



THE COPPER RIDGE INSTITUTE

AFFILIATED WITH THE
JOHNS HOPKINS UNIVERSITY SCHOOL OF MEDICINE

SPRING 2010

TCRI LAUNCHES NEW DIRECTOR OF EDUCATION POSITION

In March, The Copper Ridge Institute (TCRI) announced Jacqueline Friedman Kreinik, R.N., M.S., joined TCRI as its first Director of Education.



The position is made possible through a generous donation by Mary Grace Day whose husband is a Copper Ridge resident. She has also inspired friends and colleagues of her husband to support this initiative. The goal of the Director of Education position is to advance The Copper Ridge Model of Care © best practices for Alzheimer's and dementia care and treatment and offer these evidence-based and clinically-proven strategies of care to nursing homes, hospitals, hospice programs, assisted living facilities and home caregivers. The Copper Ridge Institute will also develop an integrative healthy aging program that will be available throughout the EMA community. Jacqueline will establish ongoing educational initiatives for in-house staff, for residents and families and for aging communities nationally and internationally.

"I was inspired to create the new position because I saw the need to think more globally on how best to educate people about dementia and healthy aging," explains Dr. Kate de Medeiros, PhD, Executive Director of TCRI. "Although we currently have excellent curricula and educators in place, we needed someone who could consider and plan on how to best use multiple educational strategies including technology to deliver information, develop comprehensive evaluation programs for current and new educational offerings, be in close contact with key people throughout the health community to fully understand current and future educational needs, and build partnerships."

Kreinik is a nurse with a master's degree in gerontology. She brings to the position her extensive experience in curriculum development, business marketing and strategic planning and educational training as well as a passion for healthy aging and reversing the taboos associated with age and dementia.

JACQUELINE KREINIK, R.N., M.S.

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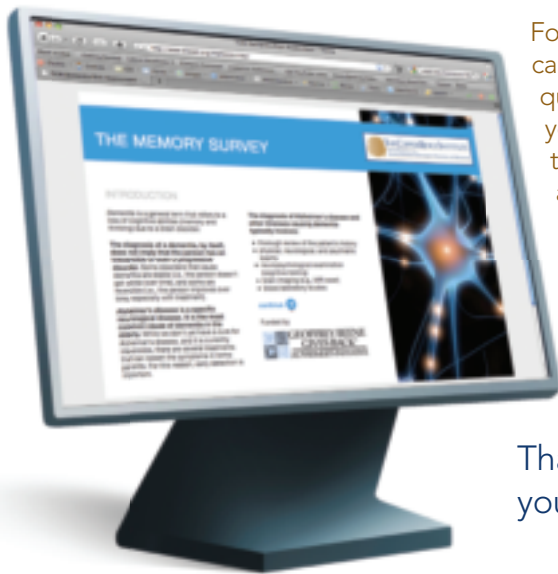


CONCERNED ABOUT YOUR MEMORY?

Jason Brandt, Ph.D., Research Director at the Copper Ridge Institute, has developed an innovative tool that can indicate whether an older adult is at increased risk of developing Alzheimer's disease or related disorder.

People concerned about their or a loved one's cognitive functioning, which includes thinking and memory, can take this FREE assessment on The Copper Ridge Institute's "alzcast" website:

▶ www.alzcast.org/memorysurvey.



Follow the instructions carefully, answer the questions honestly, and try your best on the memory test. Print a copy of your assessment results to discuss with your family and healthcare providers.

Your participation, which is totally anonymous, is part of a research project.

Thank you for your participation.

TCRI LAUNCHES NEW DIRECTOR OF EDUCATION POSITION

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"Education on Alzheimer's disease, dementia and areas of cognitive and mental impairment is essential for the residents who live in our communities, for their families and for the greater community because the number of individuals getting Alzheimer's is astronomical, the statistics are fearsome, and I think everyone knows someone who has been touched by cognitive and mental decline," she explains.

Mary Grace Day's life was touched by Alzheimer's when her husband Wayne was diagnosed in 2002. By 2008 she was unable to care for him at home. She chose a facility close to her home because Copper Ridge was too far away. "Things didn't go well," she recalls. "They went from bad to worse. Being in a facility that didn't fit him was a nightmare."

Under the care and direction of her husband's physician, she moved Wayne to Copper Ridge and realized immediately the value of educated staff and a specialized care program. Mary Grace Day's experience inspired her to fund the Director of Education position so the Copper Ridge Model of Care © can extend to existing healthcare facilities desperate for training.

The addition of Kreinik to TCRI will help meet the overarching mission of TCRI to be a force for transformation of care practices and services to aging persons. "Having someone like Jacqueline, who can not only coordinate and direct our current educational efforts but develop new ones as well, will be key to the fulfillment of our mission," says de Medeiros.

Mary Grace Day's donation was a way of saying thank you for a program that has changed her life and provided seed money for two years. She hopes her story will inspire others to donate and support the permanent endowment of the Director of Education position.



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MEET AMANDA MOSBY, PROJECT MANAGER

Kate de Medeiros, PhD. Executive Director, The Copper Ridge Institute (TCRI), continues to strengthen links between TCRI and academic institutions to foster collaborative research. This issue features Amanda Mosby, Project Manager to discuss her role at TCRI.

Amanda received her bachelor's degree in Psychology from Indiana University and master's degree in Cognitive and Social Psychology from Ball State University. After graduating, Amanda worked at Purdue University as a Project Manager for the Parenting our Children to Excellence (PACE) Program, a research project focused on promoting parenting effectiveness and child coping-competence in the preschool years. At the conclusion of its funding, she moved to Charlotte, North Carolina to take a Project Manager position for University of North Carolina Charlotte's project on Taking Responsibility for Asthma Control (TRAC), a pediatric asthma research program that concentrated on ways to improve asthma management.

"I have been fortunate to manage a variety of research studies over the last eight years. The studies focused on public health initiatives, individual health and well being, and practical matters on childrearing and family caretaking".

What interested you in working at The Copper Ridge Institute?

I became interested when I learned about the wide variety of studies that were being conducted. The future of the research trajectory is limitless and

The Copper Ridge Institute offers such an array of research potential. In my position as Project Manager, I am able to be involved in all aspects of study design, implementation, analysis and manuscript preparation.

How has your time at The Copper Ridge Institute influenced your studies?

The Copper Ridge Institute immerses itself within the aging population, which provides a valuable position to address important and pragmatic needs posed by staff, families and the community. Everyone at The Copper Ridge Institute takes a proactive role in developing and carrying out relevant and innovative research projects.

How will your experience at The Copper Ridge Institute affect your future plans?

I plan to continue building upon the reputation of The Institute and grow the research studies regarding aging persons and those who care for them. As the aging population changes and new technologies become available, we will continue to explore novel ideas and develop exciting programs.

Could you have found this educational experience outside of The Copper Ridge Institute?

Perhaps, but it would be difficult to find the same supportive work environment, challenging position and wonderful co-workers that I've become great friends with.

AMANDA
MOSBY





INSTITUTE RESEARCH

The Social Environments of People with Dementia in Residential Long Term Care: The "Friendship" Study

The "Friendship Study" is a two-year study funded by the national Alzheimer's Association to better understand how new friendships are formed among residents with dementia, staff's perceptions of resident friendships and what characterizes "friendly interactions" among residents. The overall goal of the study is to find interventions that may be effective in improving the social environments for people with dementia living in long term care.

The NPI-C: A Revised Measure of Neuropsychiatric Symptoms in People with Dementia:

Neuropsychiatric Symptoms (NPS) such as depression, apathy, and agitation, affect many patients with dementia and are a major focus of study and treatment. Accurate assessment of NPS through valid, sensitive and reliable measures is crucial. An international team of prominent dementia researchers, with TCRI as the lead investigator, have recently revised a commonly used measurement of NPS, called the Neuropsychiatric Inventory or NPI to include new items and a better scoring method. The new tool — the NPI-C — was evaluated at 10 international sites (in 7 languages). Current results are positive and suggest the NPI-C will be an effective tool in future clinical trials.

Healthy Older Adults Studies: Generativity in the Lives of Childless Older Women (GLOW)

The purpose of this four-year study, sponsored by the National Institute on Aging, is to help us better understand the social and care needs of women 65 and over who do not have children. We recently



THE GIFT THAT KEEPS GIVING



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- The William Proxmire Research Fund

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Institute and mail to:
576 Johnsville Road • Eldersburg, MD 21784
Attn: Development Department

Contact Information:

Name _____

Address _____

Phone _____

E-mail _____

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▶ Advanced Dementia Training for Professionals October 4–8, 2010

Through a generous gift from the Mildred Baron family, The Copper Ridge Institute has developed a specialized program to educate professionals on how to care for persons with dementia based on the nationally renowned Copper Ridge Model of Care®.

This comprehensive program consists of one week of intensive training at The Copper Ridge Institute and Copper Ridge, where nurses, social workers, physicians and health care professional receive 40 hours of classroom-style teaching, one-to-one tutorials, and hands-on practica from experts in dementia care.

Class size is limited to ten (10) people to ensure personalized attention and effective practicum experiences so register early. Contact Jacqueline Kreinik, RN, MS, Director of Education, The Copper Ridge Institute, for information: kreinikj@emaseniorcare.org.

INSTITUTE RESEARCH

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completed year one and have enrolled more than 80 women. Women participate in three (3) interviews, which are recorded and transcribed. Over the course of the study, we will analyze transcripts for common themes surrounding childlessness, generativity or ways that people invest themselves into the future, and future caregiving needs.

“Self Stories”: Improving Memory by Recalling Moments from the Past

The Brookdale Foundation funded a 2-year study to investigate the effectiveness of an eight-week structured autobiographical writing workshop to improve autobiographical memory and well-being. Volunteers were randomly assigned to three groups: a structured autobiographical writing workshop (“Self Stories”), an oral reminiscence group, or a wait-list group that did not participate in any workshops. Although results did not reveal a statistically significant increase in memory ability, satisfaction, or recall, we found measurable improvement in self concept. Analysis suggests that participation in a study, regardless of the intervention, may be effective to improve self concept or sense of worth.

MEET AMANDA MOSBY

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What projects are you currently involved with?

We are currently preparing manuscripts for presentation and publication from the data collected from two studies: The Brookdale Foundation funded project “Self Stories: Improving Memory by Recalling Moments from the Past” and The Alzheimer’s Association funded study “The Social Environments of People with Dementia in Long-Term Care.” We are also continuing to recruit and interview women for the GLOW Study (Generativity and Lifestyles of Older Women), supported by the National Institutes on Aging.



outreach

HEALTH RESOURCE FOR THE EASTERN SHORE COMMUNITY

Communities across the US face the growing crisis of Alzheimer's disease. Current statistics report 5.3 million people in the US today suffer from this debilitating disease. Alzheimer's disease cost the nation 148 billion dollars annually with 9.9 million unpaid caregivers, with a new case diagnosed every 70 seconds. It is the 6th leading cause of death. While we wait for a cure, best practices of care and treatment are sought by lay and professional caregivers. *Education is the key to make this happen.*

Through the generosity of Mrs. Margaret Ferree, a well know Eastern Shore philanthropist, and the Ferree Fund at the Mid Shore Community Foundation, The Copper Ridge Institute offers Dementia Care Grand Rounds at William Hill Manor. A series of four presentations target the professional community of Eastern Shore caregivers with the goal to educate the professional caregiver

on best care practices for family members and their loved one with Alzheimer's disease.

The series began December 3rd as Dr. Anthony Adrignolo presented "It's Not All in the Mind: Dementia and Traumatic Injuries." On Thursday, February 25, Dr. Allan Anderson presented "Identifying and Managing Behavioral Symptoms in the disease." Dr. Anderson explained how to evaluate and identify patterns of behavioral disturbances in dementia patients and target the most appropriate pharmacological and non-pharmacological interventions. On April 15, Dr. Alva "Buzz" Baker presented "Pain Management at the End of Life" and on June 10th, Dr. Charles Reynolds speaks on "Treatment and Prevention of Depression in Old Age". Reserve your seat at the upcoming June 10th Grand Rounds at: whgrandrounds@emaseniorcare.org.

▶ We welcome
your input
for topics!