

Geriatrics Newsletter

UofL Geriatrics receives KAHSA 2010 Chairman's Citation Award

By: *Spence Kraft*
Public Relations Intern
University Health Sciences

UofL Geriatrics has received the Kentucky Association of Homes and Services for the Aging (KAHSA), 2010 Chairman's Citation Award. This award is not given annually, but only when there is an appropriate recipient.

UofL Geriatrics was hand chosen by KAHSA's chairman, Keith Knapp, for the partnerships and participation that UofL has offered to KAHSA and their mission of meeting the social, physical and spiritual needs of the individuals they help. Knapp recognized UofL as the only department that "accurately reflects its mission of achieving excellence in education, research, and practice in family medicine" and that UofL has been an "innovator in geriatric medical education by blending in its curriculum and learning experiences."

Ken Holtzapple, M.D., chair of the Department of Family Practice from 1983-1994, accepted the award on behalf of UofL. According to Knapp, Holtzapple "walked the talk" through his career in academic medicine and "in no small measure is responsible for the department's conscious decision to go in this direction [of geriatric care] nearly 30 years ago."



Dr. Ken Holtzapple (left) with KAHSA Chairman, Keith Knapp (right)

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"The quality of life she enjoyed for the next decade was because of UofL Geriatrics."

Grateful Son Thanks UofL Geriatrics

Following is the story of Mrs. Louise Wilson told by her son, Dick Wilson.

My Mother, Louise Wilson was widowed in 1968 when my father passed away. He was a military retiree and my mother was a patient with Ireland Army Hospital at Fort Knox for several decades for most of her medical needs.

As Mom neared her eighties her behavior became more erratic and she became uncontrollable at times. During one particular period she decided to only eat tomato soup, and started many odd behaviors like writing the same check fifteen or twenty times, applying makeup repeatedly six or eight times in a row, and not wanting to leave the house for any reason. She gave away most of the family mementos and her clothing to the point the home looked like a hotel room with nice furnishings, but empty closets, drawers, and nothing personal to be seen anywhere.

She eventually became so weak from her solitary diet of tomato soup that the family had to place her under medical care at Suburban Hospital. Suburban attended to her weakened condition, got her to expand her very limited diet but seemed to have no way to respond to her confused mental condition. In my visits over a week it became obvious that while stronger, my mother's mental condition was worse and certainly not better than when she was initially admitted. After ten days the hospital simply told me that they were going to release her to my care. I tried to locate someone to help me put my arms around the situation; but with no family and no advice available on her mental condition, I simply returned her to her home and hired attending nurses twenty four hours a day to more or less "baby sit" — keeping her company and attending to her needs. The hospital offered no help or direction on where to go or what to do regarding her deteriorating mental condition. A friend of the University finally suggested that I contact UofL Geriatrics to have my mother reviewed to really see what the heck was going on with her. Within a couple of days of my initial call I took my mother to see Dr. Kenneth Holtzapple and Dr. Jane Thibault for a review of my mother's condition.

My mother was terrified of the entire situation. From the moment we arrived thru what ended up being a three hour engagement your staff never left her alone for a minute. She was calmed; she was listened to; and although she wasn't really capable of asking any questions in her confusion, the staff was extremely caring. People held her hands, spoke to her in a quiet, deliberative and respectful manner and generally treated her with the dignity and respect she deserved. In other medical environments over the previous two weeks she was treated as a commodity and not as an individual.

By the end of the afternoon it was determined to immediately admit her to the new geriatric psychiatric center at Norton. Dr. Casey became her primary physician and during the several week stay she became accustomed to the routine, was put on a number of prescriptions that helped her clarify her thinking, level her mood swings, and stabilize her mental and physical state to a level of normalcy that I had not really seen during my lifetime. She was diagnosed as being manic depressive. Dr. Casey came to be someone who put clarity into both my mind and my mother's that her problems were just that and could be dealt with and overcome. I have seen him at church in the last year; and although he worked with my mother around twenty years ago, he tells me he remembers her well and appreciates her unique zest for life.

My mother would certainly have continued to deteriorate if left on the path we were on prior to being assisted so dramatically by the kind, caring and sympathetic group at UofL Geriatrics. I was left with a much deeper understanding of my mother's motivations and challenges both during that particular period but also during my whole life experience with her. We both were apparently waiting for someone to be able to really listen to her, recognize, understand and react to what was really wrong with her. You all did, and the quality of life she enjoyed for the next decade was because of UofL Geriatrics. Thank you again....Dick

Would you like to share your story?

Mail Us:

UofL Geriatrics
Attn: Margaret Feldman
501 E. Broadway, Ste. 204
Louisville, KY 40202

Call Us:

502-852-1998

Email Us:

UofLGeriatrics@louisville.edu

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Matching Gift Opportunity - You Can Help UofL Geriatrics Improve Clinical Care For Older Adults

A private donor has made a gift of \$250,000 to UofL Geriatrics specifically to enhance clinical care. This gift was given as a challenge hoping that others would provide gifts to match this \$250,000 gift by June 30, 2011.

Successfully meeting this challenge will significantly enhance clinical care for older adults in the region and the University of Louisville invites other donors to be a part of this success.

Your gift of any size can help us meet this challenge.

You can donate by check, over the phone or online. To donate by check, please simply mail your check to the attention of Larissa Reece, UofL HSC Development Office, 132 East Gray Street, Louisville, KY 40202. Please write your check out to the **UofL Foundation**, with **Geriatrics Match** in the memo line. You can also give online at www.louisville.edu/give. Please designate **Geriatrics Match** in the **other** designation line. If you have questions or would like personal assistance with your gift, please contact Larissa Reece by phone at 502-852-8910 or email at l.reece@louisville.edu.

Caregivers/Carepartners Support Group

UofL Geriatrics and the Alzheimer's Association

We meet the 3rd Friday of each month 2 PM in the conference room.
U of L Cardinal Station
215 Central Avenue, Suite 102
Louisville, KY 40208
(502) 852-7449
All are welcome.



The Business of Aging

By Kim Toebbe

According to the U.S. Gerontological Society, 70% of the wealth in the U.S. is controlled by those 50+ years old. Folks are living longer and in many cases, healthier lives. This translates into a supply and demand situation for many service industries, including specialist healthcare.

Geriatricians are in high demand now more than ever due to the complexities of aging. With life expectancy increasing, doctors who specialize in those 65+ must deal with many issues that heretofore rarely came up.

Patients are asking for treatments and procedures that enable them to: work, do sports, travel, have sex, reproduce, hear and see better, reduce pain, care for grandchildren, deal with mental illness and cognitive issues, stay longer in their own homes and more.

Geriatricians must assist patients to do all of these things and more and achieve their highest quality of life. When life expectancy was considerably lower than it is now, most people did not work past the age of 65, much less climb mountains, re-marry and jump out of airplanes! With long-living people asking for the highest quality of life, geriatricians have the important responsibility to: diagnose and treat symptoms, assess cognition and mental health and assist the patient in her pursuit of the best life can offer!

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Virtual Dementia Tour: Close Encounter with Sensory Impairment

By: *Norma Thieman*
Program Coordinator Sr.
Family & Geriatric Medicine

For the second year in a row The Geriatric Medicine Fellowship program has hosted the Virtual Dementia Tour (VDT) that was developed by Second Wind Dreams®. The VDT Series is a scientifically proven method of training that was created for individuals who provide care for dementia patients. The idea is to create an environment that mimics sensory impairments that a patient with dementia may experience. The goal is for the participants to get a sense of what a dementia patient experiences on an everyday basis.

Those who participated were “suited up” with items that tried to mimic sensory impairment. These

included such things as plastic gloves that had dried beans in the fingers to minimize the sense of touch, earphones that played a recording of static to create hearing impairment, and goggles that had a black circle in the middle for visual impairment. Once “suited up” individuals were taken into a dimly lit room and asked to perform some basic tasks such as folding clothes, writing a note or setting the table. It was generally agreed that trying to accomplish these simple tasks was a lot harder than anyone thought it would be.

Professionals working with VDT ultimately hope that by conducting these sessions it will have a positive impact in how caregivers relate and interact with dementia patients.

Those who participated were “suited up” with items that tried to mimic sensory impairment.

Dr. Raj Gopalraj, Asst. Prof.



Rhonda Woosley, Administrative Assistant.



Dr. Simon Spilkin, Family Med. Chief Resident

Dr. Kelly Church, Geriatric Medicine Fellow



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Mr. Sam Andes Celebrates 100th Birthday

By: Farrah Harden and Dr. Belinda Setters

Aging to 100 is more common now than any other time in history. It is especially notable given the fact that the average life expectancy at the turn of the century was around 40 years! Now, people can expect to live to 80 years on average; many will live much longer. Mr. Sam Andes is one of those who has done so—and done so with grace and dignity.

While living a long life is a goal many people have, most also believe living a healthy, active, meaningful life is just as important as the number of years lived. Mr. Andes is no different. While he counts the number of years lived as a “good number,” he is more interested in the quality of his years. Still living independently in Niles, Ill., a Chicago suburb, he travels to Louisville to visit his family and friends frequently—and considers Louisville his second home.

At the request of Dr. Belinda Setters, faculty advisor for the Geriatrics Student Interest Group, Mr. Andes has given lectures for the group and hosted a group dinner. He is a living example to the students not only of healthy aging, but also world history. Being a gifted story teller, Mr. Andes recounts many historical events from a first person perspective and brings them to life for our younger generations.

Mr. Andes says the secret to his health and longevity is the “wonderful women” in his life, most notably his late wife Charlotte, whom he met when he was 5 years old. Mrs. Andes fed Sam a healthy diet full of fresh fruits and vegetables and was the love of his life. He still carries her picture with him today. His love of reading and continued education is no doubt a

positive factor in maintaining his sharp memory. He was still working as a consultant electrical engineer at aged 93! And to this day, he still reads on average three books at any one time.

In celebration of Mr. Andes’ 100th birthday, the Geriatrics Student Interest Group hosted a wonderful reception in his honor. He was presented with a UofL School of Medicine mug for his honorary “professorship” here with us as well as a book on the history of his second home here in Louisville. Everyone eagerly awaits his return in the next month so that more stories may be spun and more hands-on learning may be done.

The UofL School of Medicine Geriatrics Student Interest Group (GIG) is a group for medical students and residents interested in geriatric health and care for aging populations. Under the leadership of President Farrah L. Harden, first year Medical Student, and GIG Advisor Dr. Belinda Setters, Director Geriatric Medicine Fellowship and Hospital Services, the GIG has taken on several projects and participated in numerous events centered around supporting the Geriatric Community, including the Annual Memory Walk in support of Alzheimer’s Research. Currently, the Geriatrics Interest Group is promoting Dr. Eric Kandel, Nobel Prize-winning medical researcher, University Professor at Columbia, Director of the Kavli Institute for Brain Science, and author of “In Search of Memory: The Emergence of a New Science of Mind,” who will be giving a lecture on February 11, 2011, at 6:00 PM at the Kentucky Center.

“He is a living example to the students not only of healthy aging, but also world history.”

Dr. Belinda Setters (left), Farrah Harden (right), Sam Andes (center)



Dr. Jim O'Brien (left) greets Mr. Sam Andes (right) as Dr. Belinda Setters (center) makes introductions.



Mr. Andes looks over his book about Louisville.



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Community Resources

ElderServe, Inc.

411 E. Muhammad Ali Blvd.
Louisville, KY 40202
502-587-8673
Harriette Friedlander, CEO
hfriedlander@elderserveinc.org
www.elderserveinc.org

Progressive Medical & Rehabilitation Group

825 S. Sixth Street
Louisville, KY 40203
502-568-1000
Kim Cassaro-Gorsky, President
progressivemed@yahoo.com
www.progressivemedrehab.com

Christian Care Communities

12710 Townepark Way
Louisville, KY 40243
502-254-4200
Keith R. Knapp, PhD, CNHA COO
keith.knapp@ccc1884.org
www.christiancarecommunities.org

ElderCare4Families

13806 Lake Point Circle #201
Louisville, KY 40223
502-244-8446
Rita Pate, Owner
rita@eldercare4families.com
www.eldercare4families.com

DearWatch Inc.

4965 US Highway 42, #1000
Louisville, KY 40222
502-855-3667
Mary Romelfanger RN, MSN, CS, LNHA
President/CEO
info@dearwatch.net
www.dearwatch.net

Alzheimer's Association Helpline

800-272-3900

Driver's Test for Seniors at Frazier Rehab

502-451-6886

KIPDA

502-266-5571; 502-266-6084

Nursing Homes Where UofL Geriatrics Serves as Medical Director

Christian Health Center
920 S. 4th St.
502-583-6538

Episcopal Church Home
7504 Westport Rd
502-736-7800

Presbyterian Home
Westminster Terrace
Rosanna Hughes
2116 Buechel Bank Rd.
502-499-9383

Sacred Heart Village
2120 Payne St.
502-895-9888

Treyton Oak Towers
211 W. Oak St.
502-589-3211

UofL Geriatrics Outpatient Office

215 Central Avenue, Ste. 102
Louisville, KY 40202
502-852-7449

UofLGeriatrics@louisville.edu

Geriatricians

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

Fellows

Hina Ali, MD
Kelly Church, MD
Ronna Compton, DO

Gerontologist

Jane M. Thibault, PhD

Medication Management

Demetra Antimisiaris, PharmD

Nurse Practitioners

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

Office Staff

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

<http://louisville.edu/medschool/familymedicine/clinics/cardinal-station-geriatric-medicine>

If you would like to make a tax deductible gift to support the geriatric medicine program at the University of Louisville School of Medicine, please contact:

Larissa Reece
UofL HSC Development
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l.reece@louisville.edu