Helping seniors connect to a better life

During the Medicare Annual Election Period at the end of 2014, we identified 76 Durham residents who were eligible for our services, including financial assistance to reduce medication co-payments. However, due to budget limitations and the soaring price of insulin and several other medications, we had to place those seniors on a waiting list—something we hadn’t had to do since 2000. Fortunately, many of you responded very generously, and we have now offered help to all of those individuals. This was great news for 84-year-old Margaret Page.

Ms. Page was struggling to pay for her medical care and prescriptions when she came to see us. She had been paying $104 a month for a Part D drug plan—one of the highest monthly premiums—even though the plan didn’t cover the cost of her medicines very well. Based on her income, we helped her apply for Medicare’s full Low-Income Subsidy (LIS) to significantly reduce her medication expenses. Once approved, this triggered a “special enrollment period” that allowed Ms. Page to select a Part D plan that covers her medicines at much lower costs. And while she waited on LIS approval, Senior PharmAssist helped her pay for her medicines.

We also connected her with a DSS social worker who sets up shop once a week in the Durham Center for Senior Life, (see Connect on page 3)

A chance to “move the dial”

For a few years, we have shared our excitement regarding health care reform. We knew it would eventually affect the way services to Medicare beneficiaries are delivered. While much is still in flux, Senior PharmAssist is about to be involved in a collaborative effort to improve care for Durham seniors—especially those with complex medical needs—that is informed by innovations described in the Affordable Care Act.

In early 2015, Drs. Mitch Heflin and Ellie McConnell, associate professors and senior fellows in the Center for the Study of Aging and Human Development at Duke, approached Senior PharmAssist and other community partners for input and feedback for their application for a “Geriatric Workforce Enhancement Program” or GWEP grant. The U.S. Health Resources and Services Administration (HRSA), which is tasked with “improving access to health care services for people who are uninsured, isolated, or medically vulnerable,” issued the grant proposal. Thankfully, the grant was recently approved, and fortunately for our state, three of the 44 grants awarded nationwide went to North Carolina institutions—UNC-Chapel Hill, ECU and Duke.

While new providers will be trained in geriatrics as a result of this grant, there will also be a focus on improving the knowledge of current primary care teams and increasing their effectiveness through the use of best practices in geriatric care. In addition, there will be education and dissemination of information to older adults and caregivers to support best practices, such as how to (see Dial on page 2)
Board changes for FY 2016

Senior PharmAssist bid farewell to five board members in closing out FY 2015: Evester Bailey, David Cocchetto, Catherine Crumpton, Rebecca Reyes and Carolyn Titus. All made unique and vital contributions to our work and will remain engaged with our efforts. Thank you!

We also welcome five new board members:

Jimmie Hawkins is pastor of Covenant Presbyterian Church (USA), where he has served since 1996. He is a faith leader with the NAACP and is past president of Durham Congregations in Action. Jimmie attended North Carolina Central University and holds a Master of Divinity degree from the Interdenominational Theological Center/Johnson C. Smith Theological Seminary.

James Jones is a retired Durham police sergeant. Though he lives in Butner, he is still active in the Durham community and is a big proponent of physical fitness, which is the type of preventive health strategy we like! James has also been active with the South Granville Exchange and Rotary clubs, and is chair of the deacon board of his church.

Lynn Spragens is a health care consultant and nationally regarded expert on palliative care and geriatrics. She is a long-time Durham resident and has extensive experience with finance and strategic planning. Lynn has previously served on the board of Threshold and is active with New Hope Presbyterian Church.

John Stelling is principal and owner of Stelling Engineering PA, which specializes in environmental services. He is a long-time Senior PharmAssist supporter and an active member of Trinity Avenue Presbyterian Church, where he has served as treasurer.

Kay Wellemeyer is a retired registered nurse with years of experience in medical and surgical nursing. She completed Duke’s Health Ministry and Congregational Nursing Program in 2007 and has used that training to address the healthcare needs of parishioners at Westminster Presbyterian Church, where she’s a member. At Westminster, Kay serves as a health educator, personal health counselor, referral resource, program developer and healthcare advocate.


dial continued from page one

improve sleep patterns without medications and how to connect seniors to the resources they need to stay healthy. The effort will be inter-disciplinary, pulling from the expertise of medicine, psychiatry, nursing, social work, pharmacy, physical therapy, etc., and care coordination is critical. This will help bridge the gap between hospital-based care and community-based services.

The three major focus areas for the Duke GWEP are: transitions of care (for example, when someone is being discharged from the hospital back to home), dementia care and medication management.

Senior PharmAssist will be reimbursed for our work on this project, which will constitute roughly 10% of our overall budget. Our work and that of other community partners, including the Durham Community Resource Connections (part of the Partnership for Durham Seniors) and Triangle J Area Agency on Aging, will concentrate on improving the care of “at risk” seniors in Durham.

We will measure our collective impact and—if all goes well—this information will be used to help others around the state and nation replicate some of the “special sauce” we have in Durham. We will also learn from other grantees.

This is a great opportunity to collaborate so that seniors thrive as much as possible in the City of Medicine.
A legacy that lives

At the end of March, long-time friend and generous supporter Stuart Upchurch Buice died after a seven-year journey with cancer. Fortunately, for Senior PharmAssist participants and many others, her spirit lives on. While Stuart and her husband, Bill, made their home in New York City, she never forgot her North Carolina roots.

Stuart was the daughter of Theron Acriel “Buddy” Upchurch and Stuart Weatherspoon Upchurch. Mr. Upchurch and the Weatherspoon family helped lead Durham Life Insurance company. The success of the company led Stuart Upchurch to create The Acriel Foundation as a way of honoring her husband and others upon his death.

Stuart Buice was the primary trustee of the foundation for over 20 years. During that time, the foundation was a financial pillar for Senior PharmAssist, providing $5,000—$25,000 annually. Stuart loved the literary works of the Bloomsbury Group, which included Virginia Woolf, who wrote: You cannot find peace by avoiding life. Stuart met life head on.

When she was prescribed an expensive medication to treat her cancer, she was grateful for her medical coverage and ability to pay the hefty prescription co-payment. However, she was also struck by the inequity of the medicine’s price tag.

She knew that many could not afford to “follow doctors’ orders.”

As Stuart realized her cancer was progressing, she continued to plan for the future of others with amazing grace. This included a final gift to Senior PharmAssist of nearly $300,000. The interest from this generous donation will help support our annual budget for years to come.

Through years of investing in Senior PharmAssist, Stuart Upchurch and Stuart Buice helped Durham Life Insurance live up to its name, even after its name disappeared when it was purchased by another company. Life insurance is designed to benefit the living. In fact, the Durham Life Insurance Company’s slogan was “we protect the family.”

This final gift from The Acriel Foundation will continue to help seniors—and their families—who would otherwise struggle to pay for and manage their medications.

Every year YOU make the difference

Nearly 700 individuals and organizations made financial gifts to support our efforts in FY15, and we thank every one of you! We want to acknowledge the volunteers who helped with fundraising this past year, including our board, led by Amy Csorba, and Development Committee, chaired by Colleen Fitzpatrick.

We also thank our non-board fund development volunteers: Andy Barada, Rich Burton, Becky Bowden, Tim Dalton, Maggie Gradison, Kay Gresham, Barbara Haight and Shane Jones, Warren Jones, Margaret Keller, Vic Moore, Lisa Nadler, with special thanks to Cathy Crumpton, Bob and Barbara Yowell, Charles and Ann Sanders, Lib Rogers and Heath Tuttle for a wonderful friend- and fundraising event held at Alizarin Gallery.

Five donors who supported our annual campaign in FY15 also made gifts to The Senior PharmAssist Stewardship Funds. These non-endowed funds were established in 2014 with generous gifts from The Acriel Foundation and the estate of Ruth Mary Meyer, and are housed at Fidelity Investments and the Triangle Community Foundation.

While our fundraising priority remains our annual campaign, we have to prepare for a future that includes 43% more seniors in Durham County by 2025. We also know that our second-highest investor over the past 21 years, The Stewards Fund, is looking to end its grant-making by 2020.

Thus, we must continue to thoughtfully build The Senior PharmAssist Stewardship Funds through planned gifts from donors beyond their annual commitment; these donations may be immediate or deferred but are essential to the long-term financial health of our program.

A special note to our friends in Reidsville

Each December, we receive several gifts from the North Carolina city where our executive director grew up. These donations honor friends and loved ones, and donors often give to Senior PharmAssist in lieu of exchanging presents for the holidays. We are grateful for the holiday cheer and continuing care these gifts furnish our participants.

Cousins: (L to R) Stuart U. Buice, Stuart W. Upchurch, Elaine Cannon, Rivers Upchurch & Ginnie U. Daughtry

Connect continued from page one

where we are located. He helped her apply for additional benefits. Finally, because of her mobility issues, we connected her with a neighborhood pharmacy that delivers medicines at no extra cost.

There are many other older adults in Durham who struggle mightily, although there is help available. We need YOUR HELP to reach more seniors like Ms. Page, and we need your continued financial support so that we can respond promptly and effectively. Thank you.
Senior PharmAssist would like to recognize the following individuals and organizations that contributed to our program between July 1, 2014 and June 30, 2015.

Healthcare Catalysts
($25,000 and up)
Frances P. Rollins via the E.T. Rollins Jr. and Frances P. Rollins Foundation
Blue Cross and Blue Shield of North Carolina Foundation via the North Carolina Association of Free & Charitable Clinics
County Of Durham The Acriel Foundation
The Forest at Duke The Stewards Fund

Health Innovators
($10,000 to $24,999)
Anonymous (1)
Dr. Christel A. Machemer, including a gift in memory of Ruth Mary Meyer
BD Technologies
Bill & Melinda Gates Foundation
Biogen
C.M. Herndon Foundation
Duke University Health System
Fletcher Heart Fund
Fox Family Foundation, Inc.
GlaxoSmithKline Foundation—Matching Gifts Program
Home Health Foundation of Chapel Hill, Inc. of Triangle Community Foundation

Health Sustainers
($5,000 to $9,999)
William H. Branson III
Thomas S. Kenan Jr. via The Thomas S. Kenan Foundation, Inc.
Cynthia and Mark Kuhn

Healthcare Catalysts
(Duke Community Care Fund
Duke Internal Medicine Residency Program Charity Auction
Durham Merchants Association Charitable Foundation, including a gift in memory of Buddy Lynam and honoring Mary Lynam
North Carolina Department of Insurance

Health Promoters
($2,000 to $4,999)
Anonymous (4), including a gift via the Anonymous Fund of Triangle Community Foundation
Mr. and Mrs. John L. Atkins III, including a gift in memory of Hunter Kelly
Dr. and Mrs. Franc A. Barada Jr., including a gift in memory of Dr. John Daniel Lewis Bass
Sara and Duncan Beale
Nadine and Rich Burton
Dr. and Mrs. Harvey Jay Cohen
Catherine Crumpton
Amy Corsoa and Bob Schmitz
Tona and Peter Gilmer
Wade and Kay Gresham, including a gift in memory of Andy Barada
Barbara Haight and Shane Jones
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Margaret S. Lewis in memory of Dr. Caroline Long
Dr. and Mrs. Eugene W. Linfors
Carolyn G. Louis
Dr. Leslie C. McKinney
Christopher and Simone Meyer in memory of Ruth Mary Meyer
Dr. Horst Meyer via the Meyer Family Fund of Triangle Community Foundation in memory of Ruth Mary Meyer and Andy Barada
Leigh Morgan honoring Judy Morgan
Brendan and Cindy Moylan
Dr. Lisa B. Nadler and Deborah Pilkington, including a gift in memory of Jean Ann Goodpaster Gerdes
Dr. Jonathan Oberlander
Mr. and Mrs. Ralph P. Rogers Jr. via the Rogers Family Foundation
Dr. Kenneth Schmader and Renee Weisner
Dr. Evelyn D. Schmidt via the Evelyn D. Schmidt Charitable Trust
Dr. Lynn Smiley and Peter Gilligan via the Smiley-Gilligan Fund of Triangle Community Foundation honoring Gina Upchurch
Dr. Susan C. Sorrells via the Susan Sorrells Charitable Giving Fund
Dr. Janice D. Stratton in memory of Dr. John Stratton
Gina Upchurch, including a gift in memory of Dr. Andy Barada
Duke University Chapel
Eisai Inc.
Elia Ann L. and Frank B. Holding Foundation
First Presbyterian Church
PPD
SunTrust Foundation
The Bascom Hall McKay & Frances Clayton McKay Charitable Fund of Triangle Community Foundation
Trinity Avenue Presbyterian Church

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Carolyn G. Louis
Dr. Leslie C. McKinney
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Dr. Kenneth Schmader and Renee Weisner
Dr. Evelyn D. Schmidt via the Evelyn D. Schmidt Charitable Trust
Dr. Lynn Smiley and Peter Gilligan via the Smiley-Gilligan Fund of Triangle Community Foundation honoring Gina Upchurch
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PDP
SunTrust Foundation
The Bascom Hall McKay & Frances Clayton McKay Charitable Fund of Triangle Community Foundation
Trinity Avenue Presbyterian Church

Community Builders
($1,000 to $1,999)
Anonymous (5)
Betty S. Bass, including gifts honoring Mary Anne and Rivers Upchurch and in memory of Arch L. Bass Jr.
Ms. Vicki S. Blatt
Becky S. Bowden
David and Linda Cocchetto
Stephen and LaRue Dedrick
Lyn and Scott Edwards
Colleen Fitzpatrick and Fred Pugsley
Dr. William T. Fletcher
Stephen Gheen and Cathy Moore
Mr. and Mrs. T. David Goulding via the Goulding Family Charitable Fund of Triangle Community Foundation
Dr. Margaret Gradison and Mr. Gary P. Tiller via the Gradison Foundation
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Dr. Carol Hogue
Olivia B. Holding
Margaret and Tom Keller via The Coronaca Fund of Triangle Community Foundation, including a gift in memory of Andy Barada
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Dr. and Mrs. Carl E. Ravin via the Ravin Family Charitable Trust
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Morgan Stanley
North Carolina Specialty Hospital
North State Foundation
Pilgrim United Church of Christ of Durham
Upchurch Drugs & Optical Center
Watts Street Baptist Church
Wells Fargo

Leaders
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Evester and Brenda Bailey
Baskerville Fund of Triangle Community Foundation
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Dr. Ann J. Brown
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Robert and Lydia Califf
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Dr. Anna Marie Connolly
Dr. Richard L. Cox honoring Joe Daly
Joe and Suzanne Daly in memory of Dr. Andy Barada
Eugene and Katherine Dauchert
Pat and Bob Dieter
Ken and June Dills
Caroline Dixon via the Dixon Family Fund of Triangle Community Foundation
Senior PharmAssist would like to recognize the following individuals and organizations that contributed to our program between July 1, 2014 and June 30, 2015.

Dr. JoAnne and Shelton Earp honoring Gina Upchurch
Shirley D. Few via The Randolph R. & Shirley D. Few Charitable Fund of Triangle Community Foundation
Mr. and Mrs. Dan Fried in memory of Lee Ventura
Connie Dupree and Pam Frye
Dr. and Mrs. Gregory Geoghiade
Drs. Larry Greenblatt and Cathleen Melton
Frederick and Monique Goldwater
Susan Gordon
Drs. Robert and Laura Gutman, including a gift honoring and in memory of Andy Barada
Bob and Jeanie Ingram
Drs. David and Barbara Johnson
Dr. and Mrs. Robert H. Jones
Warren and Rebecca Jones
Bill and Penny Keadey
Drs. Donna Keiran and Charles Depew
Ann and Bill Kirkland
Dr. Cheryl D. LeMay
Seymour and Carol Levin honoring Gina Upchurch
Dr. and Mrs. Drew O’Donnell
Mr. Robert K. Otterbourg, including a gift in memory of Andy Barada
Dennis and Louise Pagano
Gudrun and Russell Parmer
Ms. Joan M. Pelletier
Bill and Marlene Ryno in memory of Clifford and Eleanor Bauer
David P. and Barbara J. Shaw
Andy and Martha Simpson
Kimberly H. Simpson
Bob and Linda Skinner
Guy and Mindy Solie honoring Dr. Franc Barada
Mary Anne C. Stone via the Halcyon Fund of Triangle Community Foundation
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Kay and Doug Wellemeyer
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Widmark Family Fund of Triangle Community Foundation
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**Friends**
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Anonymous (13), including a gift in memory of Andy Barada
Sherman Alfors
Dr. Marcia Angle and Mr. Mark Trustin via the Marcia Angle and Mark Trustin Fund of Triangle Community Foundation honoring Dr. Amy Csorba
Mr. and Mrs. W. B. Apple Jr.
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Dr. Colleen P. Ramsey
Dr. Carolyn M. Robbins, including a gift in memory of Dr. Andy Barada
Susan Rosenthal and Dr. Michael Hershfield via the Michael Hershfield and Susan Rosenthal Family Charitable Fund in memory of Dr. Andy Barada
Steve Schewel and Lao Rubert via the Backyard Fund of Triangle Community Foundation
Michael and Carolyn Shipley
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Karen and Tom Bordeaux
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Ms. Betty Borden
Leigh and Clay Bordley
Lillian and Pat Foy Brady honoring Gina Upchurch
Jim and Anita Brame
Charles and Delight Branton
Donna Braudaway honoring Chris and Phil Braudaway-Bauman
Tina and Ollie Brock
Mary A. Brodgen honoring Sarah and Mike Woodard
Nettie and W.T. Brodgen
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Donald and Sue Ann Glower
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Brenda Gorham
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Dr. Gary N. Greenberg
Miriam and Marv Hage in memory of Andy Barada
Ms. Betty Hall
Carl and Sue Hamill
Dr. Harriet M. Harman
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Dr. Marilyn D. Hartman
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Dr. and Mrs. Edward M. Hedgpeth Jr.
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Dr. Judith M. Kramer
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Dr. and Mrs. W.H. McCarthy
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Dr. and Mrs. Dean E. McCumber in memory of Dr. Franc Alexander Barada Jr.
Dr. and Mrs. W.H. McCarthy
Janice and Mike McCartney
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Senior PharmAssist would like to recognize the following individuals and organizations that contributed to our program between July 1, 2014 and June 30, 2015.

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Meet Associate Director Viki Baker
Senior PharmAssist welcomes Viki Baker as our new associate director and thanks her predecessor, Lisa Rist, for two fabulous years of service to seniors. Viki comes to us after nearly 18 years with Meals on Wheels of Wake County and has been immersing herself in the nuances of Medicare health and drug insurance, among other aspects of her new role.

Getting ready for Medicare 2016
Senior PharmAssist will host information sessions for:
- Nursing home and adult care home staff and administrators: Thursday, Oct. 8 from 1–2:30pm
- Pharmacists and Pharmacy Technicians: Tuesday, Oct. 13 from 5:30–8pm, continuing education credits via the North Carolina Association of Pharmacists; this training will be repeated live and as a webinar on Oct. 27 from 6–8:30pm through the UNC Eshelman School of Pharmacy, CE credits from the Accreditation Council for Pharmacy Education

For more information and RSVP instructions, visit www.seniorpharmassist.org or call Viki Baker at (919) 688-4772.

Stewards Fund Challenge Grant
Our program has submitted a $52,250 challenge grant proposal to The Stewards Fund. This year’s effort will take place from Oct. 1, 2015—Feb. 1, 2016. First-time gifts, contributions from past donors who did not contribute in FY15, and increased support from donors will be matched dollar for dollar if gifts or pledges are made in response to the challenge during these dates.

Workplace giving
Senior PharmAssist is a United Way of the Greater Triangle Community Impact Partner and receives Basic Needs funding via a grant application process. Individuals may also designate support to our program via the United Way’s annual workplace campaign. In addition, we participate in the State Employees Combined (Code 2536), City of Durham Seven Stars and Durham County Cares campaigns. If you contribute to Senior PharmAssist through any workplace fund drive, please contact Joe Daly at (919) 956-5812 so we can track your gift. Thanks so much for giving at the office!