Rangaraj Gopalraj, MD, PhD  
Rebecca Griffin, APRN  
Noreen Mason, APRN

**Presbyterian Home  
Westminster Terrace  
Rosanna Hughes**

2116 Buechel Bank Rd.  
Louisville, KY 40218  
502-499-9383  
Patrick Murphy, MD  
Amy Varner, APRN

**Sacred Heart Village**

2120 Payne St.  
Louisville, KY 40206  
502-895-9888  
Patrick Murphy, MD  
Rebecca Griffin, APRN

**Treyton Oak Towers**

211 W. Oak St.  
Louisville, KY 40202  
502-589-3211  
Laura Grooms, MD  
Amy Varner, APRN

## UofL Geriatrics/Alzheimer's Association Caregiver Support Group

UofL Geriatrics sponsors a monthly caregiver support group meeting. We meet on the third Friday of each month at 2:00 PM in the conference room at UofL Geriatrics at Cardinal Station.

215 Central Avenue, Ste. 102  
Louisville, KY 40208  
(502) 852 7449

All are welcome.



## Support UofL Geriatrics

If you would like to make a tax deductible gift to support UofL Geriatrics, please contact:

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132 E. Gray Street  
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l.reece@louisville.edu