

SENIOR LIVING



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An Advertising Supplement to the Orange County Business Journal • July 27, 2009

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SENIOR LIVING



Allowing your parent to maintain the highest level of independent living is key to the quality of life as he or she ages.

Her Journey Became My Journey

Mom was on the phone with me for the second time that morning asking for the same phone number of a relative. Frustrated, I tried to explain that I had given it to her during our previous call. I didn't realize it at the time, but my journey was about to begin. Mom was experiencing memory loss due to the onset of dementia.

Denial

How could my intelligent mother be losing her memory and ability to reason? Her symptoms of dementia were subtle in the beginning and she often had periods of what appeared to be normal behavior.

One day Mom called me, frantic; the utility company had left a shut off notice on her front door. She couldn't locate the utility bill and told me she hadn't picked up the mail for a few days – maybe it was in her mailbox. I found her mailbox stuffed with unopened mail, some a month old.

My Mother, like many people diagnosed with dementia, attempted to deny the symptoms she experienced and would hide or make accommodations for what was happening. Denial is common not only with the person who has the disease, but also with his or her family and the medical community.

Anger

It was difficult for me to be the patient daughter when my mom asked the same questions over and over; it seemed as though she was not listening. Her version of the truth was not always as I remembered it and I would become angry over her "lies." It's hard when the person you once depended on is now dependent on you.

Mom often became angry over the loss of her independence and believed there was a stigma attached to the disease. She feared what others would think of her confusion and what might happen to her in the future. Her feelings of frustration often left her with anger that she couldn't express.

Acceptance

As an adult child of a parent suffering with dementia, it was hard to accept the reality that my Mother could not function independently. The journey she traveled became my journey as well. Scenarios like these became a part of my everyday life. I learned that living with dementia meant coming to terms with the diagnosis, becoming more compassionate and understanding, setting realistic expectations and planning our future.

If your parent keeps misplacing things, is disorientated to times and places or has changes in mood or behavior, dementia may be the cause. Deciding what to do can be confusing and overwhelming. Allowing your parent to maintain the highest level of independent living is key to the quality of life as he or she ages.

Sometimes the hardest part of the journey is asking for help. Rally Round Non-Medical Home Care can assist with the activities of daily living. We understand the challenges seniors and their families face. If your story is anything like ours, please call us at 714.860.4669 or email us at info@rallyroundhomecare.com.

Visit www.rallyroundhomecare.com for more information.



Alzheimer's Family Services Center

For more than 29 years, Alzheimer's Family Services Center (AFSC) has helped improve quality of life for families challenged by Alzheimer's disease or another dementia through services tailored to meet individual needs.

Our state-of-the-art facility offers:

- A warm, homelike environment with a secured perimeter so families can feel confident a loved one is well cared for and safe.
- Meals and transportation to and from the center.
- Fun activities to exercise the brain - like trivia, puzzles and a computerized memory stimulation program.
- Creative arts, daily physical exercise and more.
- Educational workshops, short-term counseling and support groups for caregivers.

We are dedicated to improving quality of life for families facing Alzheimer's disease or another dementia.



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SENIOR LIVING



Front entryway at Regents Point



Residents enjoy patio dining at The Bistro

Regents Point Celebrates 27 Years in Irvine

People know what they want from life, and chances are the community of Regents Point in Irvine can provide it. Flexibility is one of the key words at Regents Point because the staff knows that people's needs and desires change, not just from time to time—but day by day and moment to moment.

Sometimes people want to socialize, so they want to be in a caring community of active, interesting people. But at other times, people want to be left alone to enjoy their privacy.

Regents Point understands that people value their freedom and independence and want to come and go as they please, to pursue their own interests.

Residents of Regents Point have their own home without having to worry about maintenance or security. They are able to entertain, and have the option to handle the details themselves or to let someone else do the cooking and cleaning up afterwards. They have the freedom to travel, secure in the knowledge that their home is safe and being maintained in their absence.

Privacy, friendship and security

Above all, Regents Point provides the security and assurance that its residents' future health will be taken care of.

At a time in life when people want to surround themselves with beauty, culture and peace of mind, Regents Point offers them the chance to do all those things they've never quite gotten around to doing. Now is the time, and Regents Point is the place. Overlooking the lake in Irvine's William Mason Park, Regents Point is the ideal location, close to shopping areas, professional services, medical facilities, and social and cultural events.

Residents may select from a variety of residence options—from studios to two-bedroom villas—that may be decorated and furnished to personal tastes. Individuality will never get lost at Regents Point.

The many services available to make life easier include housekeeping, maintenance, transportation and menu-selected meals served in an elegant, formal dining room or casual dining in the Bistro. However, each residence is equipped with its own kitchen for those who wish to cook for themselves.

Activities abound at Regents Point, and residents may choose to take a refreshing dip in the pool, relax in the spa, try their hand at lawn bowling, practice on the putting green, enjoy a round of golf at a nearby course, socialize at the sidewalk café, or stroll through the park and enjoy the cool beauty of the lake. Exercise classes, hobby groups and other activities also abound.

The Mission Statement of Southern California Presbyterian Homes:

Southern California Presbyterian Homes is committed to provide housing and support services, primarily for older adults, to enhance the physical, social and spiritual dimensions of their lives.

Southern California Presbyterian Homes is also committed to being a resource for the communities in which it operates.

Regents Point is owned and operated by Southern California Presbyterian Homes, which is a not-for-profit corporation.



Regents Point is pet friendly



Residents have access to many activities and amenities, including an on-site putting green

Levels of care

Regents Point offers three levels of on-site care to free residents from healthcare concerns. For those feeling a little under the weather, the infirmary and emergency care clinic are available for immediate care. Sunridge, the assisted living unit, is available for those residents needing assistance with daily living. And residents have the comfort of knowing that Windcrest, a 24-hour skilled nursing facility staffed by licensed medical professionals, is there to provide additional care, if necessary.

Regents Point is a family—from the dedicated professional staff committed to each resident's care and comfort, to the community of residents drawn from many walks of life. But like the very best of families, they're not demanding of each other's time but always there to provide assistance and companionship when needed.

Where dreams come true

Newly remodeled Regents Point offers a whole new world of friendship and elegant living. Residents live the life they've dreamed of, free from worries and having the time of their lives.

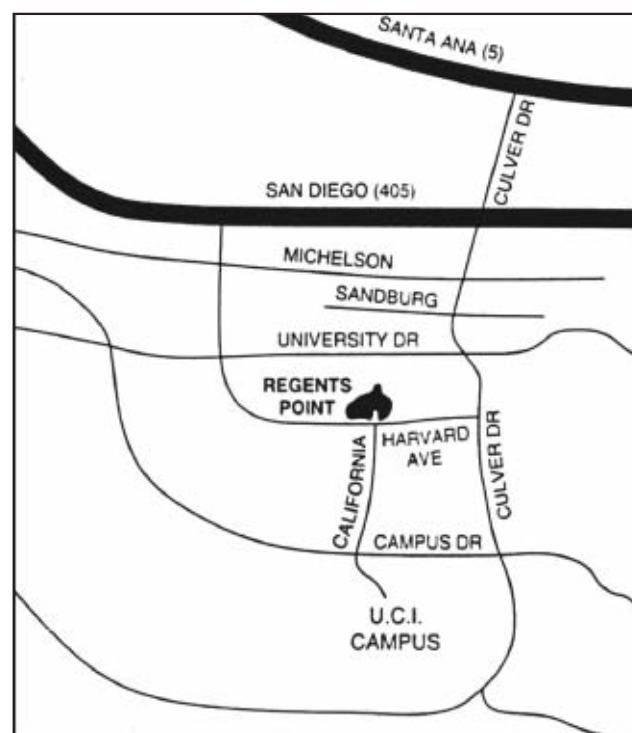
Do people ever regret the decision to move to Regents Point? Well, sometimes they regret that it took them so long.

Regents Point is owned and operated by Southern California Presbyterian Homes, a non-profit organization since 1955 dedicated to providing the very best environment and living accommodations for men and women 62 years of age and older.

If you're thinking about retirement possibilities for yourself or your loved ones, the staff at Regents Point will be happy to arrange a tour of the facilities, answer your questions and concerns, and arrange for you to meet and talk with the people who live there.

Tours are available seven days a week, Monday through Friday from 8 a.m. to 6 p.m. and on weekends from 10 a.m. to 4 p.m.

For more information, please contact the marketing department at (949) 854-9500 or (800) 278-8898.



SENIOR LIVING

AccentCare Provides Part of the Solution to the Rising Cost of Health Care

AccentCare is proud to announce its tenth anniversary of providing quality home health care. As we celebrate our 10 years we recognize our country is facing the task of building a more affordable, more accessible and more efficient healthcare system. We all agree that healthcare costs are rising at a disconcerting rate and we need to reduce those costs without forfeiting quality of care. AccentCare, a proven leader in home health care, is well positioned to make a positive impact on a struggling health care environment.

Combatting climbing costs

Many factors contribute to today's rising health care costs but two significant components are readmissions to the hospital and emergency room visits. Recent studies have shown that utilizing home health care services can reduce these visits and the number of hospital readmissions. AccentCare's home health coordinators help facilitate the transition from the hospital to the home. Working closely with patients, families and physicians, a comprehensive "care plan" is implemented to make sure the patient receives the best care possible. These caring professionals help manage such particulars as medications, medical equipment and supplies and follow up appointments with the physician to not only ensure the safety and comfort of the patient but also minimize the likelihood of being readmitted to the hospital or emergency room.

Finding ways to reduce costs is just part of the health-care equation; finding the right home health care provider



Biff Comte,
Chief Executive
Officer, AccentCare

is another. AccentCare embraces the idea that the caregiver will become part of your extended family. To ensure peace of mind to both clients and patients, AccentCare employs rigorous hiring and training criteria.



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"Our success is attributable to the more than 9,000 professionals we employ as caregivers," says Biff Comte, Chief Executive Officer of AccentCare. "They are the driving force behind the compassionate, quality care our patients and clients have come to expect." AccentCare continuously develops new curriculums and training programs to hire and retain the most skilled professionals in the industry. Comte, a veteran healthcare industry executive, has been at the forefront of the healthcare industry for over 30 years. "Whether you are heading up a hospital or managing a physician practice, keeping costs down is always part of your game plan," he remarked. But providing the best care possible has to be the goal." As one of the nation's leaders in home health care and one of Orange County's premier companies, AccentCare remains dedicated to delivering outstanding, quality care, and is proud to be a part of the solution to the rising cost of healthcare.

For more information about AccentCare and the services offered please visit www.accentcare.com








PRICE IS WHAT YOU PAY

VALUE IS WHAT WE DELIVER

AT KISCO SENIOR LIVING, we provide more than just a place to live. For more than 18 years, we've been helping seniors discover The Art of Living Well™ in vibrant community settings that are attractive and attainable. In fact, when you compare your monthly living expenses with ours, you will discover that you can enhance your quality of life and improve your cost of living as a member of a Kisco community near you.

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✓ Healthy, Flexible Dining	✓ Scheduled Transportation
✓ Award-Winning Wellness Program	✓ 24-Hour Emergency Response System

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WWW.KISCOSENIORLIVING.COM



SENIOR LIVING

The Compassion to Care

The Leadership to Conquer

Since the founding of the Alzheimer's Association in 1980, progress in understanding the brain and Alzheimer's disease has shifted from evolutionary to revolutionary. As the world's largest private, nonprofit funder of Alzheimer's disease research, the Association has played a pivotal role in this transformation.

There are many insights resulting from our funding point toward promising new strategies for the treatment, prevention and diagnosis of Alzheimer's disease. In fiscal 2008, the Alzheimer's Association funded a total of \$21.6 million in research initiatives; over \$2 million was awarded to California researchers. Only top-ranking project proposals are funded in this extremely competitive peer-review process.

Funding for Alzheimer's care, support, advocacy and research comes from individual donors and from organizations whose work is aligned with our mission. Your gifts help us to accelerate our mission to eliminate Alzheimer's disease and to provide the best care and support to those living with Alzheimer's.

The Alzheimer's Association uses a bold and comprehensive strategy to fight Alzheimer's by advancing research on prevention and treatment, improving services and care for families living with the disease, and mobilizing support among policy makers. We have made significant strides in all three areas, giving all of us a reason to hope for a future without Alzheimer's disease.



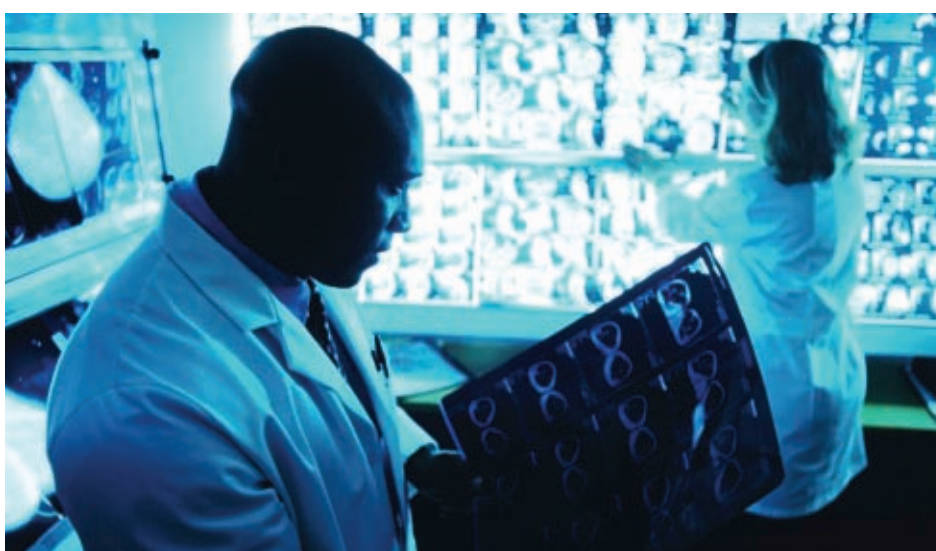
Jim McAleer, President & CEO
Alzheimer's Association,
Orange County

• **Research:** Ninety-five percent of what we know about Alzheimer's has been discovered in just the last 15 years, and the Alzheimer's Association has made possible a new hope for achieving major breakthroughs and real progress toward prevention in the next 10 years.

• **Support:** As a passionate and influential leader in Alzheimer's support, the Alzheimer's Association provides vital services and support to individuals, families, and care partners in their communities.

• **Advocacy:** By advocating for advancements in research and care, the Alzheimer's Association is working to avert a health care crisis by changing minds, changing laws and changing lives.

With leadership and compassion, the Alzheimer's Association is more focused than ever on making our vision of a world without Alzheimer's a reality. It is indeed a thrilling yet crucial time, in which revolutionary new research findings have given us real hope in conquering Alzheimer's while the threat of a national health crisis looms on the horizon.



Will There Be a Cure?

Alzheimer's research is shifting from evolutionary to revolutionary

We all want a cure for Alzheimer's disease. If we can't have a cure, we at least want a treatment that makes a real difference in the quality of life for those we love. As the world's largest private funder of research disease in Alzheimer's, no one understands that need more than the Alzheimer's Association. Every day, we see families devastated by Alzheimer's and other dementias that slowly chip away at the minds and then the bodies of thousands right here in Orange County.

Today, the drugs commonly used to combat this disease in its earlier stages are Acetylcholinesterase Inhibitors such as Aricept and Exelon. These, and a drug often prescribed a bit later in the disease process, Namenda, are believed to slow the progress of the disease anywhere from six months to two years. Our families are desperate for something more.

Drugs currently in development are intended to prevent the disease, to impact conditions caused by the disease, or to modify the disease process. Some of those that have reached Stage III clinical trial, the last stage of government required testing before a drug can be released for use by the public, are described in the brief summary below.

A Stage III trial is a large human clinical trial where some of the subjects are given a drug and others are given a "placebo" or a false drug that has no effect. The impacts are then compared. The study subjects are not aware during the trial if they are on the real medication, or the placebo. Without these volunteers, no drug would ever be developed and no advancement in medicine would ever be made.

Bapineuzumab

An antibody for beta amyloid, Bapineuzumab is designed to remove the amyloid peptide that binds to the brain. The study is expected to complete in December of 2010 and has 1,200 participants. It is only effective on individuals without the APOE4 allele (two thirds of individuals with Alzheimer's disease have that gene).

Dimebon

Originally a Russian antihistamine, Dimebon appears to act as an acetylcholinesterase inhibitor (like Aricept or Exelon) and also appears to act on glutamate in the same way Namenda does – by inhibiting NMDA receptors. Perhaps more importantly, Dimebon appears to protect against mitochondrial death. Mitochondria are the "power cells" of the brain, and their protection would be a great boon to patients. The study is expected to complete in May 2010.

Docosahexaenoic acid (DHA)

Studies on DHA, commonly found in fish oil, have recently generated interest. New studies released at the International Conference on Alzheimer's Disease (ICAD) in mid-July appear to conclude that DHA (omega 3 fatty acids) do assist with memory when introduced in the diet before dementia symptoms, but do not assist with memory or daily living skills after dementia symptoms reach the earlier stages. These reports suggest that DHA is preventive for dementia.

Intravenous immune globulin (IVIG)

An intravenous infusion of immune globulin intravenous (human), a product currently on the market by Baxter Pharmaceutical for AIDS treatments, is being evaluated for efficacy in treatment for Alzheimer's.

Estimated completion is July 2011. One concern in this study is the large amount of blood product needed to secure an infusion. Should the trial prove effective, further study will be required to develop methods to produce sufficient supply to treat the population that would seek treatment.

Resveratrol

This is a substance found naturally in dark varieties of grapes, red wines, some berries and peanuts. The amounts administered in the trial far exceed the amount one could absorb through a natural diet. Resveratrol naturally occurring also breaks down too rapidly in the body, but in the case of this administration is believed to encourage the breakdown of beta amyloid. The study is expected to complete in December 2010.

Rosiglitazone

Currently marketed as Avenida, a treatment for Type II Diabetes, this drug may promote mitochondrial function and decrease a substance that "cuts" beta amyloid, causing it to stick to the brain. It doesn't work on those with the APOE4 allele so, if proven effective, would work on only a third of the people with Alzheimer's. The estimated completion date is April 2010.

Several other drugs are in Stage III studies with additional ones in the pipeline. There are clinical trials in our area which are actively recruiting for most of the studies referenced in this article.

You can learn more on each drug, the state of the specific trials, where to go to sign up for open trials, the questions you should ask yourself and your doctor before participating and other treatment alternatives at www.alzoc.org, www.nih.gov, or by calling the Alzheimer's Association 24/7 Helpline at 1.800.272.3900.

alzheimer's association®
the compassion to care, the leadership to conquer

Our efforts are made possible by the caring and commitment of others.



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Take the Memory Walk Corporate Team Challenge



Saturday, October 17 – Cal State Fullerton
Saturday, October 31 – Huntington Beach

It's good business

When your firm gets involved with the Memory Walk, you demonstrate your commitment to the community in an unmistakable way. By supporting the interests of your employees, you enhance loyalty and morale.

It's good fun

Encourage employees to invite three people, and they'll invite three people – and before you know it, you'll have a team. Host fun events and activities to raise money while enhancing employee pride and camaraderie.

It's time to put an end to Alzheimer's

There are 5.3 million Americans living with the disease. By 2010, there will be nearly a half million new cases of Alzheimer's each year; and by 2050, there will be nearly a million new cases per year. There's no time to waste.

Call 949.955.9000 or visit us at alzoc.org.



Under the leadership of Hillary Sackett, Memory Walk Team Captain, Hutchings's Heroes has raised an impressive \$70,000 since 2005 to fund services and to further research and awareness.



Programs & Services

Providing programs, information and services for employers and caregiving employees.

The Need:

Nearly 60% of people who care for a loved one are in the workforce, clearly causing employers to share in the financial consequences.

Addressing the Need:

The Alzheimer's Association offers services throughout Orange County free of charge to families and caregivers. Call our 24/7 Helpline at 1.800.272.3900 for confidential, no-cost support, referrals and information.

Education & Prevention

Helping those with Alzheimer's, their families, and their caregivers learn the tools they need to enhance quality of life and quality of care.

The Need:

Alzheimer's and other dementias usually progress slowly – the duration ranging from 3 – 20 years. The toll it takes on caregivers is profound, resulting in significant work absence, premature mortality and clinical depression in over half of caregivers.

Addressing the Need:

The Alzheimer's Association coordinates free educational offerings and materials in the workplace. Corporate wellness programs can easily be modified to include the Alzheimer's Association.

Advocacy

We work with legislative leaders to elevate Alzheimer's from a disease to a cause.

The Need:

Alzheimer's disease threatens to bankrupt families, businesses and our healthcare system. Sixty-nine percent of Alzheimer's California caregivers have annual household incomes of \$40,000 or less; cuts to these Alzheimer's families from state programs would diminish safety nets.

Addressing the Need:

The Alzheimer's Association has an extensive Action Alert network—join today by calling 949.955.9000.

Getting More Involved

Alzheimer's Association volunteers MOVE our cause forward.

The Need:

The number of people with dementia will skyrocket from more than 5.3 million today to an astounding 16 million by 2050. There is more work to do than hands to do it – we need your help.

Addressing the Need:

We rely on our volunteers to extend the reach of paid staff so we can better serve the growing number of people in need. Join the movement to end Alzheimer's, call 949.955.9000.

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Call for nominations
(See ad on page 31)

Visionary WOMEN
Celebrating Caregivers

2009 Dementia Caregiver Awards

For more information, call Mallory at 949.757.3705

We extend special thanks to our 2008/2009 senior corporate sponsors.



SENIOR LIVING

Valencia Terrace Puts the Accent on 'Wellness' for Senior Living

Retirement just isn't what it used to be for seniors. Many of us are living longer *and* better — not so much anticipating slowing down as shifting gears. And, we're smarter about getting the most out of these still-productive years.

If this sounds like where you are — or someone you love — the new mixed-housing retirement community at Valencia Terrace may be your perfect match. Centrally located in the city of Corona, this delightful new senior rental community offers a self-contained campus situated on a beautifully landscaped 9.3 acres. The lifestyle options are exciting, as are the professional "wellness" programs and full complement of modern facilities. Reservations are now being taken, with the first move-ins taking place in August.

Keeping costs under control is important for seniors, so it's worth noting that there is no buy-in fee at Valencia Terrace. The campus features 22 private casitas and 129 independent living apartment homes. In addition, 52 assisted living apartments provide three dining options per day, housekeeping, emergency response and transportation.

Providing assistance, maintaining independence

For retirees weighing the pros and cons, this blend of independent and assisted living arrangements is a distinct benefit. If help is needed in the future, there is the possibility of moving directly into an assisted living apartment within the Valencia Terrace complex, without losing the comfort and security of familiar surroundings, staff and friends.

"Life at Valencia Terrace is designed around The Art of Living Wellsm culture," explained Kirsten Tierney, executive director for Valencia Terrace by Kisco Senior Living. "We celebrate the unique interests, passions and experiences of our residents with a rich variety of lifestyle options, programs and services. Our goal is to create the kind of fulfilling balance between mind, body and spirit that ensures a secure, satisfying future and a lasting legacy."

With a high priority on senior fitness, residents will enjoy many resort-style services and amenities, including professional training in a state-of-



Valencia Terrace features 22 private casitas and 129 independent living apartment homes.



the-art fitness center, salt water pool, cabanas and spa. Formal dining venues, a casual bistro, library, club room, theater, beauty salon and a business center/computer lab are also on campus. Social and cultural enrichment events are regulars on the calendar, as are wellness and lifestyle programs. Residents are also invited to join in volunteer, career and mentoring opportunities. Additional optional services are available. Be sure to inquire.

The site for Valencia Terrace was carefully selected by Kisco to provide residents with easy access to shopping and entertainment in Corona. Through its Community Connection Partner Program, staff have already begun to build relationships and shared partnerships with local businesses, service providers, non-profit organizations, schools and community networks that will benefit incoming Valencia Terrace residents.

"Wellness is more than the absence of disease," concluded Tierney. "The Art of Living Wellsm culture and beautiful facilities provide residents and staff opportunities to share their passions, nourish their spirits and experience a sense of true community, everyday."

About Kisco Senior Living

Family-owned Kisco Senior Living, based in southern California, owns and operates 18 senior communities in six states. With an award-winning approach to senior lifestyles and wellness, Kisco creates communities where residents and employees share passions, live and work in balance and leave a legacy. Since 1990, Kisco's guiding principles of integrity, dignity and compassion have balanced the interests of residents, associates and business partners.

Kisco was recently recognized by the California Council for Excellence (CCE) as a Eureka Silver level winner of the California Awards for Performance Excellence (CAPE). The annual CAPE program honors leading California companies that achieve world class results through innovation, customer service and performance excellence.

Valencia Terrace will be ready for first move-ins in August 2009. The community is located at 2300 South Main Street in Corona. For more information and a personal appointment with a Lifestyle Counselor, call 951/273-1300. Or, log on to www.kiscoseniorliving.com.

AccentCare™
Your Extended Family

Because we care for your independence.

AccentCare, proudly headquartered in Orange County for the last ten years, is one of the nation's leaders in home healthcare. Highly trained, dedicated caregivers provide comprehensive services ranging from personal, non-medical care to skilled nursing and rehabilitation. Our team of professionals ensures that our patients and clients get the assistance they need to improve the quality of their life while maintaining their independence.

Professional Care in the comfort of **Your Home!**

Call us today at **1.800.834.3059**. We can help!

www.accentcare.com



Giving your parents a break

For many caregivers the daily 24/7 care of a loved one can be very stressful and exhausting both physically and emotionally. Torn between life's obligations and the need to provide daily, quality care, caregivers can benefit from assistance, even for a short period of time. Áegis Living, a national leader in senior and assisted living communities, has a solution in its short-term stay program. Short-term stays provide a brief reprieve for the caregiver while the family member receives the care and services they need in a welcoming environment.

Áegis Living's short-term stays range from a number of days to a few weeks. The process is easier than most families realize, in fact it can take less than 24 hours. All that is required is a physician's report, an assessment by Áegis Living and for the guest to bring his or her own medication with them. Taking that much-needed break to care for their own needs helps caregivers avoid burnout, stress and fatigue.

Other reasons a short-term stay may be of interest:

- **For Rehabilitative Care** – For those recently discharged from the hospital and need extra assistance.
- **A Trial Stay** – Many seniors test-drive the idea of a senior living community with a short-term stay.

Those with Memory Loss

Caregivers who live with those who suffer from memory loss due to dementia or Alzheimer's disease may be especially challenged when it comes to finding time for themselves and capable people to help care for their loved ones. With Áegis Living's nationally recognized "Life's Neighborhood™" individuals with memory loss are treated with compassion, respect and warmth.

Specially trained employees create a community where all residents are appreciated in a setting that is safe, secure and designed with them in mind.

Áegis Living's amenities include:

- A full-time licensed nurse to help with care and oversee medications
- 24-hour staffing and supervision
- Private apartments with television
- A full-time concierge to handle special requests
- Three delicious, nutritious meals with snacks and beverages throughout the day
- Social and recreational activities, and cultural events
- An emergency call system, with wireless call buttons in each apartment
- Scheduled transportation to medical visits, shopping or other errands
- Housekeeping and laundry services weekly

In the local area two Áegis Living communities are serving the short-term needs of residents.

Áegis of Dana Point offers exceptional services in Assisted Living and Memory Care. They are located at 26922 Camino de Estrella in Dana Point. Contact them at 800-724-4363 or on the web at AegisofDanaPoint.com.

Áegis of Laguna Niguel also offers dedicated care in Assisted Living and Memory Care. They are located at 32170 Niguel Road in Laguna Niguel. Contact them at 949-485-6900 or on the web at AegisofLagunaNiguel.com.

≡ ASSISTED LIVING & MEMORY CARE ≡

Áegis Living

We're the people who make life better.



SENIOR LIVING

UC Irvine Healthcare: Special Care for Older Cancer Patients

With an ever-increasing share of the American population reaching the age of 65 years and older, University of California, Irvine Healthcare geriatric oncologist Dr. Homayoon Sanati is an advocate for the special concerns of older adults diagnosed with cancer.

Startling stats

By the year 2030, a full 20 percent of the United States population will be over 65 years old – twice the current senior population. What's more, the U.S. Census forecasts the numbers of Americans 85 and older will double between now and 2030.

The odds of developing cancer grow with the advancing years. Already, cancer is the No. 2 cause of death in older adults. The leading cause is heart attack, but cardiovascular disease mortality is actually on the decline, Sanati says.

Older adults with cancer often have special concerns that differentiate them from younger patients with the same disease. Despite common assumptions that older adults will not tolerate cancer treatment the same as younger people, overall health and fitness – not age alone – are far greater factors in determining treatment, according to Sanati. It is vitally important to regard each patient as a unique individual.

Many older adults already have other medical conditions, or are taking medications that could interact with cancer treatment. Chemotherapy dosages may need to be adjusted because of liver or kidney function. For some patients, the rigors of treatment may require them to seek help from family or caregivers. Further, quality of life must be considered. Some older patients may decide to treat their cancer less aggressively, or not at all.

Sanati is the only physician in Orange County who is board certified in both geriatrics (the medical care of older adults) and oncology. He is part of the multidisciplinary team of specialists at the Chao Family Comprehensive Cancer Center – Orange County's only National Cancer Institute-designated comprehensive cancer center – located at UC Irvine Medical Center in Orange. He also sees patients at the medical center's SeniorHealth Center.

Tailored treatment

UC Irvine is launching several initiatives to advance care for older adults with cancer. "One of our goals is to promote clinical trials specifically for older adults, who have been unrepresented in clinical trials for oncology," Sanati says. "A great example involves the treatment of breast cancer. No recommendations for treatment have been made for patients over 70 years old. This is because of the 18,000 patients in 47 breast cancer clinical trials, only 600 patients were over 70 years old. You have a growing older population, with 10 times the incidence and mortality rate, and almost no clinical trials for treatment, this is a recipe for disaster."

There is a huge range in age and fitness in older adults, and both are key factors in treatment of cancer.

"You may have an 80-year-old who is very frail, in a wheelchair, who is not able to feed him or herself, or to get up and ambulate," Sanati says. "At the other extreme, you may have 80 year-olds running marathons. Typically, fit older adults are treated as younger patients are treated. Frail older adults are usually treated less aggressively, with more palliative care



UC Irvine Healthcare's Dr. Homayoon Sanati is the only physician in Orange County certified in both oncology and geriatrics.

and symptom management, which involve comfort measures and pain treatment."

Individualized care is essential. "We usually do a comprehensive geriatric assessment that looks at a variety of components," Sanati explains. Chemotherapy, radiation or the cancer itself may impact:

- **Nutrition.** Is the patient currently malnourished, possibly as a result of other conditions or disease? Is the patient eating a well-balanced diet? Chemotherapy can cause nausea, and patients may suffer weight loss.

- **Risk of falls.** Debilitating injuries can result from falls by a patient who is unsteady or frail.

- **Cognitive function.** This includes memory loss and depression.

- **Sensory or secondary issues,** such as hearing or vision loss, incontinence, or osteoporosis.

Many older adults are already on an average of five medications as they enter cancer treatment, so care is taken to prevent drug interactions.

"Chemotherapy can affect hearing and vision. Incontinence can be exacerbated by the chemotherapy.

Hormonal blockade treatment for breast cancer or prostate cancer can cause osteoporosis, because their blocked estrogen or testosterone is needed for bone health," Sanati explains. "And an older patient's kidney and liver function and bone marrow reserve are not the same as a younger patient's. We often need to make dose adjustments on the chemotherapy treatment and use the lowest, but still effective dose."

Geriatric oncology also examines "psycho-social" aspects of a patient's overall treatment and recovery, including access to family support and the patient's independence and social function.

"Are they able to do grocery shopping? Are they able to go out and do something enjoyable? How much help will they need?" Sanati asks. Courses of treatment may vary based on whether the older patient has a spouse, family member, caregiver or friend able to provide help.

Alternative options

A key question may be whether to treat an older patient aggressively at all. Decisions are very personal and dependent upon a patient's beliefs, advance directives, or expressed wishes regarding extended life support. Sometimes, patients are cognitively unable to make those decisions for themselves.

"We can offer palliative and hospice care for patients who do not want to treat the cancer itself but want to be comfortable," said Sanati, who is also board certified in hospice care.

Clinical trials for older adult oncology patients hold the potential for undiscovered treatment in this large – and growing – part of the population.

"Our goal is to provide quality care tailored toward older adults with cancer," Sanati says. "Geriatric oncology still is a young field, and we are broadening our research to improve survival and quality of life in older adults with cancer."

To make an appointment with a UC Irvine physician, visit www.ucihealth.com or call toll free 877.UCI.DOCS.

Teaching Doctors What Older Patients Need

It takes 11 years of school and residency to become a doctor, but little time is ever spent on learning how to communicate with a ballooning share of the population: older adults.

University of California, Irvine's nationally recognized Program in Geriatrics has launched a groundbreaking project to train medical students and physicians of various specialties, with the support of 15 UC Irvine programs, to more effectively converse with older patients and care for them safely, respectfully and compassionately.

"It is a return to the patient-doctor relationship," says Dr. Lisa Gibbs, director of education for the program. She is guiding the project with Dr. Laura Mosqueda, Program in Geriatrics director.

Geriatricians specialize in the care of older adults, but physicians in almost every field routinely care for older patients and need to have effective communication skills that consider the special concerns of elders, Gibbs says. Cardiology, emergency medicine, orthopaedics and neurology are just a few of the specialties that are working with the Program in Geriatrics to improve geriatric education.

Funded with a \$2 million grant awarded by the Donald W. Reynolds Foundation, the UC Irvine geriatrics program will integrate training over the next four years into the UC Irvine School of Medicine curricula at the undergraduate and postgraduate levels, as well as in continuing medical education for practicing physicians.

One component is to ensure that patients have "health literacy" about using the healthcare system, Gibbs said. Trainees will practice using language the patient understands and making sure the patient can read written healthcare material. They will learn to make certain that



UC Irvine Healthcare geriatrician Dr. Lisa Gibbs leads a project to train medical students and physicians of all specialties in the special needs of older patients.

the patient can "navigate the system" – obtain medications, get refills and know how and why the medications are taken. Other curricula will focus on communication skills and shared medical decision-making between physicians and patients.

Non-geriatrics students and physicians will be taught to be aware that some older patients may have early dementia, which is widely under-diagnosed, or failing hearing or vision – conditions that affect their capacity to grasp or remember treatment options, hampering their ability to make major healthcare decisions. There also are ethnic, religious or cultural factors that might bear on a patient's reception to diagnosis or treatment.

"These concepts will impact the entire medical school – 400 medical students at any one time, plus 300 residents, as well as continuing education for practicing physicians at UC Irvine and in our community," Gibbs says.

By the project's end, UC Irvine faculty will have worked with experts from the University of Arizona and Vanderbilt University to develop and then evaluate the geriatrics training. The tools and conclusions resulting from the project will be disseminated in a national database of educational resources to benefit physicians—and patients—across the country.

Given that people are living longer and one of every five Americans will be over the age of 65 in 20 years, this enormous surge of older patients will require physicians in any specialty to have geriatric medicine training.

"The ultimate goal is to improve medical care for older adults, and the best way to achieve this is through advancing geriatric medical education," Gibbs says. "Our graduating physicians will be among the best in the country in caring for older adults."

SENIOR LIVING



As the only state-designated Alzheimer's Day Care Resource Center in Orange County, AFSC fulfills its mission through direct care, caregiver support, and education services.

Until There's a Cure ...

There's Alzheimer's Family Services Center

Alzheimer's disease (AD) and related dementias involve progressive intellectual deterioration that ultimately leads to total dependence on others. With an unpredictable course that lasts an average of 8 years but can extend as long as 25, AD is one of the most emotionally, physically, and financially challenging conditions a family can face.

Alzheimer's Family Services Center (AFSC), affiliated with the Hoag Neurosciences Center of Excellence, is a non-profit agency committed to improving quality of life for families challenged by AD or another dementia through services tailored to meet individual needs. As the only state-designated Alzheimer's Day Care Resource Center in Orange County, AFSC fulfills its mission through direct care, caregiver support, and education services.

Families receive a needed break as loved ones benefit from specialized adult day health care services, provided in our state-of-the-art facility by compassionate, professional staff.

At the center, participants may enjoy a day filled with stimulating activities while also benefiting from health-related services such as nursing care, physical, occupational, and speech therapy maintenance exercises, supportive counseling, and nutritional guidance. To help families cope with the multiple challenges of care, AFSC provides information and referral, care management, short-term counseling, caregiver support groups, and caregiver education.

Meet Frank and Betty

An attendee since 2006, Frank, 82, has severe dementia. His wife, Betty, joined one of our support groups and started attending our educational workshops soon after Frank's diagnosis. Through these, she's gained the coping skills to manage Frank's increasing care needs. Group members helped Betty overcome her guilt and increase Frank's time at the center from two to five days weekly. AFSC is enabling Betty to reserve her strength for Frank's care at home, thus protecting her own health and their shared independence.

AFSC is located in Huntington Beach at 9451 Indianapolis Avenue. For more information, please call 714-593-9630 or visit www.AFSCenter.org.



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Silverado and the NFL

by Shannon Ingram

Four-time NFL Pro-Bowl player Don Doll, a retired defensive back who played for the Detroit Lions, Washington Redskins and Los Angeles Rams, as well as for the University of Southern California, had been living at home for several years following a diagnosis of dementia. He suffered from multiple medical issues and his wife, Diana, was constantly worried that he might fall and injure himself.

When the Dolls were invited to attend a granddaughter's wedding out-of-town, Diana knew Don couldn't travel. As the date drew near, Diana felt frustrated and depressed because she couldn't leave Don at home alone. "Then I received a letter from the NFL announcing the new Player Care 88 Plan and partnership with Silverado Senior Living," said Diana. "The NFL plan was a miracle for me and our family because I was no longer trapped."

Diana contacted Silverado at Home who had a care companion trained and ready to assist her in caring for Don and their dog, Charlie. On the first day Diana was away, Don experienced some medical issues that required a visit to the ER. The care companion immediately called her Silverado At Home Geriatric Care Manager, who contacted the closest Silverado community, less than a mile from the Doll's home. The Care Manager went to the ER with Don and the care companion; the Administrator took Charlie back to her office at Silverado's pet-friendly community.

"When the Care Manager called to let me know Don was hospitalized, I was calm because they had taken charge and the situation was under control," Diana said. "The Silverado team was on top of everything, including caring for Charlie."

After that weekend, Diana called on Silverado at Home to help her with short-term caregiving. When she broke her arm a few months later, Silverado arranged for Don to spend a month at the Silverado community. He appeared to relish his new home environment in the community with the many engagement opportunities that kept him active and content and the 24/7 on site licensed nursing team ensuring he was healthy and safe.

After three months, Don's new home at Silverado became permanent. "I like it that the employees seem to enjoy the Silverado parties as much as the residents and families do," Diana said. "It's a good work set-up that obviously comes from the top down. The environment is great for Don, with the music and pets and outdoor areas to enjoy. He may not be able to reminisce about his NFL career any more, but he loves talking with all the people who come and go every day at Silverado."

Shannon Ingram is Director of Marketing for **Silverado Senior Living** and author of a book, *The Heart Way-A Journey from Corporate to Care*. For information about Silverado, visit www.silveradosenior.com.



After three months, Don's new home at Silverado became permanent.



Orange County Chapter www.alzoc.org



Call for nominations

Visionary WOMEN

Celebrating Caregivers

2009 Dementia Caregiver Awards

Nominations are invited for the Visionary Women Dementia Caregiver Awards, recognizing those who display extraordinary compassion in caring for people with Alzheimer's and other dementias and their families.

2009 Honorees will be recognized at our
3rd annual Visionary Women Awards Luncheon
Friday, November 6
Hilton Waterfront Resort, Huntington Beach

The award recognizes those who serve as models of commitment to compassionate care. Any employed caregiver, clinical, medical, or administrative professional, who has direct contact with people who receive dementia care in Orange County, CA, is eligible. One honoree will be selected in the Medical / Clinical Professional category, one in the Administrative professional category and two honorees will be selected in the Frontline / Direct Service category.

The nominee must embody the following characteristics:

- communicates sensitively with the patient and the patient's loved ones, listening carefully, showing empathy and instilling a sense of hope;
- respects the patient's values, culture, choices and decisions; and
- understands the significance of the patient's family and community.

If the person you wish to nominate meets the criteria of a compassionate caregiver as defined above, please complete the form online via our website at www.alzoc.org. All submissions are due by October 6, 2009.

Please direct inquiries to Mallory at 949.757.3705, including queries about tickets, program ads or event sponsorship.

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