



### Sixth Annual William Proxmire Awards Dinner

**R**obert Essner, former CEO and retired chairman of the board of Wyeth, one of the world's leading research-driven pharmaceutical and health care products companies, **James I. Melhorn**, President and CEO of EMA, a faith based family of retirement communities and resources, and **Dr. David Satcher**, member of the National Alzheimer's Study Group and former Surgeon General, were honored as the 2008 Senator William Proxmire Awardees on Wednesday, November 12. Cokie Roberts, ABC News Award Winning Journalist and best selling author, hosted the evening's events.

The award honors the late Senator William Proxmire who battled Alzheimer's disease. The award is given to individuals who have exhibited extraordinary leadership roles in the fight against Alzheimer's disease. Mrs. Ellen Proxmire hosted this year's event which was held at the United States Supreme Court.



^ Mr. Daraka Satcher and Mrs. Cokie Roberts



>> Mr. James I. Melhorn, Dr. Joan Develin Coley and Mr. Lee Rice



<< Dr. Nick Kozauer, Dr. Susan Kozauer and Dr. Jason Brandt



^ Mrs. Ann Essner, Dr. Steve Jacobsen, Mr. Robert Essner, Mr. John Dwyer and Mr. Patrick Plues



^ Mrs. Cokie Roberts and Mrs. Melanie Sabelhaus

### de Medeiros Garners Grants to Further Research on Aging

By Christianna McCausland

**K**ate de Medeiros, PhD, a gerontologist and Proxmire research scientist at the Copper Ridge Institute, has garnered several grants to further research on unique aspects of aging, including a prestigious fellowship from the Brookdale Foundation. As one of four nationally selected Brookdale Leadership in Aging Fellows, de Medeiros received funding to further her research, "Self Stories: Improving Recall by Remembering Stories from the Past." de Medeiros hypothesizes that the use of different writing techniques – poetry, letters, memoir – to recall small life events will improve memory. If the theory proves effective, de Medeiros hopes to develop it into a program that can be replicated nationwide.

Healthy older adults at Fairhaven will assist in this research, which unites the social sciences with literature, an inter-disciplinary approach that appeals to de Medeiros. "I think [receiving this grant] stresses the

need for people in the field of aging research to think beyond the limits of traditional disciplinary boundaries and look at aging from a holistic perspective," she states.

de Medeiros also received a New Investigators Award from the National Alzheimer's Association for research on the social dynamics of persons with dementia in long-term care settings. de Medeiros and a peer from Georgetown University will conduct a six-month observational study of the interactions between Copper Ridge residents with the hope of developing a model to guide the most efficacious placement of people in long-term facilities.

The process of research is ongoing and a project de Medeiros co-developed with Dr. Constantine Lyketsos of the Johns Hopkins University School of Medicine is currently in the international validation stage. Five sites in the U.S. and seven international sites are evaluating the improvements the co-authors made to the existing

Neuropsychiatric Inventory Clinician Rating (NPI-C), a symptom checklist utilized by doctors to evaluate dementia behaviors.

Even as she juggles this research, de Medeiros is looking ahead – she's finalizing funding now through the National Institute on Aging for research into the experiences of childless older women. Part of the plan for growth includes continuing to cultivate interest in the work of The Copper Ridge Institute by faculty and students from neighboring universities. As of January, eleven students from five institutions – Towson University, Loyola College, Johns Hopkins University, UMBC and UMB – will be assisting with the Institute's research. de Medeiros is working to continue this trend to foster interest in aging research and to ultimately improve the lives of older adults through these findings.

### New Early Recognition Online Education Module to Be Launched with a \$25,000 Grant from The Geoffrey Beene Foundation Alzheimer's Initiative

**A** \$25,000 grant from the Geoffrey Beene Foundation Alzheimer's Initiative will allow The Copper Ridge Institute to expand their educational website, [www.alzcast.org](http://www.alzcast.org), to include a module to help facilitate earlier recognition of dementia.

"Currently, there are no proven tools that could be used by consumers to recognize the early stages of Alzheimer's disease," says Dr. Baker, Executive Director of The Copper Ridge Institute. "This effort will provide individuals and families information to help distinguish the difference between benign forgetfulness and undiagnosed dementia."

"The value of educating consumers to seek earlier diagnosis around signs and symptoms will not only help them better communicate with their physician, but it can lead to treatment plans much earlier in the disease process and delay placement in an assisted living or nursing home for several years," said Meryl Comer, President of the Geoffrey Beene Foundation Alzheimer's Initiative. The announcement was made at the 6<sup>th</sup> annual William Proxmire Awards dinner held at the Supreme Court on November 12<sup>th</sup> in Washington, DC.

#### The Copper Ridge Institute

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For more information about Alzheimer's disease, visit our education portal at [www.alzcast.org](http://www.alzcast.org)

**Our Mission:** To conduct and evaluate research and to educate about care practices that involve aging persons.

## Baltimore City Outreach Program

### Raising the Standard of Alzheimer's Care

During the past two-and-a-half years, the Leonard & Helen Stulman Charitable Foundation of Baltimore and a number of private donors have partnered with The Copper Ridge Institute improving the standard of Alzheimer's care in Baltimore City. Sherri Pfisterer, RN, Community Nurse Educator, has been the Institute's liaison to the underserved and frail elderly of Baltimore. Sherri has reached out to Senior Centers, church groups, adult day care centers, and Baltimore City programs such as Commission on Aging and Retirement Education (C.A.R.E.) and GEDCO (Govans Ecumenical Development Corporation) in order to identify those persons who need her service. Sherri has earned the trust of many individuals and groups and a report of her work was accepted for a presentation at the National Gerontological Nursing Association Meeting held in Albuquerque, New Mexico in late October.

"A Structured Approach to Improving Dementia Education for Caregivers in the Inner City Community" was the title of the presentation that introduced Sherri's fellow geriatric nurses to her successful approach in Baltimore City. Nurses from cities across the country who face challenges in

how to best help the frail underserved elderly were encouraged by Sherri's methods and outcomes in delivering education and training.

In her inner city education programs, Sherri uses The Institute's Home Caregiver DVD – "Caring for a Loved One with Alzheimer's Disease", available in English as well as Spanish which Sherri gives as a take away. This DVD has proved itself a very valuable support tool. Our Home Caregiver DVD and Sherri's creative approaches to improve Alzheimer's and dementia care in Baltimore City were met with a very positive response by her nursing colleagues at the national conference.



Myra Johnson and Sherri Pfisterer

## Millicent Radlick Nurse Scholar Update

The establishment of the Millicent Radlick Nurse Scholar initiative at the Institute, spearheaded by Melanie Sabelhaus to honor her mother, has enabled us to continue to refine and improve the Copper Ridge Model of Care®. Much progress has been made since its inception in 2006. Dr. Ann Morrison accepted the position as nurse scholar and devotes two days a week working diligently to establish research programs, educate professionals and lay audiences locally and nationally, along with providing clinical expertise for the Copper Ridge staff, and serves as a mentor/master clinician for university students.

Through observation and work with staff, patients and families at Copper Ridge, we continue to refine best practices in Alzheimer's care. These innovative, advanced and clinically proven best practices are then shared nationally and internationally at conferences. Dr. Morrison has presented at the following: The Greater Maryland Alzheimer's Association, Senior Social Services of Baltimore City, Johns Hopkins Annual Dementia Care Conference, Annual National Alzheimer's Association Conference, American Medical Directors Association Annual Meeting, and the National Gerontological Nursing Association

Dr. Morrison is serving as a mentor to a student from the University Of Maryland School Of Dental Hygiene. The student's Master's Thesis is studying resistance to dental care in people with dementia. It is hoped that a new protocol of dental care will be developed at Copper Ridge which can be used as a model nationwide.

### Did You Know? The Charitable IRA Returns

On October 3, 2008, Congress approved and the President signed legislation that includes the immediate and retroactive extension of the popular Pension Protection Act of 2006 provision through December 2009. This legislation makes tax-free charitable giving from retirement assets an attractive option for some. If you are interested in making a gift from your IRA, please contact Cindy Yingling at 410-970-2041 or by email at [yinglinc@emaseniorcare.org](mailto:yinglinc@emaseniorcare.org)

## William Hill Manor becomes a resource for Alzheimer's Care on the Eastern Shore

### Clark and Requard Gifts move initiative forward

The Copper Ridge Institute is pleased to announce a gift of \$500,000 from William Hill Manor resident Mrs. Eleanor Requard. This generous gift will fund a full-time nurse educator dedicated to Alzheimer's care and education. With the current expansion at William Hill Manor of an outpatient memory clinic and the addition of 24 Alzheimer assisted living beds at the Gardens, this nursing position will establish William Hill Manor as a unique resource for Alzheimer's care on the Eastern Shore.

Local Easton resident, Patti DeWitt, RN, has accepted this full time position which will be known as The Requard Nurse Educator of the Copper Ridge Institute on the Eastern Shore. For the past seven years, Patti has been an integral part of the William Hill Manor nursing management team, and most recently she has been concentrating her efforts on serving as the nurse educator for staff and residents. As a Nurse Educator for The Copper Ridge Institute, Patti will utilize her expertise in education and Alzheimer's care as she continues to work with residents, caregivers, and families of William Hill Manor as well as meeting the needs of Alzheimer's care and education of the greater shore community.

The expansion at the Gardens will not only add 44 additional residences of which 24 will be designated for dementia care, but the expansion will also bring a new outpatient memory center for those on the shore needing memory assessment and treatment. Heading the Easton clinic will be Dr. Allan Anderson, medical director of Geriatric Psychiatry for Shore Behavioral Services and currently the geriatric psychiatric consultant for WHM.

Mr. and Mrs. James Clark and the Clark Charitable Foundation have given a \$250,000 gift to establish the outpatient memory center at William Hill Manor. This outpatient assessment center will be named in memory of Samuel and Alexia Bratton, the well loved parents and grandparents of the Clark family, who lived at William Hill Manor. Members of the Clark family live on the Eastern Shore and are very pleased to be able to improve the quality of Alzheimer's and dementia care for the growing numbers of families facing this devastating illness.

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- The educational programs of the Institute
- The William Proxmire Research Fund

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