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## Gold Standard Award for Optimal Aging Nominees



The second annual Gold Standard Award for Optimal Aging Luncheon and Award Presentation was held on September 25 at the Olmsted. The Award is presented to someone 85 or older who continues to love life and is making the most of whatever their later years bring.

Winner in the individual category was Mr. Benn Davis. Mr. Davis was nominated by his daughters, Karen E. Davis and Suzanne Davis Kahl on behalf of the Davis Family. Mr. Davis' Secret to Optimal Aging is "Change or die! When you have your health, you've got your wealth. The most important secret to a long life is to just be happy."

Winner in the Couple Category was Betty and Irvin Thomas. They were nominated by their banker, Chris Lewis. Mr. and Mrs. Thomas' Secret to Optimal Aging is "We stay active in our church and community, eat fresh vegetables, and prepare meals from scratch."

Congratulations to the Davis Family and the Thomas Family.

UofL Geriatrics is grateful to all this year's award nominees and nominators. We thank you for being a part of the award and are inspired by you!



*Benn Davis and Mayor Greg Fischer*



*Dr. James O'Brien, Irvin and Betty Thomas, Mayor Greg Fischer*



### *Kenneth Eugene Holtzapple, MD*

The University of Louisville remembered its former chair of the Department of Family Practice in a memorial service on Nov. 8 at the UofL Health Care Outpatient Center.

Dr. Holtzapple died surrounded by family members at age 81 on Sept. 23 in Steilacoom, Wash.

“His lifelong interest was the teaching of good and compassionate medical care,” said James O’Brien, MD, chair of the Department of Family and Geriatric Medicine, as the department is known today. “He loved life, the outdoors, learning, laughter, all his medical associates, his patients, his friends and his family. Above all, he was a good man who worked very hard

at being a good physician, teacher and father.”

Born Aug. 30, 1931, in Dallastown, Penn., Dr. Holtzapple was the son of Curvin and Olive R. (Flinchbaugh) Holtzapple. He was a graduate of Gettysburg College and Temple University Medical School. After his medical internship at Presbyterian Hospital in Philadelphia, he entered the United States Army Medical Corps and completed his internal medicine residency at Madigan Army Medical Center in Tacoma, Wash. He earned board certification in internal medicine, family medicine and geriatrics.

As a member of the Army Medical Corps from 1960-1980, he served in the states of Washington, Virginia and Georgia; Germany; and in Washington, D.C., where he served in the Office of the U.S. Surgeon General. He was instrumental in starting the Army Medical Corps’ Department of Family Medicine and was chief of the first Family Medicine Residency at Fort Benning, Ga. His last Army Medical Corps assignment was as chief of the Department of Family Medicine at Madigan Army Medical Center.

Dr. Holtzapple continued his teaching and medical career at the University of Louisville School of Medicine from 1980-2011. At UofL, he served as chair of the Department of Family Practice from 1983-1994, when he was named the William Ray Moore Endowed Chair Professor and later Professor Emeritus. He continued teaching, seeing patients and precepting—supervising medical students, residents and fellows—at UofL until age 79. He also took part in interviewing prospective medical students for admission to the school.

An award at UofL bearing his name, the Kenneth E. Holtzapple Award for Excellence in Humanistic Medicine, is presented annually to a family medicine resident who exhibits excellence in providing patient-centered care with open communication, mutual respect and emotional connection between the physician and patient.

Holtzapple is survived by his wife of 57 years, Patricia DeHoff Holtzapple; by his sisters, Yvonne R. Holtzapple, Mary E. Holtzapple, and Betty Amick (Allen); by his children, Ann Bender (Mark), Sue Bender (Matthew) and Samuel Holtzapple; and by his grandchildren, Grace E. and Matthew A Bender.

The family has expressed that if desired, memorial contributions can be made to the Kenneth E. Holtzapple Award for Excellence in Humanistic Medicine, University of Louisville, Health Sciences Center Development Office, 132 East Gray St., Louisville, KY 40202.

## ***Talking To Your Doctor***

By Kenneth E. Holtzapple, MD

Communication between doctor and patient is the keystone of a good doctor-patient relationship. In this relationship, both doctor and patient have definite communication responsibilities. Failure, on the part of either party, to communicate well leads to doomed doctor-patient relationship. Here are some general guidelines for the patient to follow regarding the communication issues with their doctor.

To get things off to a proper start, always be on time for your appointment. I know, I know—you say your doctor is never on time. I know there are such doctors, and these doctors need to change their ways. There are many doctors, however, who are on time for appointments.

Provide to the doctor complete information regarding your past medical history, family medical history, and any symptoms or problems you want the doctor to address. Answer to the best of your ability, any questions asked by the doctor. Keep in mind that the historical aspect of any illness is the key to a correct diagnosis. Do not, when leaving the office, say, “By the way doctor, what about this lump on my head?”

Always tell the doctor about the medicines you take and the dosage of the medicines. You should always include in such a list all vitamin preparations, over-the-counter medications, and herbal remedies.

Ask questions of the doctor if you do not completely understand what you are being told. I know, I know—you say your doctor does not explain things. Doctor needs to be a better communicator. You may want a spouse, other family member, or a friend to sit in with you when the doctor explains your problem and the course of action to be taken to resolve the problem. Do not leave the doctor’s office without a good understanding of what the doctor is recommending for you.

Do follow the doctor’s recommendations regarding tests and medications. If you have doubts about any tests or medications, you should address those doubts with your questions to the doctor before leaving the office.

Follow well-established guidelines for health maintenance, i.e., what immunizations and procedures for early detection of disease are appropriate. Your doctor can present to you guidelines about these matters. Remember you are primarily responsible for your health.

If you are acquainted with the internet you should certainly explore on the internet information about your problem and medications. It may certainly help you to understand things better. Do not, however, take any actions on the basis of this information before discussion with your doctor.

Hopefully adherence to the above guidelines will improve your communication with your doctor.

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*Dr. Holtzapple wrote the above article in August 2011 for a project with the other UofL Geriatrics faculty.  
This is the first time it has appeared in print.*  
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## ***Geriatric Evaluation and Treatment Program***

### **The Program**

The Geriatric Evaluation and Treatment (GET) Program focuses on the testing, evaluation, and treatment of the complex medical, social, cognitive, and psychological disorders of older adults. In order to provide a supportive environment and so that we can gather as much information as possible, we ask that the family, the caregiver, or friends accompany the older adult to the GET appointment and be a part of the evaluation. The GET Program is interdisciplinary and consists of: faculty physicians who specialize in Geriatric Medicine, pharmacists who specialize in Geriatric Pharmacy, psychologists with a geriatric specialty, Geriatric Medicine Fellows, and social workers.

### **The Team**

The GET Team consists of one of our geriatricians, Dr. Ronna Compton, Dr. Christian Furman, Dr. Rangaraj Gopalraj, Dr. Daniela Neamtu, Dr. James O'Brien and our fellow, Dr. Arifa Siddiqui, our psychologist, Dr. Benjamin T. Mast; our geriatric pharmacist, Dr. Demetra Antimisiaris; and our social worker, Brenda Purser, MSSW, CSW. The team is assisted by one of our medical assistants, Lora Doram or Natasha Ross.

### **The Appointment**

The patient will receive a thorough physical and cognitive examination from the MD and psychologist. The geriatric pharmacist will evaluate medications for interaction and side effects and make recommendations for better options. Our social worker will supply information and referrals to community resources, guide the patient and family in decision making regarding care settings and advance care planning, and give caregiver support.

## ***Caregiver Support Group***

This support group is held 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.

This on-going support group is co-sponsored by the Alzheimer's Association, and provides support and education to those persons serving as a caregiver to a family member who has any type of dementia diagnosis.

The group meeting dates for the remainder of 2012 are:  
Nov.19 and Dec.17. We will resume in Jan. 2013.



## Faculty and Fellows



*Benjamin T. Mast, PhD*

Benjamin T. Mast, Ph.D. is an Associate Professor and Vice Chair in the Department of Psychological & Brain Sciences and an Associate Clinical Professor in Geriatric Medicine at the University of Louisville. He received his Ph.D. in Clinical Psychology from Wayne State University (WSU) and also received research training at the WSU Institute of Gerontology. Dr. Mast is a licensed clinical psychologist involved in the assessment of late life cognitive decline and mood changes particularly those which occur in dementias such as Alzheimer's disease, vascular dementia and frontotemporal dementias, as well as other cognitive syndromes such as Mild Cognitive Impairment. He also teaches and supervises doctoral students learning to conduct assessment and psychotherapy with older adults who are experiencing cognitive decline and/or depression.

Dr. Mast is the author of a recent book on the evaluation of people with Alzheimer's disease and other dementias, entitled *Whole Person Dementia Assessment* (Health Professions Press, 2011). He has published research on dementia and depression in late life in a variety of peer-reviewed journals including the *American Journal of Geriatric Psychiatry*, *International Journal of Geriatric Psychiatry*, *Journal of Gerontology: Medical Sciences*, *Journal of Gerontology: Psychological Sciences*, *The Gerontologist*, *Clinical Gerontologist*, *Aging, Neuropsychology & Cognition*, *Biological Psychiatry*, and the *Clinical Neuropsychologist* and recently published chapters in the *Annual Review of Gerontology and Geriatrics* and the *Handbook of Assessment in Clinical Gerontology*. He has received the New Investigator Award from the American Geriatrics Society for his research. He teaches courses on Clinical Assessment, Geropsychology, Adult and Geriatric Neuropsychology, and Statistics and has received the Outstanding Graduate Mentor Award from the Kentucky Psychological Association. Dr. Mast has been named a Fellow in the Gerontological Society of America and is active in the Council of Professional Geropsychology Training Programs. Working closely with the Alzheimer's Association, he has also conducted workshops and presentations for health care professionals, professional caregivers, family caregivers and people experiencing dementia.

## Welcome Dr. Daniela Neamtu as New Faculty



*Daniela Neamtu, MD*  
*Assistant Professor*

We are very pleased to announce that Dr. Daniela Neamtu joined our faculty on November 1. Dr. Neamtu obtained her MD and completed residency training at the University of Medicine and Pharmacy in Cluj-Napoca, Romania. She did her residency training with the University of Louisville Internal Medicine Program, and completed her University of Louisville Fellowship in Geriatric Medicine in 2012. Dr. Neamtu will see patients in our outpatient office, in our nursing homes, and in the hospital.

## Welcome Our New Fellows



*David A. Vanlandingham, PharmD*  
*Medication Management Fellow*

Dr. David A. Vanlandingham is our first Medication Management Fellow. Dr. Vanlandingham is a graduate of University of Kentucky School of Pharmacy. He was previously employed at CVS in Madisonville, KY.



*Arifa Siddiqui, MD*  
*Geriatric Medicine Fellow*

Dr. Arifa Siddiqui began her Geriatric Medicine Fellowship on September 1, 2012. Dr. Siddiqui obtained her MD from Ross University School of Medicine, Dominica. She did her internship and residency training at the Hoboken University Medical Center in Hoboken, NJ.



## Supporting Alzheimer's Research



UofL Geriatrics Faculty and Staff recently supported the Walk to End Alzheimer's. We raised more than \$1,400 for Alzheimer's Research. Faculty and staff donated to dress as hippies, and many of us had fun walking in the Walk to End Alzheimer's on the Great Lawn at the Riverfront.





### Happy 40<sup>th</sup> Birthday Department of Family and Geriatric Medicine

The Department of Family and Geriatric Medicine recently celebrated it's 40th Birthday with a picnic for faculty and staff at Cherokee Park in September. Awards were presented to the following:

40-Year Department Service Award: Nancy Koppersmith

15-Year Department Service Award: Lora Doram  
Bettye Harmon  
James O'Brien, MD, FRCPI  
Amanda Padgett

10-Year Department Service Award: Christian Davis Furman, MD, MSPH  
Audrey Lee  
Chad Vaughn

5-Year Department Service Award: Demetra Antimisiaris, PharmD  
Angela Irvin, APRN  
Noreen Mason, APRN  
Norma Thieman  
Amy Varner, APRN

Star Performance Awards: Margaret Feldman  
Latosha Watson



### **Geriatricians**

Ronna Compton, DO  
 Christian Davis Furman, MD  
 Rangaraj Gopalraj, MD, PhD  
 Laura Grooms, 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, Pharm D

### **Nurse Practitioners**

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

### **Social Worker**

Brenda Purser, MSSW, CSW

### **Staff**

Lora Doram, MA  
 Paige Goodlett, Receptionist  
 Audrey Lee, Practice Manager & Coordinator of  
 Nursing Home & Home Call Program  
 Natasha Ross, MA

Margaret Feldman, Coordinator of  
 Geriatric Enhancements  
 Norma Thieman, Program Coordinator Sr. of  
 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](http://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  
 Angela Irvin, APRN

#### **Episcopal Church Home**

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

#### **Owen Household/Palliative Care Masonic Home of Louisville**

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

#### **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

### **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