

UofL Health Care Outpatient Center (HCOC)
401 E. Chestnut Street, Suite 170
Louisville, KY 40202

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Fax 502-588-4280

UofL Geriatrics Academic Office 502-588-4260

www.uoflphysicians.com

www.familymedicine.louisville.edu

www.polypharmacyinitiative.com

Gold Standard Award for Optimal Aging

Each year UofL Geriatrics honors an older adult with the Gold Standard Award for Optimal Aging. This is an award is presented to someone who is 85 or older who is making the most of his/her later years – someone who is continuing to love life, and who, despite constraints, is continuing to engage with the world around them.

The yearly award is presented at a luncheon, and in addition to presenting the winner with a plaque, nominees attending the luncheon are recognized by name at the luncheon. Each nominee who attends the luncheon receives a certificate and a corsage or boutonniere. Our university photographer is available to make photos of each nominee in attendance. We will use those photos in our 2014 UofL Geriatrics calendar. In the past, the nominees have been thrilled to be featured on a calendar.

This year's luncheon will be held on Tuesday, Sept. 24, 11:30 AM-1:30 PM, at the Crowne Plaza Hotel, 830 Phillips Lane, Louisville, 40209, with The Laugh Doctor, Dr. Clifford Kuhn, as the keynote speaker. Please call 502-588-4260 to make reservations for the luncheon.

Nominators are asked to write 100 words or less describing the nominee's: 1) Physical Criteria; 2) Civic Criteria; 3) Social Criteria; 4) Spiritual/Faith Criteria; 5) Creative Criteria; and 6) Other. The last area allows for the nominator to include miscellaneous information.

If you would like to nominate someone for the award, please do so online at:

www.familymedicine.louisville.edu. Paper nomination forms can be obtained by calling 502-588-4260 or by emailing UofLGeriatrics@louisville.edu.

More information and pictures for last year's award luncheon can be found at:

<http://louisville.edu/medschool/familymedicine/geriatrics/gold-standard-award-for-optimal-aging>.

If you would like to speak with someone about the Gold Standard Award for Optimal Aging, please call 502-588-4260.



Mr. Benn Davis (left), winner of the individual category,
with Mayor Greg Fisher (right)
2012 Gold Standard Award for Optimal Aging



Mr. & Mrs. Irvin Thomas,
winners of the couple category
2012 Gold Standard Award for Optimal Aging



Ms. Rachel Guernsey (center) winner of the
2011 Gold Standard Award for Optimal Aging
with Dr. Christian Furman (left) & Dr. James O'Brien (right)

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Healthy Eating for Older Adults-Avoiding Dehydration *by Nancy Kuppersmith, MS, RD*

Get in habit of consuming plenty of fluids. To determine how much fluid you need each day, divide your weight in pounds by two. The resulting number is the number of ounces of fluid you need each day. For example, someone weighing 200 pounds, should drink 100 ounces of fluid each day.



- ◇ Fill a container with amount of fluid you need daily and be sure to have it finished by the end of the day.
- ◇ Keep fluids handy – have them with you in your car, office, backpack, etc.
- ◇ Develop a habit of keeping hydrated.
- ◇ Have a glass of water in the morning, with every meal and before bed.
- ◇ Serve a pitcher of water with meals.
- ◇ Eat plenty of fruits and vegetables. They have a high water content.
- ◇ Avoid drinking alcoholic beverages or beverage with much caffeine, they are dehydrating
- ◇ When you are ill, be sure to drink plenty of fluids.
- ◇ Remember as we age we lose the sense of thirst so we have to develop a habit of getting enough fluid/water.

Caregiver Support Group

UofL Geriatrics conducts an on-going dementia caregiver support group, co-sponsored by the Alzheimer's Association. The group meets to provide support and education to those serving as a caregiver to a family member or friend who has any type of dementia diagnosis.

The support group meets from **1:00 – 2:00 PM** on the **third Monday** of **each month** in Geriatrics Conference Room, Suite 170 (next to the Concierge Desk) in the UofL Health Care Outpatient Center, 401 E. Chestnut Street.

Future Meeting Dates: July 15, Aug. 19, Sept. 16, Oct. 21, Nov. 18.

If you are helping to care for someone with dementia, please join us for any or all of these meetings.

If you have questions about the group, please contact our social worker, Brenda Purser at 502-588-4238.

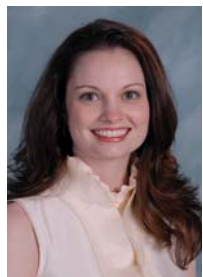


Change is Good

Fond Farewells



Angie Irvin, APRN, left our office at the end of June to take a position as Director of Nursing at a local long term care facility. We wish Angie the best in her new endeavor.



Ronna Compton, DO, left our office at the end of June. Dr. Compton was recently married and has moved to Virginia. Congratulations and best wishes Dr. Compton.

Warm Welcomes

Heather Denning joins our office as receptionist at the front desk. Heather has been with us for several weeks in a temporary position, and we are so glad Heather is with us as a full-time employee.

April Manos will be working with us as a medical assistant. She will also be working in the front office with Heather. April comes to us from the UofL Physicians Pediatric Office.

Callie Booth will be working in the fellowship office as Program Coordinator for the Geriatric Medicine Fellowship.

Faculty Updates

Dr. Rangaraj Gopalraj has been appointed Interim Director for Resident and Student Education.

Dr. Daniela Neamtu has been appointed Director of the Geriatric Medicine Hospital Service.

Dr. Laura Morton has been appointed Program Director for the Geriatric Medicine Fellowship.

Geriatricians

Christian Davis Furman, MD
 Rangaraj Gopalraj, MD, PhD
 Laura Morton, MD
 Patrick Murphy, MD
 Daniela Neamtu, MD
 James O'Brien, MD

Psychologist

Benjamin Mast, PhD

Geriatric Medicine Fellow

Arifa Siddiqui, MD

Medication Management Faculty

Demetra Antimisiaris, PharmD

Medication Management Fellow

David Vanlandingham, PharmD

Nurse Practitioners

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

Social Worker

Brenda Purser, MSSW, CSW

Staff

Heather Denning, Receptionist
 April Manos, MA
 Natasha Ross, MA
 Audrey Lee, Practice Manager & Coordinator of
 Nursing Home & Home Call Program
 Margaret Feldman, Coordinator,
 Geriatric Enhancements
 Callie Booth, Program Coordinator,
 Geriatric Medicine Fellowship
 Amanda Padgett, Asst. Dir. Clinical Oper.
 Chad Vaughn, Executive Director

Veterans Affairs Medical Center Faculty

Kelly Church, MD
 Sarah Fulks, MD
 Nicholas Mattingly, MD
 Lisa Vuovolo, MD

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www.polypharmacyinitiative.com

UofL Geriatrics serves as Medical Director in these nursing homes:

Christian Health Center

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

Episcopal Church Home

7504 Westport Rd.
 Louisville, KY 40222
 502-736-7800
 Laura Morton, MD
 Rebecca Griffin, APRN
 Noreen Mason, APRN

Masonic Home of Louisville

3701 Frankfort Avenue
 Louisville, KY 40207
 502-897-4907
 Christian Davis Furman, MD, MSPH
 Rangaraj K. Gopalraj, MD, PhD

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 Morton, MD
 Amy Varner, APRN

Support UofL Geriatrics

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

Patti Stewart
 HSC Development
 University of Louisville
 132 East Gray Street
 Louisville, KY 40202
 502-852-8910