

UofL Health Care Outpatient Center
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Louisville, KY 40202

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UofL Geriatrics Academic Office 502-588-4260

www.uoflphysicians.com

www.familymedicine.louisville.edu

www.polypharmacyinitiative.com

Dr. Diane Harper, Department Chair



Diane Harper, MD, MPH, MS, was appointed as professor and Gradie R. Rowntree, MD, and Mary D. Rowntree Endowed Chair in Family Medicine. She assumed the position on Oct. 1, and succeeded James G. O'Brien, MD, FRCPI, who stepped down as Chair of the Department of Family and Geriatric Medicine. Dr. O'Brien will continue to provide patient care.

Harper joined University of Missouri at Kansas City in 2008 as professor in the departments of Biomedical and Health Informatics, Obstetrics and Gynecology and Community and Family Medicine. In 2009, she was named Vice-Chair for Research in Community and Family Medicine. Previously she was on the faculty of Geisel School of Medicine at Dartmouth in Hanover, N.H.

She is board certified by and a Fellow of the American Academy of Family Practice and is an associate member of the American College of Obstetrics and Gynecology. While at UMKC, she served on the Board of Directors of University Physicians Associates and had hospital appointments at Truman Medical Center-Lakewood and Hospital Hill in Kansas City. At Hospital Hill, she also led the research section of the Center of Excellence in Women's Health.

She earned a bachelor of science degree in chemical engineering and master of science in polymers from the Massachusetts Institute of Technology. She earned her medical degree and master of public health degree from the University of Kansas Medical School, where she also had residency training in obstetrics and gynecology and completed her residency in family medicine.

Harper has been honored with several fellowship awards during her career, including a United States Public Health Service Primary Care Fellowship, a Robert Wood Johnson Generalist Physician Faculty Fellowship, a fellowship in the Stanford University Faculty Development Program for Medical Decision Making and a fellowship with the Inter-Institutes Genetics Clinic of the National Institutes of Health.

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) on the first floor of the UofL Health Care Outpatient Center, 401 E. Chestnut Street.



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.

2013 Gold Standard Award for Optimal Aging



2013 Gold Standard Award for Optimal Aging Nominees

The Gold Standard Award for Optimal Aging honors those, age 85 and over, who are maintaining active engagement with life well into their senior years, who are role models for optimal aging across the full spectrum of life throughout civic, social, spiritual and creative areas. More than 50 nominations were received for the 2013 award. In September 2013, all nominees were invited to be our guests at a luncheon and award presentation ceremony. The winners of the 2013 Gold Standard Award for Optimal Aging were **Lucille B. Leggett** and **Tom Moffett** in the individual category and **Elmo and Martha Martin** in the couple category. Congratulations to the nominees and winners, all superb examples of optimal aging.

Winners of the 2013 Gold Standard Award for Optimal Aging



Lucille B. Leggett



Tom Moffett



Elmo and Martha Martin



Left to right:
Dr. David Dunn, Dr. Christian Furman,
Lucille B. Leggett, Mayor Greg Fischer



Left to right:
Dr. David Dunn, Dr. Christian Furman,
Tom Moffett, Mayor Greg Fischer



Left to right:
Dr. David Dunn, Dr. Christian Furman, Elmo
Martin, Martha Martin, Mayor Greg Fischer

Meet the Winners

Lucille Leggett, 94, was nominated by Mayor Greg Fischer who called her a model citizen. A retired teacher from Jefferson County Public Schools, Leggett served 10 years as the Russell Block Watch Captain for Division 1 of the Louisville Metro Police Department and volunteered for 15 different mayoral campaigns and helped a number of other officials get elected in Louisville over a 60-year period. She works with Operation Brightside to fight blight in Louisville and is an active member of the American Garden Association. She was honored in the 1990s with the National Peace Pole for her work with the Russell Community Garden, the first community garden planted in West Louisville. Leggett is the oldest dance team member of the Oak and Acorn Dance Team, and recently “boogied” with her fellow teammates at the Universal Circus when it visited Louisville. Leggett continues to mentor youth, has served as an active member of the NAACP and most recently played an active role in reopening the Parkland Boys and Girls Club. Leggett once said, “There are a lot of neighborhoods in Louisville, and they have lots of folks in them. When they all come together, with churches and businesses and everybody helping out, they join with the mayor and the Metro Council to make this city work. It’s like putting a puzzle together or a patchwork quilt: If one piece is missing, it’s not complete. That’s what being a neighbor is: making (your) neighborhood, and the city, complete.”

Tom Moffett, 89, was nominated independently by two Christian Care Communities’ staff members, Constance Merritt and Soni Castleberry. A resident of Christian Care’s Chapel House, Moffett has a long history of civic engagement and activism. His nominators noted his belief that “injustice to one is injustice to all.” He has not been afraid to speak out on issues such as racism, police brutality, health care, equal rights, peace over war and the needs of youth and children. He was active with Louisville’s Fair Housing Movement and has participated with the Kentucky Alliance to Abolish Racism and Political Oppression, the Fairness Campaign and the Fellowship of Reconciliation. Born to Presbyterian missionaries in Korea, Moffett became a Presbyterian minister himself, and an early calling to West Virginia coal country, he says, opened his eyes to racial inequality and economic oppression, causes that became his life’s avocation. He eventually left the ministry and became an accountant but today worships with a predominantly African American congregation at Grace Hope Presbyterian Church in Louisville’s Smoketown neighborhood. Moffett also is known to reach out to others across all social strata, and also has developed a Facebook following with more than 200 friends.

Elmo and Martha Martin, both 85, can be seen at virtually all UofL football and men’s and women’s basketball games, and they drive another couple to the games who otherwise would not be able to attend. Elmo Martin is a retired Jefferson County Public School administrator and Martha Martin is a retired teacher with JCPS schools, and both continue to volunteer with children – he at Middletown Elementary School where he quizzes children on math problems and rewards correct answers with candy; and she at Ronald McDonald House, helping families with children who are patients at Kosair Children’s Hospital. The couple also helps to preserve the traditions of square dancing, an activity they enjoy participating in every Friday night. The couple’s son, Anthony Martin, is a physician who is affiliated with UofL and nominated his parents for the award. Elmo Martin retired as a colonel after 35 years of service in the Army Reserve, and currently volunteers with the Reserve Officers Association and the Association of the Century, supporting the 100th Division, a Kentucky-based unit with a long history of service. Martha Martin volunteers with Meals on Wheels and organizes bingo games on Monday nights at a local nursing home/assisted living center. Both lifelong Baptists, the Martins faithfully attend church, where he teaches Sunday School year round and she teaches Bible School in the summertime. They are true partners in life and are role models. Elmo and Martha Martin are a team, and both are models of health and maintaining vitality and activity.

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.

Dr. Holtzapple (1931-2012) was a former chair of our department.

Our Nurse Practitioners



Karen Cassidy, APRN, is a graduate of College of Mount St. Joseph. She obtained her MSN from Boston University. She has an Doctorate in Education from Spalding University, an MBA from Bellarmine, and recently obtained an APRN. Karen joined our practice in Oct. 2013, and cares for our patients in the outpatient office and at Episcopal Church Home.



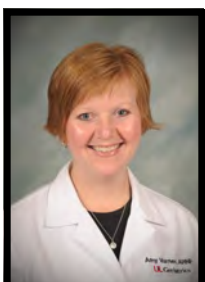
Rebecca Griffin, APRN, obtained her MSN in Nursing from Spalding University in 2005. Becky has been with our practice since 2008 and cares for our patients at Masonic Home and Sacred Heart Village.



Noreen Mason, APRN, is a graduate of Western Kentucky University. She obtained her MSN from University of Cincinnati. Noreen has been with our practice since 2003 and cares for our patients at Episcopal Church Home.



Carol Sells, APRN, a graduate of University of Missouri, obtained her Doctor of Chiropractic degree from Logan College of Chiropractic in 1998. She obtained her BS in Nursing from Hardin Simmons University in Abilene, TX, and her MSN in Nursing from Bellarmine University. Carol joined our practice in Oct. 2013, and cares for our patients in the outpatient office and at Christian Health Center.



Amy Varner, APRN, is a graduate of Spalding University. She obtained her Masters of Science from University of Louisville School of Nursing. Amy has been with our practice since 2005 and cares for our patients at Treyton Oak Towers.

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

Medication Management Faculty

Demetra Antimisiaris, PharmD
 David Vanlandingham, PharmD

Nurse Practitioners

Karen Cassidy, APRN
 Rebecca Griffin, APRN
 Noreen Mason, APRN
 Carol Sells, APRN
 Amy Varner, APRN

Social Worker

Brenda Purser, MSSW, CSW

Administrative Staff

Audrey Lee, Practice Manager & Coordinator of
 Nursing Home & Home Call Program

Callie Booth, Program Coordinator of Geriatric
 Medicine Fellowship

Margaret Feldman, Coordinator, Geriatric Medicine
 Enhancements

Amanda Padgett, Asst. Director of Clinical Operations
 Heath Harmon, Asst. Director of Finance

Veterans Affairs Medical Center Faculty

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

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www.polypharmacyinitiative.com

www.uoflphysicians.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
 Carol Sells, APRN

Episcopal Church Home

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

Sacred Heart Village

2120 Payne St.
 Louisville, KY 40206
 502-895-9888
 Patrick Murphy, MD
 Daniela Neamtu, 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:

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