AMDA Foundation

Back to Basics,

Forging Ahead

amda foundation

2010 Annual Report

AMDA Foundation 2010 Annual Report

~ Back to Basics, Forging Ahead

The AMDA Foundation advances the quality of life for persons in long term care (LTC) through inspiring and educating future and current health care professionals.

The Foundation's vision is to advance high quality, innovative practice along the long term care continuum.

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2010 Board of Directors and Staff

"The AMDA Foundation was officially chartered and incorporated on January 17, 1996, when the members and [AMDA] Board of Directors resolved to address profound needs to bring new physicians into their field and to further research and its translation into practice in long term care."

» 2008 AMDA Foundation Annual Report

Board of Directors

- Daniel L. Swagerty, Jr., MD, MPH, CMD, Chair
- Barbara Resnick, PhD, CRNP, Secretary/Treasurer
- Jonathan Musher, MD, CMD, Immediate Past Chair
- Jonathan M. Evans, MD, CMD
- Cari Levy, MD, PhD, CMD
- John E. Morley, MB, BCh
- Joseph Ouslander, MD, CMD

Scientific Council

- Jonathan Musher, MD, CMD, Co-chair
- Stefan Gravenstein, MD, MPH, CMD, Co-chair
- Jurgis Karuza, Jr., PhD
- Paul R. Katz, MD, CMD
- John E. Morley, MB, BCh
- Joseph G. Ouslander, MD, CMD
- Barbara Resnick, PhD, CRNP
- John F. Schnelle, PhD

Staff

- Lorraine Tarnove Executive Director (July-December 2010)
- Robin Kroft, PhD, Executive Director (January-July 2010)
- Christine Ewing, Operations Manager
- Joanne Kaldy, Communications Consultant

INTRODUCTION

... we have to make the most of the strengths we have, the amenities that many of our competitors cannot replicate. But again, those advantages won't mean much if we don't do a great job with the basics ...

» **Gerard Arpey, Chair, President, and CEO of AMR Corporation (Parent Co. of American Airlines)**

The year 2010 was challenging for many non-profit organizations. Donations were down. There were fewer grant and funding opportunities and greater competition for them. Many pared back or eliminated programs, and some closed their doors completely. The AMDA Foundation went back to the basic principles of hard work, innovative thinking, and commitment to its goals. The leadership focused on grassroots efforts, ran a lean and efficient organization, and the Foundation survived. Actually, it did more than survive. It began a climb toward new growth and success.

The Foundation pursued non-traditional means of funding to keep popular programs such as the Futures Program moving forward. Also, fundraising balanced new ideas with traditional events to reach donation goals for the Wall of Caring, the cornerstone of the Foundation's fundraising initiatives. Elsewhere, the premier edition of the Caring Canines calendar attracted about 50 submissions; and the Foundation sold over 800 copies. It was so popular that when a call for submissions for the 2011 calendar went out, the Foundation received almost 400 photographs of dogs from across the country. Over 50 books were donated for the first ever Caring at the Wall book auction, many of them signed by the authors.

New and ongoing partnerships breathed fresh life into Foundation programs and moved research projects forward through programs such as the AMDA Foundation/Pfizer Quality Improvement and AMDA Foundation/Evercare® QI Awards. The Foundation began rebuilding in 2009 with strategic planning, setting

lofty goals. This past year, the Foundation addressed these goals effectively in numerous ways, including:

- Growing partnerships to expand the organization's reach, impact, and involvement in long term care research and education.
- Publishing articles about Foundation programs, projects, and activities in *Caring for the Ages*.
- Streamlining research projects to maximize efficiency and utilize volunteers.
- Increasing grassroots efforts—including the involvement of individuals and state chapters—to raise funds for the Futures Program.

Long Term Care Medicine—2010 provided an opportunity for the Foundation to continue its commitment to education. One session at the meeting focused on the AMDA Foundation/Pfizer and AMDA Foundation/Evercare® Quality Improvement awards and explored the relationship of individual QI initiatives in long term care to larger research projects that strengthen work across the field. Pfizer QI award winners from 2009 and the three winners of the 2010 AMDA Foundation/Evercare® awards presented the results of their projects and discussed how their findings can be translated into quality care. Another session focused on the dissemination and translational research issues relevant to the QI interests of AMDA members. The "QI Research in Nursing Homes" session featured presentations by accomplished researchers on projects ranging from interventions to reduce acute transfers to a study aimed at improving the accuracy and consistency of the nursing home survey process.

The Foundation never has shied away from challenges or change, and this commitment to the solid basics and its mission made 2010 a year of growth and innovation. We are proud to present this annual report.

Message from the Board Chair

Daniel Swagerty, Jr., MD, MPH, CMD, Chair, AMDA Foundation

I am very pleased to report notable progress for the AMDA Foundation this past year. In particular, we have advanced our priorities of supporting future long term care providers through the Futures Program, model quality long term care through our Quality Improvement Awards, and long term care innovation through our Scientific Council. The Foundation has also assured our programs are closely aligned with the needs of AMDA members and creatively deriving more impact from our work. We have sought additional opportunities to work with our colleagues in AMDA and its affiliates as we explored areas of synergy across our programs. To these ends, I would like to detail several areas of progress and programmatic impact.

The Futures Program remains strong with the agenda improved each year, growth in the number of attendees and continued high participant satisfaction. There were 63 participants at the 2010 annual meeting. The program continued to provide an excellent introduction to careers in long term care for our resident physicians and geriatric medicine fellows. Of course, no discussion of the Futures Program is complete without thanking co-chairs, Heidi White and Cari Levy, for their dedication that inspires us all.

This past year, we embarked on a more multifaceted strategy of financially supporting the Futures Program. All these efforts added up to full support of our community for the 63 members of the Futures Class of 2010. Our traditional fundraising efforts continued to provide substantial program support through a number of nursing home sponsorships (Kindred Healthcare, National Health Care Corp and Golden Living) and industry contributors (Johnson & Johnson HealthCare Systems, Forest Pharmaceuticals and Omnicare Foundation). We also began a transition of the program to one in which there is cost-sharing through travel support from the residency and fellowship programs. Over 34 members of the 2010 Futures class received this program support, a gratifying

demonstration of the geriatric medical education community's belief in the value of Futures. Sincere thanks are also due to the AMDA, AMDCP, and Foundation Board members who contributed so generously to our individual giving campaign. Additionally, special thanks are due to the 12 state chapters who provided support to the 2010 Futures Program including Pennsylvania which funded two scholarships; Florida, Maryland, and Michigan, that provided full scholarships; as well as: Alabama, Hawaii, Missouri, Nebraska, North Carolina, Oklahoma, South Dakota, and Wisconsin that provided generous contributions to the program. Of course, all the generous gifts made by our membership at the Wall of Caring were instrumental in making our goal of $20,000 for the Futures Program.

The Wall of Caring remained the center point of our public presence at this year's annual meeting, recognizing the many donors to the Futures Program and providing an opportunity for AMDA members to offer tributes to the important people in their lives - from mentors to patients. This year we began a successful innovation of the silent auction by enlisting authors to contribute autographed books on caring and books for caregivers as the centerpiece of the auction. The sales of the Caring Canines calendar project, featuring the devoted work of many AMDA members and their facility staff, were also featured at the 2010 Wall of Caring.

I would also like to extend my special thanks to Pfizer and Evercare for their continued strong support of the Foundation's two quality improvement award programs. These awards allow the Foundation and their corporate partners to raise awareness for model quality long term care in the long term care community through relatively small cost projects which can make a big difference in the lives of our long term care residents. Each of these award programs relies on AMDA members to serve on the selection committees, reviewing a number of enthusiastic applications. I would like to take this opportunity to thank Pfizer QI Awards committee members, Leslie Libow, MD, CMD (Chair); Jonathan Evans, MD, CMD; John Morley, MB, BCh; David Nace, MD, MPH, CMD; and David Polakoff, MD, MSc, CMD and Evercare Awards committee members William Smucker, MD, CMD (Chair); Suzanne Cryst, RD, CSD, LD; Thomas Caprio, MD, MPH; Marianna Grachek, MDN, CNHA, CALA; Ann Kolanowski, PhD, RN; Chris Patterson, MD, CMD and Mary Pat Rapp, PhD, RN.

The Foundation continues to depend on our Scientific Council of highly accomplished investigators to advise the Foundation on its research activities. With much of the current national healthcare debate concerned with the residents and patients in the long term care continuum, there is a desperate need for a solid evidence base upon which to make sound policy decisions. We firmly belief the Foundation can play an important part in connecting our Research Network's community-based long term care professionals with established investigators able to stage high quality research projects. We were able to come away from the Long Beach meeting with a new research roadmap to encourage greater collaboration with our members.

On behalf of the Foundation Board, I would like to publicly thank Chris Ewing who has continued to perform exceptionally well as our longtime coordinator and Lorraine Tarnove who has very graciously and deftly reassumed her role as the part-time executive director. I also extend our heartfelt appreciation to everyone in the AMDA community for their support of our programs this past year. It is gratifying to report our progress and invite your continued involvement in your Foundation during the next year.

Respectfully Submitted,

Daniel Swagerty MD, MPH, CMD

Daniel Swagerty, Jr., MD, MPH, CMD
Chair, AMDA Foundation

MESSAGE FROM THE EXECUTIVE DIRECTOR

As I sat down to once again add my perspective to this report on the AMDA Foundation's 2010 year, I took some time to "take stock", reading through the previous reports.

Lorraine Tarnove, Executive Director, AMDA Foundation

My own role with the Foundation began as a member of the first board of directors; a reversal of role for a staff person, and one I had to get used to. That initial board was appointed by Monte J. Levinson, MD, CMD, AMDA President from 1994-1996. He established the AMDA Foundation and appointed that first board. Dr. Levinson's vision was recognition that there was a huge gap in research --- long term care was not included in studies and studies didn't focus on long term care issues. He also felt the AMDA membership would, over a period of years, endow this effort. So that was the vision we began with and it's been a journey from that "debut" to today.

During this journey the external environment has undergone changes we all recognize too well now. Understanding them and responding to them effectively has been the challenge and the lessons and insights have been retroactive in most cases. In the midst of these struggles volunteer leaders provided direction and ingenuity and there have been many high points and successes. The AHRQ LTC Partnership project and the creation of the Futures Program were truly landmark events that shaped the culture of this evolving member of the AMDA community.

2010 as it approached and as I look back was the most difficult year we've faced and the boards of the Foundation and its parent AMDA made tough decisions about how the AMDA Foundation could and would continue. These included the realization that the Foundation did not have adequate finances or activity to support a full-time executive director. The related realization that the two AMDA corporations needed to work in a more integrated manner

strategically and on a day-to-day basis led to my re-entry as the executive director of the AMDA Foundation. For the foreseeable future all three AMDA corporations: AMDA, AMDA Foundation and AMDCP will be led by the same staff leader, with strong interaction between the boards.

Secondly, the Foundation board and staff identified the core activities that support the organization and resonate with the AMDA membership. First and foremost is the Futures Program. It was not difficult to see the value of the program, understand its crucial work to encourage physicians to enter long term care as a career path, and to move to a true scholarship program. In December 2009 the boards of AMDA and the AMDA Foundation made personal appeals to program directors and state chapters to begin planting the seeds for support. The response was encouraging, giving leaders an early indicator that the change in strategy will work as the program moves forward.

The Wall of Caring is another of those core activities that will continue and hopefully grow; it represents the heart and soul of AMDA members. In this report we often limit ourselves to reporting on dollars but standing before the Wall of Caring and reading the messages reminds me each year why we do what we do, and why our members continue with their dedication in spite of continued challenges and barriers. In that respect, the AMDA Foundation reflects the same struggle – the struggle for recognition of the value of long term care practice. The 2010 Foundation is leaner and meaner, not collapsed. And as with our constituents at the bedside, in the care planning conferences, in the hallways counseling families, we have every intention of continuing on regardless of that struggle.

The work as we have carved it out represents the core but that doesn't mean there isn't more to come. The board and members of the Scientific Council and Research Network remain interested in finding a way to train interdisciplinary teams to conduct research in the nursing facilities that will inform and improve the practice of long term care medicine. AMDA members, authors in *JAMDA* and readers of *Caring for the Ages* raise serious questions that are not being addressed by the broader research community and the Foundation has every intention of filling that gap as its 2010 strategy of focus and belt tightening continues to strengthen the organization.

I have every reason to expect the 2011 report to include news of future success in solidifying the Foundation's organizational health including infrastructure and more ideas on how to move ahead with the research so needed to guide long term care practices into the future. Our Futures graduates will no doubt be at the helm of those efforts and more.

So as I challenge myself, I ask the same of those of you who read this report; keep supporting and nourishing the Foundation. Regardless of where our journey has taken us and the ups and down of that journey, the mission and vision are intact and these core programs – Wall of Caring, Futures, awards and educational sessions – all contribute to the goal that moves us all, better patient care.

Respectfully Submitted,

Lorraine Tarnove
Executive Director
AMDA Foundation

Long Term Care Research Network

> *Discovery consists in seeing what everyone else has seen and thinking what no one else has thought.*

» Albert Szent-Gyorgyi, Hungarian Biochemist, 1937 Nobel Prize Winner

Research Network: Back to the Basics of Quality Research

To date, nearly 400 physicians and other long term care practitioners have been active in the AMDA Foundation Research Network. This involvement has started research careers, enabled practitioners to turn their clinical challenges into solutions, given interdisciplinary teams' insight into how they can work together more effectively to improve quality, and provided opportunities for collaborations between practitioners, academic researchers, and facilities and organizations across the country.

The Research Network concluded two projects in 2010:

- Use of the Rivastigmine (Exelon®) Patch in Assisted Living and Long-Term Care Facilities. The project explored whether the rivastigmine patch is preferred over other forms of cholinesterase inhibitor therapy in skilled nursing and long term care facilities. The Foundation worked to recruit several long term care facilities to participate in this study.
- Care and Prevention of Venous Thromboembolism (VTE) in the Long-Term Care Facility. This study addressed the relationship of VTE prevention adherence in long term care facilities in poor-performing hospital regions compared to those in higher-performing regions. It also looked at the effectiveness of a VTE education intervention among long term care facilities in poor-performing regions compared to those in higher-

performing regions. Dr. T.S. Dharmarajan, MD, FACP, AGSF, was the primary investigator and led this project to its successful completion.

In 2010, the Foundation also helped researchers collect data for their own studies. For example, several months before Long Term Care Medicine—2010 in Long Beach, Calif., Steven Handler, MD, PhD, CMD, a Futures Program alumnus, contacted the Foundation about a possible partnership to disseminate a live survey during the meeting for a University of Pittsburgh research project he and David Nace, MD, MPH, CMD, were undertaking on "Adverse Drug Event Alert Communication Preferences of Nursing Home Physicians." In keeping with AMDA Foundation protocol, Dr. Handler's proposal was reviewed by members of the Foundation Scientific Council. Members of this council agreed that the research that Drs. Handler and Nace proposed was important, as adverse drug events are a significant cause of morbidity and mortality in nursing homes and current methods of detection and communication about these events remain inadequate.

The Foundation provided the Pittsburgh team with a location next to the AMDA Foundation booth from which Dr. Handler and his team distributed the survey. AMDA members received an AMDA clinical practice guideline in exchange for completing the survey. The survey netted an incredible 70% response rate among physicians attending the meeting.

To date, the Research Network has concluded 40 studies addressing the following subject areas:

- Anticoagulation
- Behavioral Interventions
- Cardiac Care
- Data Collection
- Dementia
- Diabetes
- End of Life
- Hospitalization
- Medication Errors
- Nutritional Interventions
- Pain Management
- Pneumonia
- Quality of Care
- Statins

Science does not know its debt to imagination.

» Ralph Waldo Emerson

AWARDS AND HONORS

The AMDA Foundation has always encouraged and supported innovative thinking and visionary ideas as a basis for discovery. The organization's award programs have recognized and honored creative, passionate thinkers. In a time when research funding is tight, the Foundation has continued to provide an opportunity for small but innovative studies that address issues that impact long term care residents and practitioners. These studies have touched the lives of many and presented solutions that can be replicated by facilities everywhere to enhance quality care and maximize quality of life.

AMDA FOUNDATION/PFIZER QUALITY IMPROVEMENT AWARDS

Since 2001, the AMDA Foundation and Pfizer have partnered to sponsor the Quality Improvement Awards, a program designed to encourage the development of innovative projects that will help make a distinct impact on the quality of long term care. Proposals may be submitted for a general quality improvement project or in any one of five areas of focus, including: pain management, dementia, hypertension, hyperlipidemia, or urinary incontinence. The awards support initiatives that focus on facility staff education, quality improvement programs, research on interventions and treatment, and health literacy to directly enhance the quality of care provided to patients in long term care settings.

Awards of $10,000-$15,000 each are made to three winners in this competition to support their projects. This money is intended to cover salary, support,

consultant fees, materials, and travel to AMDA annual symposium to present project results the year after they win the award.

The 2010 Award Recipients were:

AMDA Foundation/Pfizer QI Award winners

General Award:

- *Foley Insertion, Removal, and Maintenance Sheet Use Program (FIRM)*
  Murthy Gokula, MD, CMD, University of Toledo, Maumee, OH

Therapeutic Awards:

- *Enhancing the Management of Heart Failure in Long Term Care*
  Rebecca Boxer, MD, Case Western Reserve University
  Harrington-McLaughlin Heart and Vascular Institute and Geriatrics
  Cleveland, OH

- *Improving Mental Health in Nursing Facilities*
  Brenda Keller, MD, CMD, University of Nebraska Medical Center
  Omaha, NE

The AMDA Foundation/Pfizer Quality Improvement Awards Selection Committee

- **Leslie S. Libow, MD, CMD, Chair**
  Distinguished Clinical Professor, Jewish Home and Hospital Life Care System
  Clinical Professor, Mount Sinai School of Medicine
  New York, NY

- **Jonathan Evans, MD, CMD**
  Associate Professor, School of Medicine
  Associate Professor and Head, Section of Geriatrics
  Charlottesville, VA

- **John E. Morley, MB, BCh**
  Dammert Professor of Gerontology and Director of the Division of Geriatric Medicine
  St. Louis University Medical Center
  Director of the Geriatric Research, Education, and Clinical Center
  St. Louis Veterans Affairs Medical Center
  Saint Louis, MO

- **David Nace, MD, MPH, CMD**
  Assistant Professor of Medicine
  Director, Long Term Care
  University of Pittsburgh
  Division of Geriatric Medicine
  Pittsburgh, PA

- **David Polakoff, MD, MSc, CMD**
  Principal, Senior Health Advisors
  Concord, MA

AMDA Foundation/Evercare® Awards

2010 Evercare Award Winners
with 2010 AMDA Medical Director of the Year

The Foundation first partnered with Evercare in 2007 to create the AMDA Foundation/Evercare® Awards for "Improving the Quality of Life for Persons Living in Nursing Homes" award program. This award is designed to recognize facility-based programs demonstrated to improve residents' quality of life. Three awards of $10,000 each were awarded in 2010, and each awardee presented their award-winning program during Long Term Care Medicine—2010. Additionally, the Foundation began posting a profile of winning programs on their website—including steps for implementation, possible barriers, and means to overcome those barriers—designed to help others develop similar programs in their own settings.

General Awards:

Mather LifeWays-Mather Pavillion
Evanston, IL
Project: Towards Building a Sustainable Long-Term Care Workforce: LEAP
Submitted by Jayne Schaefer, Workforce Programs Manager

2010 Evercare Award Winner
Mather LifeWays-Mather Pavillion

Royal Care Skilled Nursing Center
Long Beach, CA
Project: IDT Walking Rounds-Patients in Motion
Submitted by: Beth Garver, Executive Director

2010 Evercare Award Winner
Royal Care

Palliative Award:

Sea View Hospital Rehabilitation Center and Home
Staten Island, NY
Project: Palliative Care
Submitted by: Carole Morgan, RN, Director of Nursing

2010 Evercare Award Winner
Sea View

Give Us a Day!

The AMDA Foundation introduced the "Give Us a Day!" program in 2009, asking members and friends to donate the honorarium or fee for a speaking engagement, advisory board participation, or other paid professional activity. In 2010, Joseph Ouslander, MD, CMD, was among the individuals who contributed to the Foundation via this special program.

AMDA Foundation Futures Program

"Education is the foundation upon which we are building our future."

» Christine Gregoire, Governor of Washington

Education is one of the basics of quality care. From the start, the AMDA Foundation believed in the key role physicians play on the interdisciplinary team in long term care. With the "gray tsunami" ready to wash over the world in the coming years, there is a growing need for physicians who are skilled and passionate about geriatrics and long term care. For nearly 10 years, the Futures Program has been introducing young physicians to long term care medicine. The program has led many practitioners to impressive careers in long term care, where they have developed innovative programs, become well-respected team leaders, conducted innovative research studies, and been passionate advocates for their elderly patients.

Held during the AMDA annual symposium, this intensive learning experience is designed to expose residents and fellows to the numerous career opportunities available in long term care. Participants receive admission to the one-day Futures Program, annual meeting registration, one-year AMDA membership, and access to an AMDA Mentoring Program.

The Futures Class of 2010 included 63 residents and fellows from programs in geriatrics, internal medicine, and family practice. Their participation would not have been possible without the support of AMDA members, state chapters, nursing home chains, industry groups, physician practices, and fellowship programs. All of these individuals and organizations stepped up to the plate to help keep this program going and to support the participation of interested young physicians from across the country. Once again, the 2010 program received excellent evaluations from the attendees.

2010 AMDA Foundation Futures Class

The Foundation leadership had been strategizing how to implement the basics of grassroots efforts to ensure that this program is funded even in lean times. As a result, they began working with AMDA state chapters and fellowship/residency programs across the country to encourage them to sponsor local students who want to participate in the Futures Program. This strategy, while begun in late 2009, would enable several students to attend the 2010 Futures Program. The Foundation thanks the following for funding this program with their generous contributions:

State Chapters

- Alabama Medical Directors Association
- Florida Medical Directors Association
- Hawaii Medical Directors Association
- Maryland Medical Directors Association
- Michigan Medical Directors Association
- Missouri Association of LTC Physicians
- Nebraska Medical Directors Association
- North Carolina Medical Directors Association

- Oklahoma Medical Directors Association
- Pennsylvania Medical Directors Association
- South Dakota Medical Directors Association
- Wisconsin Association of Medical Directors

Program Sponsors

- Forest Laboratories, Inc.
- Golden Living
- Johnson & Johnson Services
- Kindred Healthcare
- National HealthCare Corporation
- Omnicare Foundation

Travel Support

The following residency and fellowship programs and physician practices provided travel support to members of the Futures Class of 2010:

- Baystate Medical Center Geriatrics Fellowship Program
- J. Kenneth Brubaker, MD, CMD
- Duke University
- Mary Evans, MD & Jonathan Evans, MD, CMD
- Dan Haimowitz, MD, CMD
- New York Presbyterian-Weill Cornell Medical Center
- Senior Health Associates
- St. Louis University Medical Center
- St. Luke's Roosevelt Hospital
- Summa Health System
- University of Alabama, Birmingham
- University of Arizona College of Medicine
- University of Arkansas for Medical Sciences
- University of Chicago Medical Center
- University of Colorado Denver
- University of Hawaii
- University of Kansas School of Medicine

- University of Louisville
- University of Nevada School of Medicine
- University of Rochester Medical Center
- University of Texas Health Science Center at San Antonio
- Vanderbilt Medical Center
- Warren Alpert Medical School of Brown University

Wall of Caring

All donations made at the 2010 Wall of Caring are in support of the 2010 AMDA Foundation Futures Program.

Futures Program Co-Chairs

- Heidi White, MD, MHS, CMD
- Cari Levy, MD, PhD, CMD

2010 Futures Participants

- Ahmed Abouzeid, MD
  Banner Health /Good Sam Family Practice Geriatric Fellowship, AZ
- Adekunle Adedeji, MD
  UTHSCSA Geriatrics Fellowship, TX
- Dorothy Agbafe-Mosley, MD
  Eastern Carolina University, Geriatric Div/Family Med Residency , NC
- Nova Aguila, MD
  University of Pennsylvania, Geriatric Medicine Department, PA
- Syed Akhter, MD
  Saint Louis University, MO
- Ann Allie, MD
  University of Chicago, Geriatrics Fellowship, IL
- Erika Altneu, MD
  University of Colorado Division of Geriatrics, CO
- Carla Antola-Lardizabal, MD
  Grand Rapids Family Medicine Residency, MI
- Rebecca Banzhof , MD
  University of Pennsylvania, PA

- Susan Bell, MBBS
  Vanderbilt University Geriatrics Fellowship, TN
- Preeti Betkerur, MD
  Summa Health System, OH
- Barrett Bowling, MD
  University of Alabama at Birmingham Geriatrics Fellowship, AL
- Napoleon Bravo, MD
  Banner Health Family Medicine Geriatric Fellowship, AZ
- Ranka Bulajic, MD
  University of Rochester Geriatric Fellowship, NY
- Heidi Chang, MD, MPH
  University of Colorado Denver, CO
- Bonny Chung, MD
  Kaiser Los Angeles Medical Center, CA
- Dulce Cruz-Oliver, MD
  St. Louis University, Geriatric Fellowship, MO
- Tessa Marie del Carmen, M.D.
  Weill Cornell Medical College, NY
- David Dellinger, MD
  University of Alabama at Birmingham, AL
- Cesar Garcia, MD
  University of Texas Health Science Center at San Antonio, TX
- Adline Ghazi, MD
  Duke University, Internal Medicine, Division of Geriatrics, NC
- Boris Goralnik, MD
  St. Louis University, Geriatric Medicine, MO
- Laura Grooms, MD
  University of Louisville, KY
- Tracy Gutman, MD
  University of Kansas Geriatrics Fellowship, KS
- Razia Hafiz, MD
  Brody School of Medicine at ECU, NC
- Adnan Haider, MD
  University of Rochester, NY
- Marilyn Halder, MD
  Banner Family Medicine Geriatric Fellowship Program, AZ
- Anne Halli-Tierney, MD
  Brown University Geriatrics Fellowship, RI
- Ming Hao, MD, MS
  St. Louis University School of Medicine, MO

- Laura Iglesias Lino, MD
  Baystate Medical Center
  Geriatric Fellowship, MA
- Michiko Inaba, MD, PhD
  University of Hawaii Geriatric
  Fellowship Program, HI
- Trevor Jolly, MD
  University of Alabama at
  Birmingham Geriatric
  Fellowship, AL
- Maya Kahwagi, MD
  Brody School of Medicine at
  East Carolina University, NC
- Jessica Kalender-Rich, MD
  University of Kansas Medical
  Center, KS
- Brian Keegan, MD
  University of Cincinnati Family
  Practice/Geriatirics, OH
- Cassandra Key, MD
  UTHSC, Division of Geriatrics,
  Gerontology & Palliative
  Medicine, TX
- May May Khin, MD
  University of Nevada School of
  Medicine, NV
- Roksolana Kuchma, MD
  University of Rochester,
  Department of Geriatrics, NY
- Sowmya Kurtakoti, MD
  Hennepin County Medical
  Center, Geriatric Medicine
  Fellowship, MN
- Milta Little, DO
  St. Louis University School of
  Medicine, Division of Geriatric
  Medicine, MO
- Irene Lohkamp, MD
  Geriatrics Program BSOM, NC
- Lindsey Neal, MD
  University of Virginia
  Department of Family
  Medicine, VA
- Kofi Quist, MD
  Montefiore Medical Center,
  NY
- Tiffany Reed, DO
  Duke University Medical
  Center, NC
- Sahebi Saiyed, MD
  Emory School of Medicine,
  Geriatric Division, GA
- Benito San Gil, MD
  Baystate Medical Center/Tufts
  University School of Medicine,
  MA
- Victoria Ana Sanguineti, MD
  University of Arizona, Arizona
  Center on Aging, AZ
- Mayu Sekiguchi, MD, MPH
  Baystate Medical Center, MA
- Ameet Shah, MD
  Kaiser Permanente Los
  Angeles - Geriatrics, CA

- Sarika Sharma, MD
  North Shore Long Island Jewish Health System, NY
- Samir Sinha, MD, DPhil, FRCPC
  Johns Hopkins - Division of Geriatric Medicine and Gerontology, MD
- Seema Siraj, MD
  University of Arkansas for Medical Science, AR
- Sara Snyder, DO
  Summa Health System, OH
- Ruth Spinner, MD
  Mount Sinai Hospital, NY
- William Swart, MD
  UMDNJ-RWJMS, NJ
- Ashdin Tavaria, MD
  University of Pennsylvania, PA
- Kristen Thornton, MD
  University of Rochester, Geriatric Medicine, NY
- Niranjan Thothala, MD
  Montefiore Medical Centre, NY
- Maria Tomas, MD
  Brown University/Rhode Island Hospital, RI
- Anna Marie Troncales, MD
  Brown University/Rhode Island Hospital, RI
- M.Zubair Ul Haq, MD
  University of Louisville, KY
- Willy Valencia, MD
  University of Miami/Geriatric Med Program, Jackson Mem Hospital, FL
- Brinder Vij, MD
  North Shore LIJ Health Sytem, NY

International Interest Group

> *At the beginning of the new century, it is the common aspiration of the peoples of the two countries to deepen mutual understanding, enhance trust, develop friendship and strengthen cooperation.*
>
> » Li Peng, Former Chinese Premier

In 2010, the Foundation actively promoted an International Interest Group that was established the year before. The group held an organizational meeting over breakfast during Long Term Care Medicine—2010 in Long Beach, Calif. The nearly 20 participants included international visitors to the meeting, bi-national AMDA members and U.S.-based AMDA members with an interest or missionary practice in other countries. Participants came from the Netherlands, Taiwan, Canada, and other countries.

International Interest Group meeting in Long Beach

Goals identified at this organizational meeting include:

- There needs to be collaboration and information exchanges about research and best practices in long term care, initially via social networking
- Best practices should focus on AMDA core values of quality care.
- The goal is not to promote nursing home care per se, but to support whatever care models are needed, existent, or in development around the world to care for frail, debilitated, and dependent elderly. This would include the entire long term care spectrum, including teaching the care of elderly at home.

Real generosity toward the future lies in giving all to the present.

» Anonymous

Caring Canines Calendar

Dr. Karl Steinberg with Sophie and Tessa

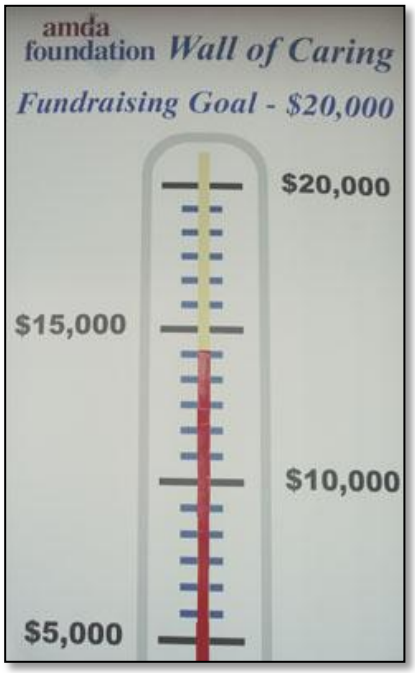
In 2010, the AMDA Foundation published an 18-month Caring Canines calendar, a beautiful and poignant tribute to the many dogs that work and live in long term care facilities. The 2010-2011 calendar featured more than 50 dogs that reside in facilities or come to work in this setting with their humans. The Foundation sold nearly 800 of these calendars. Numerous individuals and organizations, including several featured in the calendar, purchased copies to give as holiday gifts and use as marketing tools. And having a beloved dog in the calendar quickly became a badge of honor. As Daniel Haimowitz, MD, CMD, said, "My dog Spenser appeared in the calendar, and I am pleased and proud to have him featured and for people everywhere to understand the powerful impact pets have on long term care facility residents and staff."

Spenser has since passed away, and Dr. Haimowitz is grateful to have the calendar as a lasting tribute to his friend.

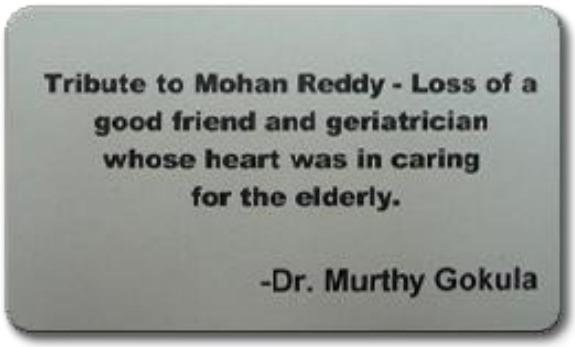
The Foundation held a press briefing during Long Term Care Medicine—2010 that featuring two dogs that appeared in the calendar. Karl Steinberg, MD, CMD, brought his dogs, Tessa and Sophie, to the Foundation booth where he answered questions and the photogenic pups posed for pictures.

The calendar joins the Wall of Caring as a regular fundraising activity for the Foundation. After soliciting dogs for the second calendar, the Foundation received over 400 photos.

Wall of Caring



The Wall of Caring is the centerpiece of the Foundation's grassroots fundraising efforts and a popular annual symposium tradition. In 2010, the Wall raised $20,838 during the meeting in Long Beach. Once again, all funds raised from the Wall went toward the Futures Program.



A moving and significant presence at the annual symposium, the 2010 Wall of Caring featured numerous tributes to patients, colleagues, friends, family members, and mentors. To capture these tributes long term and enhance public awareness of the caring side of people dedicated to long term care medicine, the Foundation established a special website dedicated to the Wall in 2009. The website features the tributes by date, celebrates long term care leaders, and puts a

In Honor of
TS Dharmarajan MD, whose integrity and professionalism are beyond compare.

~ Anonymous

compassionate face on the dedicated long term care professionals and their residents.

Caring at the Wall Book Auction

In 2010 the Foundation debuted "Caring at the Wall", a silent book auction that featured dozens of books—many of them relevant to long term care medicine and most signed by the authors.

Among the offerings were signed copies of "The Blue Zones" by Long Term Care Medicine—2010 Keynote Speaker Dan Buettner and "Making Rounds with Oscar" by David Dosa, MD. The auction also included a framed photograph by Foundation supporter and friend Jeffrey Levine, MD, CMD, generously donated by the artist.

Caring at the Wall, Long Beach

The auction brought in a total of $3,373. The event was well received and has become a popular part of the Foundation's fundraising initiatives.

FINANCIAL REPORT

Almost unanimously, non-profit organizations struggled against economic decline in 2009.

The AMDA Foundation was no exception.

However, the organization made every possible effort to maintain momentum in pursuing funding and leading vital programs that reflect our mission.

Donations from sponsors and members, as well as grassroots initiatives were a critical element in ensuring that our programs were as successful as years past.

Thanks to these efforts, the Foundation was able to survive and continue its programs, while many other organizations were forced to make huge cut-backs and even close their doors.

The AMDA Foundation **Statements of Activities** for years ended December 31, 2010 and 2009 follows on the next page.

AMDA FOUNDATION — Statement of Activities — Years Ended December 31, 2010 AND 2009

	2010			2009		
	Un-restricted	Temporarily Restricted	Total	Un-restricted	Temporarily Restricted	Total
REVENUE AND SUPPORT						
Grants	$ 60,865	$ 115,000	$ 175,865	$ -	$ 242,500	
Federal award	16,000		16,000			$ -
Contributions	43,030	3,350	46,380	63,507	8,600	72,107
AMDA member and other contributions	5,255	-	5,255	26,554	-	26,554
Registration fees		-	-	150	-	150
Grant refund income		-	-	6,900	-	6,900
Interest income	1,137	-	1,137	3,630	-	3,630
Other income	11,242	-	11,242	7,773	-	7,773
Net assets released from restrictions	218,704	(218,704)	-	344,646	(344,646)	-
➢ Total revenue and support	356,233	(100,354)	255,879	453,160	(93,546)	359,614
EXPENSES						
Program services						
Annual Symposium	9,666	-	9,666	75,362	-	75,362
Futures Program	63,702	-	63,702	68,901	-	68,901
Research Funding and Conferences	191,743	-	191,743	167,783	-	167,783
Award Programs	88,481	-	88,481	81,188	-	81,188
➢ Total program services	353,592	-	353,592	393,234	-	393,234
Support services						
Fundraising	36,789	-	36,789	47,108	-	47,108
Management and general	138,885	-	138,885	151,862	-	151,862
➢ Total support services	175,674	-	175,674	198,970	-	198,970
➢ Total expenses	529,266	-	529,266	592,204	-	592,204
CHANGE IN NET ASSETS	(173,033)	(100,354)	(273,387)	(139,044)	(93,546)	(232,590)
NET ASSETS, beginning	222,885	218,704	441,589	361,929	312,250	674,179
NET ASSETS, ending	$ 49,852	$ 118,350	$ 168,202	$ 222,885	$ 218,704	$ 441,589

Thank You to Foundation Contributors

"You most precious, valued possessions and your greatest powers are invisible and intangible. No one can take them. You, and you alone, can give them. You will receive abundance for your giving."

» W. Clement Stone, Businessman, Philanthropist, Self-help Author

The AMDA Foundation could not succeed without the generous support of AMDA members, government agencies, corporate and state chapter sponsors. We honor those who have contributed to our success.

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"These contributors, those individuals and organizations who believe in what we are and share our vision and passion for quality care, are the life's blood of the Foundation. Their enthusiasm and dedication constantly inspires us and keeps us moving forward toward a future that will pay dividends on our investment of time, energy, and commitment."

amda foundation

» Lorraine Tarnove, Foundation Executive Director