

UofL Geriatrics at Cardinal Station  
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## Gold Standard Award for Optimal Aging Luncheon and Award Ceremony

*“This award is presented for optimal aging across the full spectrum of physical health, mental health, social health and spiritual health. We want to honor those who are role models for maintaining active engagement with life well into their older years.”* Dr. Christian Davis Furman

At our annual luncheon on October 4, UofL Geriatrics celebrated older adults who are role models for maintaining an active lifestyle after the age of 80. Tori Murden McClure was the keynote speaker. Sadiqa Reynolds, representing Mayor Greg Fischer, presented the first Gold Standard Award for Optimal Aging Award to Rachele Guernsey, 82.



*Dr. Christian Davis Furman, Ms. Rachele Guernsey, Dr. James O'Brien*

Ms. Guernsey is active physically, hikes on day and overnight hikes, practices yoga, and is in an exercise program at the Y. She is active in her church and serves on the membership committee. She is a volunteer with Habitat for Humanity and has served on the Family Selection Committee for 15 years. In the past five years, she has been to Guatemala with Habitat and to Belize and Nicaragua with Hand-in-Hand Missions. She has belonged to the same book club for the past 35 years. This spring she drove to Wisconsin, picked up her sisters, and drove to Montana for her nephew's wedding. She was the only driver for the trip. She is a widow with two daughters and three grandchildren. She likes movies, keeps up with the news, likes going out to lunch and dinner, and enjoys Churchill Downs. Her friend and nominator, Leyda Smith, states that “Best of all, she is a wonderful friend with a great sense of humor and a super positive outlook.”

A committee of seven members composed of UofL geriatricians, staff, and UofL Geriatrics Advisory Board Members selected the winner from a field of 29 nominees.

Nominees attending the luncheon were honored guests. Dr. James O'Brien, Chair of Family and Geriatric Medicine and Dr. Christian Furman, Vice Chair of Geriatrics presented each with a certificate. The following were the oldest nominees attending the luncheon:

**Sam Andes**, 101, an avid reader, who retired past the age of 93 from his job as an electrical engineer. He is an honorary professor with the UofL Geriatrics Student Interest Group.

**Nancy Leavell**, 94, who has owned and operated her beauty salon for some 70 years. She has two clients and charges \$1 to \$1.50 per permanent. She enjoys playing the piano, traveling and staying active.

**Stephen Burns**, 92, who helps with the Rosary every morning in the chapel at Sacred Heart Village. He is very health conscious and always willing to allow UofL medical students to interview him during their clinical rotations.

**Dorothy Bratcher**, 92, has held numerous job titles but her main focus in life is being a Christian, housewife, homemaker, mother and grandmother. She is active in her community and church.

**Jessie M. Harris**, 92, Ms. Harris has served tirelessly as a volunteer at the Plymouth Settlement House for over 20 years. For the past few years, she has attended the Kling Center where she has exchanged the Arthritis Water Class for Tai Chi.

**Mary Hal Hoagland**, 90, has a positive attitude, love of life, as well as physical and mental beauty. She is an inspiration for everyone at the Episcopal Church Home.

**Margaret Pederson**, 90, celebrated her 90<sup>th</sup> birthday recently by performing pieces of classical music including a concerto by Rachmaninoff. She walks for exercise, and Tori Murden McClure gave her walking sticks so she could walk faster and keep good balance.

**Rosene Kerr-Singleton**, 90, loves to travel and still performs with a senior group singing and doing comedy routines. She was named Ms. Senior Kentucky in 1997.

**In honor of Veterans Day, we are highlighting the Geriatrics & Extended Care Services offered to our Veterans at the Veterans Administration Medical Center.**



*Robley Rex Veterans  
Administration Medical Center*

## **Robley Rex Veterans Administration Medical Center Geriatrics & Extended Care Service**

*By Dr. Sara Fulks, Assistant Director, Geriatric Medicine Fellowship  
Dr. Kelly Church, Assistant Clinical Professor of Geriatric Medicine*



*Our mission is “To provide our veterans and caregivers support to sustain their independence and quality of life.”*



**The Geriatrics & Extended Care Service (GEC)** brings together a diverse group of professionals dedicated to the care of older and/or special needs Veterans. Together, we address the acute, chronic, and preventive care needs of individuals that often have complex medical issues. This care takes place in both inpatient and outpatient via Home Based Primary Care (HBPC), hospice, residential care, and private home care.

**The Home Based Primary Care (HBPC)** is a special program that provides primary health care in the home. The program is focused on care for disabled, chronically ill patients who have difficulty accessing medical care in a clinic or hospital setting. The multidisciplinary team includes geriatricians, nurse practitioners, registered nurses, wound care specialty nurses, physical and occupational therapists, dietitians, pharmacists, psychologists and social workers.

**The Medical Foster Home Program** allows the Veteran to reside in the community within a designated caregiver’s home. The Medical Foster Home Program is in addition to HBPC.

### **Geriatric Specialty Clinics**

**The Cognitive Clinic** is focused on Veterans with known or suspected cognitive impairment. This is a team evaluation involving a geriatrician, social worker and psychologist with objective of identifying dementia type and assisting with care.

**The Falls Clinic** is focused on evaluation of the Veteran with frequent falls. The patient’s team evaluation involves a geriatrician and physical and occupational therapists with the objective of looking at factors contributing to the Veteran’s falls and ways of decreasing fall risk.

**The Geriatric Primary Clinic (coming soon)** will be a multidisciplinary clinic involving a geriatrician, social worker, pharmacist, and psychologist to provide primary care for elderly Veterans with multiple geriatric issues.

### **Hospice and Palliative Care**

**The Multidisciplinary Palliative Care Team** focuses on relief of suffering and providing the best possible quality of life for people facing pain, stress and other symptoms of serious illness. It is appropriate at any age and any stage of an illness and can be provided along with treatments meant to cure. Patients can be seen in consultation in the hospital or in Palliative Care Clinic. The VA also has a 6-bed inpatient hospice unit for patients nearing the end of their life due to illness. Since cure is not possible, the goal is reducing pain and optimizing comfort and quality of life in a home-like setting.

### **Homemaker/Home Health Aide Program**

**The Homemaker/Home Health Aide Program** permits the VA to pay for homemaker and home health aide assistance for eligible Veterans who otherwise would require care in a nursing home. Services include assistance with bathing, dressing, eating, toileting, and mobility. Other services may include help with exercises, using medical equipment and health monitoring. In rare cases, specific household tasks such as light housekeeping or shopping may be provided.

***For access to these services, Veterans should talk to their current VA provider or call 502-287-5995.***

## American Pride

by Vi Hart, Friendship House Resident



I feel so proud when I sing  
"My Country 'tis of Thee. . ."  
To think that God allowed me  
To live in this wonderful Land of the Free

I know this Freedom that I enjoy today  
It certainly didn't come cheap.  
Many brave men scarified their lives  
On foreign soils or on the briny deep.



When I wave my flag  
My heart just swells with pride,  
So how can I keep my voice quiet  
Or hold this joy inside?

So when I sing "God Bless America. . ."  
I'll sing it loud and strong,  
For I'm one of her proudest citizens  
And I want the World to know I belong.



God Bless America

Amen



**Happy Veteran's Day November 11**



## From our patients. . .

*"Everyone is great. It's almost fun to come to the doctor's office."*

*"Angie is great with her time"*

*"We have always received excellent care here. The doctors and staff are patient, caring and willing to spend the time needed with us."*

*"We just love the Docs at UofL Geriatrics. Thanks for your great care."*

*"The whole office staff took good care of me."*

*"I love Dr. Furman and the staff at UofL Family & Geriatric Medicine."*

## UofL Geriatrics at the IDEA Festival



Dr. Gopalraj, Dr. Grooms, Dr. Furman, Dr. Setters

Dr. Christian Davis Furman, Dr. Rangaraj K. Gopalraj, Dr. Laura Grooms, and Dr. Belinda Setters conducted a round table discussion on aging at the recent IDEA Festival in Louisville.

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### **Geriatricians**

Christian Furman, MD  
Rangaraj Gopalraj, MD, PhD  
Laura Grooms, MD  
Patrick Murphy, MD  
James O'Brien, 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

### **Social Worker**

Brenda Purser, MSW, CSW

### **Office Staff**

Lora Doram, Team Lead  
Audrey Lee, Office Manager & Coordinator of  
Nursing Home & Home Call Program  
Robin Naiser, Nursing Home & Home Call Program  
Kim Toebe, Special Projects & GET Coordinator  
Michael Lawrence, Receptionist

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

**Polypharmacy Initiative Website**  
[www.polypharmacyinitiative.com](http://www.polypharmacyinitiative.com)

**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.

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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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