



President's Message (delivered at Annual Meeting)

It's been a year since I assumed this role and you kids won't understand this – but it went by in a flash – as you get older time "telescopes". I was reminded of this as my family gathered for the annual Holiday Card photo – a process that I rank as a 7 on the Universal Pain Scale (somewhere between Root Canal and a Biochemistry Final). And I said, it "seems like only yesterday that we sat for this photo". And my 8 year old daughter turned to me rather indignantly and said "Are you kidding, I was 7 in that picture!"

This past year we held three wonderful gatherings beginning with last year's Award's Dinner here at the Union League, a Spring Meeting at the Conshohocken Marriott with a Panel Presentation on Complimentary and Alternative Medicine, and a Fall meeting at Aldar Bistro where Estelle Richman, the State Secretary of Public Welfare, spoke on the Future of Funding for the Elderly. Some say "spoke", others say "forecast doom" because as we learned that Medicaid may be bankrupt by 2017 and Social Security by 2030, changes must ensue – some relate to our topic today (Prevention of Re-Hospitalization). And so organizations like EPGS must remain vigilant proponents for the Elderly, such that the care and treatment of the Elderly is not sacrificed in the process of balancing a budget. No question that there are challenges ahead as the Age Wave is upon us and the resources are depleting, but I remain optimistic that the innovation and passion of organizations like our will meet the challenge.

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WC Fields once said, "I never met a man I didn't like, except Will Rogers." I'd like to add "I never met an EPGS member I didn't likeand more importantly didn't respect their talents and contributions. It has been a sheer pleasure to work with so many talented and passionate providers of Geriatric Care. And this is not a farewell, but rather a new beginning.

I am proud to say that the coming year will produce a more dynamic organization.

- We are increasing the size of our Board, to allow for more voices and input into our endeavors.
- We are developing a new website which will improve our communications, education, and links to other organizations.
- We are improving our fundraising efforts which will provide more power to fulfill our mission.

Happy New Year! I believe it will be a great one for EPGS.

I'll end with the words of George Washington Carver: "How far you go in life depends on your being tender with young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong. Because some day in life you will have been all of these"

A Photographic Journal of the Annual Meeting

December 3, 2007

The Union League, Philadelphia, PA



Keynote speakers with our President, Gregory Busch: Left, Cindy Walton, RN, Senior Coordinator for Quality Improvement for Holy Redeemer Home Care, Gregory Busch, DO, Virtua Hospital, David Horowitz, MD, Medical Director of Clinical Effectiveness and Quality Improvement, Penn Home Care and Hospice, and Right, Sukhwant Khanuja, PhD CEO of Carematix



Left: Albert Finestone, MD Temple University Health System receives the Barbara Bell MD Award, Center, Arthur Helfand, DPM, right, Barry Fabius, MD Holy Redeemer Hospital, Immediate Past President



Left: Daniel Haimowitz, MD receiving the Charles Ewing Memorial Presidential Award, Center, Gregory Busch, DO, Virtua Hospital, President Right, Barry Fabius, MD, Holy Redeemer Hospital, Immediate Past President



Left, Donna Nahass, CRNP of Temple University Health System, receiving the Nancy Tatem RN Award, President Elect Lesley Carson, MD, University of Pennsylvania Health System, Immediate Past President, Barry Fabius, MD, Holy Redeemer Hospital.

EPGeriatricSociety.org, a brief history

-by Alan P Berg, PhD, MD, past President

We set up EPGS' first Website in 2004 or 2005, hoping it would provide timely information about upcoming programs, facilitate communication and interactions among members, and be a convenient portal to and from the rest of the professional Geriatric community. The site never reached its potential and was updated only sporadically. It did not serve us well and fell into well-deserved oblivion.

Last year the Board organized a Website committee, with our first task that of defining how a Website could best serve EPGS. We knew that the above goals, if met, would add value to being an EPGS member. We also wanted to make it easier to register for programs or pay one's dues, and knew this could be done thru a Website. We also struggled with how best to open up the site for informal interactions among members without making the membership list public property.

Unlike our first try at a Website, this one was funded by the Board from its inception. We calculated that at least some of the expense for this would be defrayed by reducing printing and mailing costs. A professional Website designer, John Wilson of Boris Three Communications, was hired to design and help maintain the site. At his suggestion, we agreed to set up the full site in stages, with each adding more useful information and flexibility.

Right now you can log in and:

- Enjoy our colorful and informative Home Page
- Find out about EPGS, our Mission, Board of Directors, Committee structure History.
- Easily contact Barbara Mark, the Director of Events.
- Join EPGS via the internet.
- Learn about upcoming programs and conveniently register for them.

The next stage (when voted on by the Board) will add:

- Links to various programs and agencies serving the Elderly.
- A Members Area, for members to access via password and user name. This will include:
 - The EPGS Newsletter
 - A Jobs Wanted and Job Opportunities section.
 - A copy of the By-Laws
- We hope also to set up a Sponsors Link that could include information about both member-affiliated sponsors and outside organizations that have chosen to help support EPGS.

Please check out the site, bookmark it, and contact Barbara Mark, Deborah Summers or Ritajeon Reed with suggestions or comments!

Member in the Spotlight

We are fortunate to have a rich representation of professionals from across a variety of geriatric professions; however, in this issue we focus our spotlight on Lesley Carson, MD, President Elect of the Eastern Pennsylvania Geriatrics Society. Dr. Carson is a member of the American College of Physicians, American Geriatrics Society and has her Certification in Geriatric Medicine since 1988. Under the University of Pennsylvania Health System Geriatric Medicine, she is the Medical Director at Penn Center for Rehabilitation and Care, Penn's skilled nursing facility and nursing home. Dr. Carson has a home care co-practice at the Veterans Administration Hospital and at Penn's Ralston House with four NPs, along with an outpatient practice at the Ralston House. Her clinical/teaching responsibilities include attending on the Acute Care of the Elders Unit at Penn Presbyterian Medical Center four times a year. In all these settings, Dr. Carson teaches/precepts geriatric fellows and at times residents and students. She is involved in a "Doctoring" course that teaches psychosocial aspects of medicine to medical students in a small group setting. Dr. Carson brings an energy and passion to our organization along with unprecedented expertise in the field of geriatric medicine. We are honored to have her as a valued, contributing member of our organization.

Autumn Fellowship Afternoon

A suggestion was raised at the last board meeting that received overwhelmingly positive response. Dr. Lesley Carson proposed an autumn fellowship afternoon that would bring the fellows and their active fellowship teachers/directors together to discuss a complicated geriatric patient over food and drink. The site for this would vary annually from institution to institution. Ideally this would be a forum where the fellows could get to know each other and establish some networking, as well as the fellowship directors. This format was used years ago but fell by the wayside probably because of so many competing demands. Penn would be willing to host the first get-together. Does that sound like something that would interest, excite, and benefit your institution? Let's hear from you. **Contact Barbara Mark @ barbaramark@verizon.net or 610-715-2887.**

Think Tank on Dementia

Another "Home Run" was scored for the organization on Wednesday night, March 24th at our annual Educational Dinner Program, when Barbara Mark, our Events Director, met the challenge of drafting a winning team of excitingly enthusiastic and brilliant research professionals from the Philadelphia College of Osteopathic Medicine: Denah Appelt, PhD is a Professor in the Department of Neuroscience, Physiology and Pharmacology; Brian Balin, PhD is a Professor of Pathology, Microbiology, Immunology and Forensic Medicine; and Katherine Galluzzi, DO, CMD, FACOFP is a Professor and Chairperson of the Department of Geriatrics. Quite an impressive line-up! This presentation was outstanding to say the least, as well as entertaining, as it required live audience response that only enhanced the significance of the data.

Just like a night at the ball game, Barbara made sure that the venue provided a wonderful setting, The Radnor Hotel, along with the finest food – no, not hot dogs. It's the combination of coming together and meeting members, good conversation, great food in a relaxing atmosphere, and educational opportunities that exceeded our expectations – this is the goal of our March Educational Program. All who attend had nothing but rave reviews. Our thanks to the exceptional presenters for enlightening us to the infectious etiologies of dementia.

16th Annual EPGS Graduate Research Night Presentation

Each year we invite fellows, graduate or doctoral students in geriatrics/gerontology related programs to participate in our annual research papers presentation night sponsored by the Eastern Pennsylvania Geriatric Society. Our program this year will be held on Monday, May 19th from 6:00 – 9:00 PM at the College of Physicians of Philadelphia, 19 South 22nd Street, Philadelphia, PA.

This program is open to any individual interested in geriatrics/gerontology and currently enrolled in a doctoral or post-doctoral degree program or fellowship. All potential candidates who are currently working on a research project are encouraged to submit an abstract of their projects. The 10 best submissions will be selected for presentation at the symposium. A committee of EPGS members will judge the presentations. A cash prize will be awarded for the “best” paper and to the runner-up.

This is a wonderful evening event that gives you a glimpse of exciting initiatives of the new professionals on the horizon of geriatrics/gerontology. The evening begins with a buffet dinner prior to the presentation of papers.

Noteworthy Member News

- **From the desk of Albert J. Finestone, MD, MSc, FACP** – The Institute on Aging is in a Consortium with the University of Pittsburgh, Penn State Univ. and Temple as the Geriatric Center of Pennsylvania (GEC/PA). We recently received a grant from HERSA to teach primary care physicians and all other ancillary professionals who come in contact with the elderly about mental health problems and co-morbidities (hypertension, coronary artery disease, death and dying, geropharmacotherapy, parkinsonism and dementia.) Since the educational program will cover the entire eastern Pennsylvania, we will use the internet Temple Blackboard to distribute the educational modules-audio-visual and printed. C.E. credits will be provided after completion of the traditional q and a. I will also use the PILS (Practice Integrated Learning Sequence) process which I developed and published during my tenure as Assoc. Dean for CME which uses a patient report form to determine if the educational material was applied to actual patient care. In the national field test there was no congruence between the q and a and actual patient care. We are now developing the educational materials and the program will start after July 1st, of this year. I am certain that all members of the EPGS will be solicited and invited to participate. There is no charge for this program which I hope will be useful and ultimately help the audience for who it was developed.
- **National Retiree Association Selects Aging with Grace Partners to Speak at Upcoming Regional Conferences** - Patricia Grace and Rita Files of Aging with Grace, will be 1 of 3 featured speakers at the Alliance for Retired Americans Regional Conferences to be held this upcoming Spring in Las Vegas, Philadelphia, St. Louis and Orlando. The organization represents 3.5 million AFLCIO retirees in the US & Canada. Aging with Grace is the nationally recognized solution to eldercare stress in the workplace. Together, Grace and Files have developed an innovative approach that focuses on educating, coordinating and facilitating individualized care options one family at a time. “With elder caregiving becoming more of an issue for our members we have reached out to Aging with Grace to address this growing need. Both women are know for delivering a program that is filled with anecdotal experience, humor and practical tips”, said Steve Hayes, Director of Business Development, Alliance for Retired Americans. The vision of Aging with Grace is to create a win-win situation for workers who are

caring for an elderly relative and the businesses that employ them. For more information contact: patricia@agingwithgrace.net

- **Arthur E. Helfand, DPM** authored two chapters in the recently published text – **The Encyclopedia of Elder Care – A Comprehensive Resource on Geriatric and Social Care – Second Edition**. The publisher is Springer Publishing of New York. The editors are Capezuti E A, Siegler E L, and Mezey M D. The Chapters are “Foot Problems” and “Podiatric Medicine”.
 - **Drexel University’s Baiada Center for Entrepreneurship in Technology sponsors the Bayada Awards for Technological Innovation in Nursing Education and Practice** to two applicants that meet the high standards for significant contribution to nursing education or practice via the development and/or adoption of a new technology. The award is sponsored by J. Mark Baiada, Founder and President, Bayada Nurses and Mel Baiada, Benefactor, Drexel University’s Baiada Center for Entrepreneurship in Technology.
 - **Hospice Legal Project: An Innovative Medical-Legal Partnership** – In 2007, SeniorLAW Center received funding from the Independence Foundation to create The Hospice Legal Project, an innovative medical-legal partnership between SeniorLAW Center and Penn Home Care and Hospice Services (PHCHS). SeniorLAW Center is an independent, nonprofit organization that provides free legal services to Pennsylvania seniors. As a result of the funding, free legal services are available to patients in need enrolled in PHCHS’s Caring Way and Wissahickon Hospice Programs. Hospice addresses the medical, social and emotional needs of patients and their families, but the legal issues facing this vulnerable population are frequently overlooked. The goal of this project is to provide assistance to the terminally ill who often do not have the strength, energy, and resources to handle their legal issues, such as estate planning, financial management, housing problems, custody, and collections. Unresolved legal problems may decrease a patient’s quality of life and complicate bereavement due to unsettled estate, family, and financial issues. Ultimately, the purpose of the partnership is to provide better, more comprehensive care to the most vulnerable seniors – the dying. For more information: www.seniorlawcenter.org or visit www.pennhealth.com/homecare
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Aging in America - NCOA/ASA Conference

From March 26-30, the Annual NCOA/ASA Conference was held in Washington, DC. The Conference Sessions covered a wide range of topics for Aging in the 21st Century. Alzheimer's, Caregiving, Long-Term Care, Public Policy, End-of Life Decisions and Care, Medicare, Social Security, Socialization/Interaction, Volunteerism and Workforce Issues. In all, there were 600 sessions offered. More than 4000 delegates attended. Preconference sessions were held on March 26 including the Second National Conference for Caregiving Coalitions sponsored by the National Alliance for Caregiving Coalitions. Various approaches to reaching out and meeting the needs of Caregivers were shared.

There were special interactive activities available as well. On March 26, delegates had an opportunity to meet with their Congressional members. Sessions also included meetings with the Administration on Aging and the Senate Special Committee on Aging. Dr. Robert Butler of the International Longevity Center presented his views on the present and future of living longer in the 21st Century and beyond. Other special events included the Opening Session with Maya Angelou as Keynote, the Final Night Party featuring the Capitol Steps and the Closing Plenary Sessions featuring the Policy Directors. reported by Judith Neale