



Compassionate Options
for Progressive Eldercare

Spring 2009
Volume 2, Issue 1

Mission Statement:

COPE Eldercare provides seniors, individuals of all ages and their families compassionate care to promote independence, safety, and quality of life.

COPE Eldercare is a nonprofit 501 (c)(3) organization.



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COPE Eldercare Courier

Club FTD is born!

In early 2008 Laurie Ray of COPE Eldercare, DeeDee Harris of the Easter NC Chapter of the Alzheimer's Association, and Charlene Reidel-Leo of UNC-Chapel Hill Department of Neurology sat down to discuss the lack of services available to local families with a loved one experiencing FTD—Frontal Temporal Dementia. This group of social workers realized the need to incorporate other aging professionals and joined forces with Lou Paules of the Center for Volunteer Caregiving, and Michael Boles & Daniel Maynard of Resources for Seniors.

A multi-disciplinary task force was born to address the unique needs of someone with FTD. The hard work paid off—Club FTD began services on April 7th with a total of 3-5 participants ranging in age from 50 to 70. White Memorial Church Presbyterian Church in Raleigh has generously donated space for the Club to meet. Club FTD will have access to a computer lab, gymnasium, library, kitchen, and chapel. Resources for Seniors is providing trained staff to direct the program, and volunteers will help to provide additional support.

What is Frontal Temporal Dementia?

According to The Association for Frontotemporal Dementias FTD is a gradual, progressive decline in behavior and/or language. As the disease progresses, these deficits cause significant impairment in social and/or occupational functioning and result in an increasing dependency on caregivers. The behavioral changes are typically witnessed as a change in personality, characterized by increasingly inappropriate social behavior. Examples of this include swearing, overeating or drinking, impulsivity, shoplifting, hypersexual behavior, and deterioration in personal hygiene habits.

Accompanying this inappropriate behavior is a decreasing self-awareness: the patient displays little insight into how inappropriate his or her behavior is, and little or no concern for its effect on other people, including family and friends. Patients may also display repetitive, stereotyped behaviors, such as hand clapping, humming the same song over and over, or walking to the same place day after day. The language deficits experienced by patients range from problems with expression of language (generating meaningful, grammatical sentences), to problems with word meaning or a severe difficulty in finding the correct name for common, familiar objects.

The onset of FTD symptoms typically occurs in the 50's to early 60's, but has been seen as early as 21 and as late as 80 years. The average age of onset is about 60. FTD occurs equally in men and women.

Although there has been little research done to determine the overall incidence of FTD in the population, it is estimated that between 4% and 20% of patients at dementia and memory disorder clinics have FTD, and that 12% of patients with onset of dementia before the age of 65 suffer from FTD.

Is it FTD or Alzheimer Disease?

Historically, medical science has had a difficult time distinguishing between these two types of dementia. Definition: Both FTD and Alzheimer Disease (AD) are dementias, characterized by atrophy of the brain, which results in a gradual but progressive loss of brain function. FTD, however, is primarily a disease of behavior and language dysfunction, while the hallmark of AD is loss of memory. Age of onset: FTD usually begins when the patient is in his or her mid-50's. This is approximately 10 years earlier than the average age of diagnosis for AD. Moreover, the risk of Alzheimer continues to increase with age, while the incidence of FTD peaks at age 62 and then decreases with age. Symptoms: FTD patients exhibit behavioral symptoms and personality changes (lack of concern for social norms or other people; lack of insight into their own behaviors), but retain cardinal features of memory, keeping track of day-to-day events and orientation to space and time. AD patients display increasing memory deficits, but typically retain socially appropriate behavior.

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A Few Thoughts.....



Here we are in the spring of 2009 having survived what seemed like a less than typical cold, wet North Carolina winter. Despite the weather and its challenges COPE

Eldercare has continued to be very busy.

Sadly the economic turn of events has had a significant impact on local seniors and their families. Children who may have helped to support Mom or Dad are now jobless; the portfolios of seniors have been depleted increasing their fears of being able to afford care or even worse - running out of money. While the concerns of seniors and their families are very valid their discomfort has forced many to make difficult decisions about housing, food, and health-care.

Assisted living facilities are seeing an increase in vacancies, attempts to qualify for state, county and federal assistance is on the rise, affordable housing solutions for seniors are limited, and finding affordable help in the home may be an option though the use of a companion, or certified nursing assistant is often not adequate enough to meet the needs of the senior.

The goal of COPE is to advocate, identify needs, ease family communication, and to help coordinate necessary resources to keep seniors safe and independent. This task can be extremely difficult and frustrating when the needed services are either not available or affordable.

The role of the geriatric care manager has become a more vital element to eldercare in these difficult times. Funding for COPE's scholarships is essential if we are to continue supporting seniors and their families. 2009 will be difficult economically for most but due to the recession's effect on our local seniors COPE has decided to move forward with our annual appeal. Thank you so much for your support and understanding!

Laurie Ray

Club FTD continued from page 1.

Some FTD patients may have only language dysfunction (this is seen in the two types of progressive aphasia: semantic dementia and progressive non-fluent aphasia). The pattern of language loss may be extremely specific, such as an inability to name a familiar, everyday object. This is in contrast to the language decline seen in Alzheimer patients, which is less specific and results in the general memory loss.

For more information on FTD go to <http://www.ftd-picks.org> Or call 1.866.507.7222

Proud Achievements

We are pleased to announce that Laurie has earned an important and valuable designation through the National Association of Social Workers as a Certified-Advanced Social Work Case Manager. Social workers who hold the C-ASWCM have:

- A current NASW membership.
- Earned a MSW degree from a Council on Social Work Education (CSWE) accredited institution.
- Documented one (1) year and (1,500 hours) post MSW paid supervised work experience.
- Provided an evaluation from an approved supervisor.
- Provided a reference from a MSW colleague.
- One of the following: current ACSW, DCSW, and/or a current state exam-based social work license or a passing score on the ASWB exam.
- Agreed to adhere to the *NASW Code of Ethics*, the *NASW Standards for Social Work Case Management* and the *NASW Standards for Continuing Professional Education* and are subject to the NASW adjudication process.

As a C-ASWCM Laurie will also remain certified through the National Association of Professional Geriatric Care Managers. NAPGCM is an organization of practitioners whose goal is the advancement of expert assistance to older adults and their families. They may be trained in any of a number of fields related to long-term care, including nursing, gerontology, social work, psychology, and other allied health professions. Membership is open only to individuals who meet strict certification requirements.

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A Great opportunity!

Did you catch Laurie & Morgan or Laurie & Jo Ann on Tar heel Talk? We are very fortunate to have been invited twice in the past month to appear on Fox 50's Tar heel Talk to discuss senior living options as well as Alzheimer's Disease & caregiver stress. What a wonderful opportunity to raise awareness of COPE and the important work that we do! If you missed it we hope to have it available on our web site soon.

*If you are shopping on-line
Don't Forget to use:*

www.yellowbrickmall.com/copeeldercare.php

Or:

www.goodshop.com and select COPE Eldercare as the organization to benefit from your shopping. Thanks so much!



Tom Arnold of Right at Home has joined the Board of Directors and we are happy to have him on board.

Tom has over forty years of sales and marketing experience with responsibilities including advertising and public relations, market research, new product introduction and development, product sales and forecasting and strategic planning. He has held positions that include Corporate Director of Marketing and Director of Business Development with a Fortune 500 public company and a Top 100 private printing and publishing company.

Tom tells us why he chose the Home Care Industry:

“Working with seniors at this stage of my career was an easy decision to make. Being a senior myself I wanted to invest my time and money in something that would contribute to improving the quality of life for me as well as other seniors. With minimal assistance seniors and people with disabilities can remain in their home environment, live independently and remain active for years. One out of every six people today is a caregiver to a friend, neighbor, or family member. I have experienced caregiving responsibilities within my own family.”

Tom is the father of two and grandfather of five children. Tom is also an active member of several local charitable organizations.

Thanks Tom—your talents and time are greatly appreciated!

It's that time of year again.....

Once a year COPE Eldercare sends out an Annual Appeal for your financial support of this small nonprofit 501(c)(3) organization. So many of the families we serve have been negatively affected by the economic downturn. Due to this we can certainly understand the limitations of our donors. Nonetheless COPE continues to experience growth and the demand for our services remain strong. In 2008 we saw a 20% rate of growth over the number of new clients receiving services. In addition to this growth we added a part time position for administrative & geriatric care management support. Over the past twelve months Laurie has provided Social Work Field Education to six BSW or MSW students. We are fortunate to provide services to several seniors and families who do not need any scholarship assistance. Unfortunately a greater number do need some degree of financial support. COPE provides 3 levels of scholarship funding with the greatest percentage of clients receiving scholarship #2 which means they are able to cover approximately 50% of the geriatric care management fee. These seniors are qualified based on proof of income.

Any financial support that you can provide will be greatly appreciated as we continue our mission of serving local seniors & their families regardless of any financial limitations. Thanks so much!

Pet Therapy Class Earns their Certification—New Class of Teams to Begin

COPE Enrichment has 4 new pet therapy teams: Sherry Dodson & Cutter, Alison Nack & Piper, Tara Wanchick & Raley, and Laurie Loughlin & Lacey have completed their Therapy Dog, Inc. certifications. They can now volunteer in the setting that best fits their interests and ability. This class included great variety of dogs including a yellow Labrador Retriever, Toy Poodle, black Labrador Retriever mix, and a Pug mix.

Dogs of shapes and sizes are welcome to participate. Small dogs are happy to be in one's lap—though so are some large dogs! The larger dogs may be easier for someone to reach while sitting in a chair or in bed, someone with low vision may find it easier to see a dark colored dog against a light background. Not all of our canine volunteers are necessarily cuddly or seek lots of attention, but they may offer tricks to entertain, provide the opportunity

non-judgmental companionship, or create a safe environment for one to express themselves.

Regardless of the breed, shape, or size often the dogs prompt comforting memories of past pets.

Each team brings different skills and meet many needs. Hopefully they will quickly realize that as volunteers they will take away as much satisfaction and reward as they share. We are so thankful for their participation and gift of time as volunteers in our community!

Interested in sharing your love of canine companionship?? Has your dog earned their AKC Canine Good Citizens Award? Give us at call!

Our next class will be held at the Carolina House of Cary on May 9th at 10:30a. Contact Laurie at 919.481.0410 or Sherry at 919.642.0185 for more information.

Belk Charity Sale

Please come join us on May 2nd 6:00a—10:00a, for the Belk Charity Sale, or for the Pres-sale even anytime from April 26th to May 2nd.

Purchase a \$5 ticket from COPE and receive \$5 off your purchase at any Belk store plus a discount of 20-50% of ANY purchase. You can't lose a thing and COPE receives \$5 for each of the Charity Sale tickets we sell.

You can't lose! Call our office at 919.481.0410 or contact any of the COPE board members for more information.



Vision Statement:

Advocate & provide compassionate, affordable care solutions to seniors and individuals with aging disabilities & their families throughout North Carolina.

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Wii Love COPE!

Join the COPE Eldercare Board of Directors in celebrating National Senior Health Fitness Day on Wednesday May 27th by playing the Wii game at a local participating assisted living facilities.

- Celebrate the independence and dignity of our seniors
- Join in the fun of creating more community awareness of COPE Eldercare, the Triangle's only non-profit eldercare agency

For more information contact Morgan Lamphere at 919.466.9366 or email at mlamphere@searstone.com

Calendar of Events

April 7th	9:30a to 1:00p	Club FTD starts meeting Tuesdays & Thursdays, White Memorial Presbyterian Church, Raleigh. For more information call Charlene at 919.5039 or DeeDee at 919.832.3732.
May 2nd	6:00a to 10:00a	Belk Charity Sale at all Belk stores. Tickets available through COPE Eldercare. Call 919.481.0410 for tickets or more information.
May 4th	7:00p to 8:30p	FTD Support Group, Carolina House of Cary. Call Charlene Reidel-Leo at 919.966.5039 for more info. This group meets the first Monday of every month.
May 9th	10:30a to 12:00p	Pet Therapy Class starts at Carolina House of Cary. Call 919.481.0410 or 919.642.0185 for more information.
May 27th		Wii Love COPE Day
May 28th	3:00p to 4:30p	Caregivers Support Group, Sunrise of Cary. Call Laurie Ray at 919.481.0410 or Sunrise at 919.462.9147 for more information. This group meets the last Thursday of every month.
June 23rd	8:30a to 3:00p	Triangle Caregivers Conference, McKimmon Center, NC State University. Contact 919.719.7176 for more information.