“People invest in your ability to deliver to them a more favorable future.”

~Jeff Blackman, Speaker and Business Growth Professional

AMDA Foundation 2009 Annual Report

~ Investing in Quality Care

The AMDA Foundation advances excellence and innovation in the long term care continuum through research and its translation into practice. The Foundation educates and inspires current and future long term care professionals.

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

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The AMDA Foundation was officially chartered and incorporated on January 17, 1996, when the members and 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
STAFF

- Lorraine Tarnove, Interim Executive Director (January-February 24, 2009)
- Robin A. Kroft, PhD, Executive Director & Research Projects Coordinator (February 25, 2009)
- Christine Danihel, BA, Operations Manager
- Joe Tkacz, MS, Senior Research Projects Coordinator (January 2009)
- Patricia Ritchie, Administrative Assistant
INTRODUCTION

"Take time to gather up the past so that you will be able to draw on your experience and invest them in the future."

~ Jim Rohn, American Entrepreneur, Author, and Motivational Speaker

Taking a step back before moving forward is wise in challenging times. It enables organizations to assess their strengths, goals, and accomplishments and determine what they need to do to thrive in the future. This was a year of review and reassessing for the AMDA Foundation. These efforts will enable the organization to invest in a strong future.

The Foundation implemented new and creative strategies to keep its programs going and its membership thriving during 2009. At the same time, the organization introduced innovative funding to tap into the needs and interests of long term care physicians and other practitioners.

Anticipating changes in funding sources and the growing demand for experienced long term care physicians to meet the needs of an aging population, the Foundation took an innovative direction in its education and fundraising efforts. The organization also has expanded its reach to involve and seek input from national research leaders and international practitioners. In 2009, the Foundation’s fledgling Scientific Council brought together experienced researchers with an interest in long term care medicine to advise the Foundation on its research activities. This was just the beginning of an ongoing relationship with leaders in the field of research. Ultimately, it will help ensure that the Foundation’s research studies are practical and efficient and that they involve and reach those individuals who will benefit most from them. Elsewhere, in 2009 the Foundation made plans to bring together physicians from all over the world to share international best practice models of long term care. The result was the establishment of AMDA’s first International Interest Group.
The Foundation leadership underwent a strategic planning process in 2008 and continued to work toward its goals in 2009. Those goals are:

- Educate, mentor, and inspire current and future long term care professionals
- Financial stability
- Create a marketing and public relations plan to effectively communicate our mission, vision, and successes
- Advance quality and improve care through long term care research.

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

- Strengthening the mentorship program by bringing together more young physicians and veteran practitioners than ever before
- Publishing articles about Foundation programs, projects, and activities in *Caring for the Ages*, the *Journal of the American Medical Directors Association*, *The Consultant Pharmacist*, and other national publications
- 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.

Education continues to be a central focus of the Foundation’s efforts; and the organization had a strong presence on the agenda of AMDA’s 2009 annual symposium.

The Foundation sponsored Keynote Speaker Peter Rabins, MD, MPH, and the opening general session on “Research in Dementia: Where Do We Go from Here,” as well as several well-attended program sessions:

- The Research Network session on research and quality improvement, featuring Research Network veterans and Foundation leaders David Polakoff, MD, CMD, and Stefan Gravenstein, MD, MPH, CMD.
A session about the Advancing Excellence Campaign and the role of research featuring Foundation friend Mary Jane Koren, MD, MPH. Leslie Libow, MD, CMD moderated a discussion with Quality Improvement award winners.

A session focusing on critically evaluating research to mitigate undue influence on practice behavior presented by Thomas Finucane, MD.
MESSAGE FROM THE BOARD CHAIR

They say that it takes a village to raise a child, but it also takes the efforts of many individuals to enable an organization to survive and, ultimately, thrive. That certainly is true of the AMDA Foundation, and never more so than in 2009. The grassroots nature of the organization flourished and impassioned individuals, state chapters, and others stepped forward to help support programs that are important to them and the future of long term care research and education.

As the economy suffered, so did funding opportunities for non-profit organizations such as the Foundation. Sadly, not all such groups were able to overcome this challenge. However, the Foundation reached out to its members and friends and requested their creative help.

The response was immediate and overwhelming. For example, when industry funding for the Futures Program was cut and the Foundation was unable to fully fund the 2009 program, state chapters and their members took the lead almost immediately to ensure financial support for the 2010 program.

As Kenneth Brubaker, MD, CMD, explains, “Sometimes, actions speak louder than words.” Dr. Brubaker and his chapter, the Pennsylvania Medical Directors Association, were among the first to step up to the plate to support Futures.

The Research Network also saw the benefit of individual creativity. Dr. T.S. Dharmarajan took a grant received by the AMDA Foundation to assess attitudes and practices and ultimately will promote education and tools related to DVT prevention and management. Facing the challenge of coordinating a multi-site study in the midst of a recession and widespread staffing shortages, he took action to streamline the study and make it as easy, efficient, and practical as possible for practitioners and facilities to participate. This study will be published in JAMDA and, in the future, may result in the development of tools to help education/train physicians and others about DVT.
The grassroots nature of the organization shone in other areas as well. We had more donations to the Art at the Wall Art Auction than ever before. Talented AMDA members Drs. Jeffrey Levine and Mario Cornacchione generously donated beautiful photographs. And we received prints from nationally known artists, as well as paintings and drawings and handmade jewelry and quilts from facility residents and staff.

One facility had residents decorate tote bags. And Foundation members and friends donated their time (such as leadership training and Broadway backstage tours), treasured possessions (such as author-signed books and vacation timeshares), and thoughtful items such as themed gift baskets and pottery. And participants at the 2009 annual meeting in Charlotte shared the enthusiasm. They bid in record numbers, and many took advantage of “buy now” prices to purchase bid items.

In another effort to reinvent the way we raise funds, in 2009 we made plans to publish our first Caring Canines calendar. Spreading the word via e-mail and word of mouth resulted in photos submitted from 65 facilities!

These are a few examples of how grassroots efforts and individual passion and persistence enabled the Foundation to move forward in a challenging year. I share their belief in our mission and the importance of ensuring that LTC practitioners’ intellectual curiosity and hunger for knowledge and education continue to be satisfied. We all will be working together in innovative ways to keep the flame of the Foundation burning bright.

Respectfully Submitted,

Daniel Swagerty, Jr., MD, MPH, CMD
Chair, AMDA Foundation
MESSAGE FROM THE EXECUTIVE DIRECTOR

The last year demanded a realistic response to changes in the research and funding communities faced by the Foundation. Difficult decisions about staffing and focus were made by the leadership of the AMDA board and the Foundation board collaboratively.

Both boards enthusiastically reaffirmed their belief and support for the Foundation. Both believe for the Foundation to survive and succeed it must focus its efforts on the projects that succeed because of their importance to the AMDA grassroots member.

First of course is Futures; the effort of AMDA individual leaders to transform the program into an award and convince a broad base of supporters from individual members to state chapters and residency programs to contribute to that value.

The Foundation continued its progress on two research projects: “Care and Prevention of Venous Thromboembolism in the Long-Term Care Facility” with a grant from sanofi-aventis, and “Use of the Rivastigmine (Exelon) Patch in Assisted Living and Long-Term Care Facilities – Staff Preference over Other Forms of Cholinesterase Inhibitor Therapy,” with a grant from Novartis. Both projects are on track to be completed in 2010.

The Wall of Caring and the Caring Canines calendar will continue. In this way the Foundation will do what it does best – what the AMDA grassroots value most. As the environment evolves and the future is clearer we will be ready to consider additional activities and the now elusive research support to look at meaningful questions facing long term care physicians and those they work with.
This strategy in no way reflects a lack of support or optimism. The AMDA leadership fully believes in the purpose and future of the Foundation and looks to the future with enthusiasm.

Respectfully Submitted,

Lorraine Tarnove
Executive Director, AMDA Foundation
If you want to be truly successful, **invest** in yourself to get the knowledge you need to find your unique factor. When you find it and focus on it and persevere, your success will blossom.”

~ Sidney Madwed, Author and Writer

**Fostering Collaboration, Furthering the Research Agenda**

To date, more than 350 physicians and other long term care practitioners have been part of the AMDA Foundation Research Network. For some, their involvement in the Network served as an introduction to long term care research. For others, it was an opportunity to increase their research experience and share their knowledge and skills with colleagues.

Over the years, Network participants have completed numerous studies in an effort to answer questions that enable the translation of research into quality practice. In 2009, the Network sponsored two studies. One involves “Care and Prevention of Venous Thromboembolism in the Long Term Care Facility,” led by principle investigator T.S. Dharmarajan, MD, CMD. This project assessed attitudes and practices and ultimately will promote education and tools related to Deep Vein Thrombosis (DVT). While facing the challenges of coordinating a multi-site study in the midst of an economic recession and staffing shortages, Dr. Dharmarajan took action to streamline the study and make it as easy, efficient, and practical as possible for practitioners and facilities to participate. By the end of 2009, he had received data on nearly 400 patients and had begun analyzing this information. He is scheduled to discuss this study at Long Term Care Medicine—2011 in Tampa, FL on March 25, 2011.
Another project that got underway in 2009 was “Use of the Rivastigmine (Exelon®) Patch in Assisted Living and Long-Term Care Facilities.” For this study, the Eastern Virginia Medical Center is exploring whether the rivastigmine patch is preferred over other forms of cholinesterase inhibitor therapy in skilled nursing and long term care facilities. Specifically, the study team looked to determine whether the patch provides a preferred method of delivery by those staff members dispensing the medication. This will serve as the primary endpoint for the study.

As secondary endpoints, the team will assess whether:

- The rivastigmine patch users were deemed easier to care for in the last month by the caregiving staff (i.e., CNAs, care partners) compared to residents on other cholinesterase inhibitors that are under their care;
- The rivastigmine patch users have fewer episodes of charted gastrointestinal complaints or medications administered that are used for gastrointestinal complaints than residents on oral cholinesterase inhibitors; and/or
- The rivastigmine patch users are more compliant with the patch than with the medications they receive orally.

The Research Network also held a special session during AMDA’s 2009 annual symposium to provide some updates on and insights into quality improvement research. Howard Nachamie, MD, CMD, opened the program by discussing how he used QI data generated from the Minimum Data Set to identify trends among individual providers and units in his facility and to compare facility data to national trends. Also talking about QI studies at the session were Research Network veteran leaders David Polakoff, MD, MSc, CMD and Stefan Gravenstein, MD, MPH, CMD.

“There have been studies that have changed standards of care overnight.”

~ Christopher Crnich, 2008 Research Network Conference Speaker
Quoted in 2009 Caring for the Ages Article
AWARDS AND HONORS

“Goodness is the only investment that never fails.”

~ Henry David Thoreau, American Writer

AMDA FOUNDATION/Pfizer QUALITY IMPROVEMENT AWARDS

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 2009 Award Recipients were:

General Award:

- Creating a LTC Resident Quality of Life Measurement Instrument
  Madelyn Iris, PhD
  Leonard Schanfield Research Institute
  Chicago, IL

Therapeutic Awards:

- Improving the Management of Urinary Incontinence in SNFs
  Joseph G. Ouslander, MD, CMD
  Florida Atlantic University
  Boca Raton, FL
- Wii-Fit for Activity, Balance, and Gait in Assisted Living
  Kalpana Padala, MD, MS
  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
In 2008, the Foundation partnered with Evercare to create 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 2009, and each awardee presented his/her award-winning program during the AMDA annual symposium in Charlotte. Additionally, an article about the Palliative Award winner appeared in Caring for the Ages. In this article, Annie Durkin and her team talked about their plans to use their award money to complete a serenity room, a place of peace that residents can share with family members to talk or listen to soothing music or that families can use to hold vigil for a gravely ill loved one.
one. Ms. Durkin showed the Caring reporter the award’s place of honor in the facility’s lobby.

General Awards:

- **Bethany Health Care Center**
  Sister Jacquelyn McCarthy
  Framingham, MA
  Program: Bethany Health Care Center Model of Care Program

- **Elderwood Health Care at Lakewood**
  Ellen Rychlik
  Hamburg, NY
  Program: Reducing Avoidable ER Visits and Acute Hospitalizations

Palliative Award:

- **Potomac Valley Nursing and Wellness Center**
  Annie Durkin
  Rockville, MD
  Program: Potomac Valley Palliative Care Program

“This is a big achievement....Now we have the perfect place to have private conversations about difficult subjects.”

~ Annie Durkin, Director of Palliative Care, Potomac Valley Nursing and Wellness Center
Early on, the AMDA Foundation made a commitment to educate young physicians—residents and fellows—about long term care practice and the role of the medical director. In light of national reports and statistics suggesting a pending serious shortage of physicians to care for the rapidly expanding elderly population, the Futures Program has grown in popularity and importance. 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.

In 2009, 61 residents and fellows participated in the Futures Program. Faculty painted a picture of what a day in the life of a medical director is like, and they discussed the practical aspects of risk management. Attendees also heard about special niche opportunities such as conducting research.

“If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest.”

~ Benjamin Franklin
For the first time ever in 2009, the Futures Program featured a real-time blog on the AMDA Foundation Web site authored by participant Sarah Payne, DO. She started at 7:45 a.m. with the entry: “The day of the Futures Program is finally here. There are approximately 60 of us. Last night, we had the opportunity to meet each other, mingle, and meet some of our mentors. There are geriatric fellows here from across the nation—how exciting to meet so many like-minded individuals. I’m handed my symposium packet, inside is a ribbon to put on my name badge that says, ‘I’m a 2009 Futures Participant.’ I know it may sound silly, but as I put the ribbon on my badge, I feel a certain pride in myself and in those around me. We are the future of geriatric medicine and long-term care.”

While the Foundation received generous funding from Amgen, Wyeth Pharmaceuticals, Kindred Healthcare, and several state chapters (Colorado, Florida, Georgia, Maryland, Nebraska, Pennsylvania, South Dakota, Washington, and Wisconsin) for this program, the organization looked ahead and realized that it was important to seek other funding sources for the program. As a result, the Foundation determined that the Wall of Caring donations henceforth would be dedicated to the Futures Program. The Foundation leadership also decided that funding for the Futures Program could benefit from a grassroots component. They began to work 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 2009, would enable several students to attend the 2010 Futures Program.

**Futures Program Co-Chairs**

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

**2009 Futures Participants**

- Apolonio, Ferdinand - Summa Health System, OH
- Ashraf, Muhammad - North Shore University Hospital LIJ Medical Center, NY
- Atai, Faith - UT Houston Geriatrics fellowship, TX
- Bakkali, Leen - University of Connecticut Geriatrics fellowship, CT
■ Basheer, Saad - Geriatrics at St Louis University, MO
■ Blanchard, Gary - Division of Geriatrics, Brown University, RI
■ Breen, Thomas - Summa Health Systems Geriatric Fellowship, OH
■ Campbell, John - St. Louis University Division of Geriatrics, MO
■ Cao, Qing - Geriatric Division, Family Medicine Department, NC
■ Cato, Candace - Palmettohealth Richland Dept of Geriatrics, SC
■ Cohen, Amy - MAHEC Geriatric Fellowship Program, NC
■ Crowder, Sakeitha - Wake Forest University Medical Center Section of Geriatrics, NC
■ Dinavahi, lakshman - Cleveland Clinic Foundation, OH
■ Dixit, Arati - Geriatrics: Duke University, NC
■ Dombrowski, Wen - Mount Sinai - Geriatrics, NY
■ El-Kass, Gabriel - Geriatrics Medicine At NSUH/Long Island Jewish Medical, NY
■ Gonzalez Berlari, Maria - Sun Health/St. Joseph's Geriatric Fellowshi Program, AZ
■ Gupta, Lalita - John Peter Smith Hospital Geriatrics Fellowship Program, TX
■ Haq, Junaed - Geriatric Medicine Beaumont Hospitals, MI
■ Hicks, Anna - UVA Geriatrics, VA
■ Hobgood, Sarah - Eastern Virginia Medical School, VA
■ Hussain, Syed - Geriatric Medicine, Mayo clinic, MN
■ Ionita, Marina - University of Arkansas for Medical Sciences, AR
■ Islam, Nafisa - Elizabeth Place, West Medical Plaza, Ste 110, OH
■ Kadam, Sarika - University of Rochester-Geriatrics Fellowship Program, NY
■ Kaiser, Scott - Harvard/BIDMC Geriatric Medicine Fellowship, MA
■ Kansal, Namita - University Of California San Francisco, CA
■ Khandelwal, Christine - Center for Aging and Health/Division of Geriatric Medicine, NC
- Magu, Renu - Div Of Geriatrics, Monroe Community Hospital, NY
- Masri, Hady - Nova Southeastern University School of Osteopathic Medicine, FL
- Mast, John - Lancaster General Geriatric Associates, PA
- Mathews, Reena - John Peter Smith Geriatrics Fellowship, TX
- Mattingly, Nicholas - Univ of Louisville Division of Family and Geriatric Medicine, KY
- McGaughey, Molly - MAHEC, NC
- Moussa, Mohamad - Emory University school of Medicine, GA
- Najjar, Husam - University of Connecticut Geriatrics fellowship, CT
- Navia, Ramiro - Geriatrics Department at Montefiore Medical Center/ Albert Einstein Medical College, NY
- Patel, Laura - University of North Carolina, Division of Geriatrics, NC
- Payne, Sarah - Banner Health/St. Joseph’s Geriatric Fellowship Program, AZ
- Phung, Vu - University of Cincinnati - College of Medicine, OH
- Rivas Velasquez, Kenya - Florida Hospital, FL
- Sandesara, Bhanuprasad - Division of Geriatric, St. Louis Uni. School of Medicine, MO
- Shah, Romin - University of Miami Geriatric Medicine Fellowship, FL
- Shahid, Naveed - University Of Rochester Geriatrics and Aging, NY
- Shaikh, Munima - Montefiore Medical Center, NY
- Sheikh, Hassan - University of Rochester, NY
- Sheppard, Kendra - University of Alabama at Birmingham, AL
- Shravan, Gaddam - Carilion Health Systems, VA
- Siddiqui, Sabiha - Wright State University, OH
- Sorathia, Lubna - Geriatric medicine, University of Colorado, CO
- Tadbiri, Arash - UMDNJ-RWJMS at New Brunswick, NJ
- Tee, Cheow Meng - John Peter Smith Hospital, TX
- Tegeler, Monica - Saint Louis University Department of Geriatrics, MO
Terrelonge, Calvin - East Carolina University Geriatric Fellowship, NC

Tewari, Arpana - Banner Health/St. Joseph Geriatric Fellowship Program, AZ

Unroe, Kathleen - Duke University Medical Center, Division of Geriatrics, NC

Uy, Joshua - Univ of Medicine and Dentistry of NJ-Robert Wood Johnson Medical School, NJ

Vedati, Durga - Banner Health/St Joseph’s Geriatric Fellowship, AZ

Williams, Robert - University of Colorado Health Sciences Center Geriatric and Palliative Care Fellowships, CO

Zamuco, Mary Janice - University of Missouri-Columbia, Geriatrics Fellowship, MO

Zilberfayn, Ekaterina - Albert Einstein College of Medicine/Montefiore Medical Center, NY

“With each session, I gained a whole new level of respect for what it means to be a medical director and for all of the responsibilities it entails.”

~ Joshua Uy, MD, Geriatric Fellow at the Robert Wood Johnson Medical School and 2009 Futures Participant
In 2009 the AMDA Foundation tapped into the positive impact the presence of animals has on facility residents and the growing role of dogs in nursing homes as visitors and residents. As a result, they began production on what would become one of the most popular fundraising efforts in the organization’s history.

An 18-month 2010-2011 Caring Canines calendar featured more than 50 dogs that reside in facilities or come to work in this setting with their humans.

The Foundation sold nearly 1,000 calendars in 2009 alone. Numerous individuals and organizations, including several featured in the calendar, purchased copies to give as holiday gifts.

The Foundation made plans for a press briefing during Long Term Care Medicine—2010 that would feature two dogs that appeared in the calendar.

"Invest in the human soul....it might be a diamond in the rough.”

~ Mary McLeod Bethune
The calendar joins the Wall of Caring as a regular fundraising activity for the Foundation.

"It’s been an honor for Tessa and Sophie to get a little recognition by being featured with so many other dedicated therapy dogs. By helping raise funds for geriatric education, they also are performing another important kind of service work."

~ Karl Steinberg, MD, CMD, owner of two dogs featured in the Caring Canines calendar

Wall of Caring

The Wall of Caring is the centerpiece of the Foundation’s grassroots fundraising efforts and a popular annual symposium tradition. In 2009, the Wall raised $20,487 during the meeting in Charlotte, NC, and another $5,000 throughout the year.

For the first time, all funds raised from the Wall went toward the Futures Program.

A moving and significant presence at the annual symposium, the 2009 Wall of Caring featured dozens of 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 Web site dedicated to the Wall in 2009.
The Web site features the tributes by date, celebrates long term care leaders, and puts a compassionate face on the dedicated long term care professionals and their residents.

Many thanks to the members of AMDA. When my mother was in the hospital, she whispered to me, ‘No one cares.’ Thanks for caring.”

~ 2009 Wall of Caring Tribute by Jonathan Musher, MD, CMD

ART AT THE WALL

Art at the Wall, a silent auction of art and other items, made its triumphant appearance at AMDA’s 2009 annual symposium in Charlotte, NC.

The auction raised over $11,000 and featured dozens of prints, paintings, etchings, drawings, sculptures, and photographs—many created by nursing facility residents.

Additionally, the auction included the photographs of AMDA members and accomplished artists Jeffrey Levine, MD, CMD, and Mario Cornacchione, DO, CMD. Bidders also found jewelry, gift baskets, signed books, handbags, and toys, as well as tote bags decorated by residents of the Villages at Robinwood, an assisted living facility in Maryland.

Other popular items included a handmade quilt donated by an anonymous resident at the Maria Joseph Center, leadership coaching from the Chinsky Leadership Institute, and tickets and a private backstage tour for “The Lion King” on Broadway.
Several of our residents have discovered their artistic talents for the first time in their lives through such projects; and they feel empowered by the chance to show their new found skills.”

~ Marion Blado, Director of Volunteers at the Rowan Community, which donated a painting to the 2009 Art at the Wall auction.

**Give Us a Day!**

In 2009, the AMDA Foundation introduced the “Give Us a Day!” program, asking members and friends to donate the honorarium or fee for a speaking engagement, advisory board participation, or other paid professional activity. AMDA’s 2009-2010 President David Brechtelsbauer, MD, CMD, kicked off the program by contributing an honorarium he had received. He made this donation in honor of the Nebraska Medical Directors Association.
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, 2009 and 2008 follows on the next page.

Many of the biggest and most far-reaching investments we make in our lives are investments that have little or nothing to do with money.”

~ Daniel Quinn
# American Medical Directors Association Foundation
## Statements of Activities
### Years Ended December 31, 2009 and 2008

### Revenue and Support

<table>
<thead>
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<th>Description</th>
<th>2009 Not Restricted</th>
<th>2009 Temp Restricted</th>
<th>2009 Total</th>
<th>2008 Not Restricted</th>
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### Expenses

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<td>81,188</td>
<td>55,908</td>
<td>-</td>
<td>55,908</td>
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<tr>
<td><strong>Total</strong></td>
<td>393,234</td>
<td>-</td>
<td>393,234</td>
<td>443,138</td>
<td>-</td>
<td>443,138</td>
</tr>
<tr>
<td>Support services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fundraising</td>
<td>47,108</td>
<td>-</td>
<td>47,108</td>
<td>40,622</td>
<td>-</td>
<td>40,622</td>
</tr>
<tr>
<td>Management</td>
<td>151,862</td>
<td>-</td>
<td>151,862</td>
<td>117,617</td>
<td>-</td>
<td>117,617</td>
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<tr>
<td><strong>Total support services</strong></td>
<td>198,970</td>
<td>-</td>
<td>198,970</td>
<td>158,239</td>
<td>-</td>
<td>158,239</td>
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<tr>
<td><strong>Total expenses</strong></td>
<td>592,204</td>
<td>-</td>
<td>592,204</td>
<td>601,377</td>
<td>-</td>
<td>601,377</td>
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</table>

### Change in Net Assets

<table>
<thead>
<tr>
<th>Description</th>
<th>2009 Not Restricted</th>
<th>2009 Temp Restricted</th>
<th>2009 Total</th>
<th>2008 Not Restricted</th>
<th>2008 Temp Restricted</th>
<th>2008 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Change in net assets</strong></td>
<td>(139,044)</td>
<td>(93,546)</td>
<td>(232,590)</td>
<td>28,758</td>
<td>80,750</td>
<td>109,508</td>
</tr>
</tbody>
</table>

### Net Assets

<table>
<thead>
<tr>
<th>Description</th>
<th>2009 Not Restricted</th>
<th>2009 Temp Restricted</th>
<th>2009 Total</th>
<th>2008 Not Restricted</th>
<th>2008 Temp Restricted</th>
<th>2008 Total</th>
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</thead>
<tbody>
<tr>
<td><strong>Beginning</strong></td>
<td>361,929</td>
<td>312,250</td>
<td>674,179</td>
<td>333,171</td>
<td>231,500</td>
<td>564,671</td>
</tr>
<tr>
<td><strong>Ending</strong></td>
<td>$ 222,885</td>
<td>$ 218,704</td>
<td>$ 441,589</td>
<td>$ 361,929</td>
<td>$ 312,250</td>
<td>$ 674,179</td>
</tr>
</tbody>
</table>
Thank You to Foundation Contributors

Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for success, but rather an ability to work for something because it is good.”

~ Vaclav Havel, Czech Playwright, Essayist, and Politician

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~ Lorraine Tarnove, AMDA Executive Director