

S+AGE[™] Newsline

Volume 2, Issue 1

Celebrating over 20 years of Caring

Winter 2009

Circle of Care Foundation

Sponsors Second Annual Early Memory Loss Forum

The Alzheimer's Association will be hosting the Second Annual Early Memory Loss Forum entitled, "Living Our Lives, Planning Our Futures". The Forum is an all-day conference designed by and for individuals in the early stages of memory loss and their care partners. Circle of Care Foundation, a supporter of S+AGE[™] and Circle of Care Leeza's Place, is a sponsor of this event. Our own, Dr. Jennifer Watson and Joy Fruth, MSW, S+AGE[™] Program Director will be conducting workshops at this conference.

For more information contact the Alzheimer's Association, California Southland Chapter at (323) 930-6244 or www.alz.org/californiasouthland.

Spotlight on the Circle of Care Foundation

Circle of Care Foundation was founded in 2006 with a mission to fund important community-based health care programs. Currently, Circle of Care Foundation provides financial support for four community programs: S+AGE[™], Circle of Care Leeza's Place, and ancillary programs of A. Richard Grossman Burn Center.

Since its inception, Circle of Care Foundation has been a supporter of S+AGE[™] by providing funding for the Care Management program which pioneered Care Transitions and the S+AGE[™] Health Essentials. Without the support of Circle of Care Foundation, S+AGE[™] would not be able to provide care management services including: supportive counseling, care coordination, integrated referral, and Care Transitions. We, at S+AGE[™] are grateful to Circle of Care Foundation for its continued support.

For more information, or to support the Circle of Care Foundation through a donation, please contact Ed Lewis at (818) 817-3288.



Circle of Care Foundation Staff: Ed Lewis, Executive Director and CEO; Paula Kupiec, Chief Administrative Officer; & Leela Valencia, Administrative Assistant



S+AGE Health Essentials

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What's New at S+AGE™

Preventing Falls at S+AGE™

A recent study showed that educating clinicians about interventions to reduce falls resulted in a decline in fall-related injuries and utilization of fall related medical services. Doctors at S+AGE™ are routinely evaluating elders for fall risk and targeting interventions to reduce fall related injuries. We have been monitoring



Tracy Gray, LVN tests a patient's gait speed

gait speed, a relatively simple measure that has been found to be a predictor of falls and fall related injuries. It also has shown to accurately match the elder to the appropriate level of care. Our clinicians use a novel device developed by Josef Osterweil, PhD, of Mary Ann Winter & Associates, Rockville MD. Elders are instructed to walk safely and quickly down our hallway, while a computer guided device tracks them. The report that is generated guides our clinicians to the individual's risk, optimal living situation and the need for a physical therapy or other interventions. Following these interventions, the device gauges change in the individual's gait speed. This is only one way we show our commitment to health and safety of our patients at S+AGE™. If you, or someone you know has fallen, or there is a concern about risk for falling, call S+AGE™ to find out how we can help.

S+AGE™ works with local Emergency Rooms to Improve Care to Seniors

Since many of our elders utilize local emergency rooms, S+AGE™ is working to improve the care our elders receive. Working closely with the leadership at emergency departments at Sherman Oaks and Encino Hospitals, S+AGE™ is helping to make a difference in the quality of care. Feedback from S+AGE™ patients, who have recently utilized the Sherman Oaks Hospital ER, reflect that patients feel that they are receiving more attentive care. A special thanks goes to Dr. Jason Greenspan and his staff for all their hard work to help us improve the quality and continuity of care for our elders.



S+AGE™ Patients, We Need Your Help!

To ensure that we, at S+AGE™, will always be able to carry out your wishes, please remember to provide us with a copy of your Advance Health Care Directive. If you have recently signed a new Health Care Directive, or if you are not sure if we have a copy, please call us at 818-341-7243. Copies of forms can be mailed or faxed to 818-990-4662.

Meet the S+AGE™ Inter-Disciplinary Team



Dan Osterweil, MD, Msc Ed., FACP, CMD, Professor of Medicine at UCLA, is the founder of the Specialized Ambulatory Geriatric Evaluation (S+AGE). His areas of expertise include cognitive and functional assessment, particularly fall assessment, management of dementia, pressure ulcers and continuous quality improvement in the nursing home. He is the Director of a UCLA training program in medical management and Associate Director of the Multicampus Program in Geriatrics and Gerontology at UCLA (MPGMG).



After 30 years as an internist and gastroenterologist in a private practice, **Dr. David H. Stern** returned to UCLA Medical Center for additional training to become a specialist in the practice of geriatric medicine. He is Board certified in internal medicine, gastroenterology, and geriatric medicine. Dr. Stern is currently the associate medical director of S+AGE™ and a Clinical Instructor at the UCLA Department of Medicine, geriatric division.



Annette Swain, Ph.D., ABPP is a Neuropsychologist at S+AGE™. Initially trained at the Benton Neuropsychology Laboratory at the University of Iowa and later at the UCLA Neuropsychiatric Institute and Hospital, she is now an Associate Clinical Professor at the UCLA Department of Psychology. Dr. Swain is board certified in Clinical Psychology. Her areas of expertise include neuropsychological and psychodiagnostic assessment of geriatric, neurological, general medical, and psychiatric patients.



Jennifer Watson, Ph.D., a Clinical Psychologist and Neuropsychologist, has been providing neuropsychological evaluations and psychotherapy to adults of all ages for the last twenty years. In 2003, Dr. Watson co-created The Memory Club Program for the Alzheimer's Association California Southland Chapter. She continues to facilitate The Memory Club and conducts support groups for the Alzheimer's Association, National MS Society, and Los Angeles Jewish Home for the Aging.



Debbie Speciner, LCSW is a licensed clinical social worker and the Care Manager at S+AGE™. As a member of the S+AGE™ inter-disciplinary team, Ms. Speciner works closely with individuals to improve quality of life and level of daily function as well as to reduce caregiver stress.



Tracy Gray, LVN, and **Dorothy Montanio, RN**, are our nurses at S+AGE. Collectively, they have 40 years of experience working with older adults .

S+AGE™ Newsline

S+AGE™
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4911 Van Nuys Blvd., Suite 100
Sherman Oaks, CA 91403

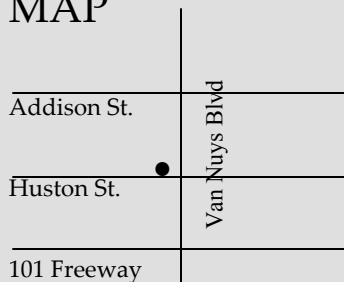
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S+AGE™ NEWSLINE

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Sherman Oaks, CA 91403
(818) 341-SAGE (7243)
(818) 990-4662 Fax

MAP



Upcoming Events

Free Memory Screenings by S+AGE™

Appointments available at three community sites:

S+AGE™ at Sherman Oaks Hospital (818) 341-SAGE (7243)

Circle of Care Leeza's Place (818) 817-3259

ONEgeneration (818) 705-2345

Calendar Events

Every Thursday · Early Memory Loss Support Group at Circle of Care Leeza's Place · facilitated by Joy Fruth, MSW, S+AGE™ Program Director · *Call Stefanie Elkins at (818) 817-3259 for more information.*

Caregiver Wellness Day · Saturday, April 25, 2009 · 8:00am-3:00pm
New Horizons · *Call Alzheimer's Association Greater San Fernando Valley Office at (818) 830-8590 to register.*