

Steven C. Fox, D.O.

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CURRICULUM VITAE

CURRENT POSITIONS

Geriatric and Disability Medicine

Private Practice
Chicago, Illinois
1985– Current

Medical Director

Wellspring Personal
Care Chicago, Illinois
1993 – Current

Member of Board of Directors

Continuing Education Institute of Illinois/Active Senior's Options Inc.
Chicago, Illinois
2012 – Current

Founder and Developer

Home Care Metrics SM
Chicago, Illinois
2014 – Current

Chair: Medical Advisory Council

Home Care Association of America
Washington D.C.
2020 – 2023

EDUCATION

Internship – General Rotation, Des Moines General Hospital

Des Moines, Iowa, 1981 – 1982

Doctor of Osteopathy, Chicago College of Osteopathic Medicine

Chicago, Illinois, 1977 – 1981

Master of Science – Biology, University of Illinois

Champaign-Urbana, Illinois 1975 –1977

Bachelor of Science – Biology/Chemistry, Northwestern University

Evanston, Illinois, 1971 – 1975

PAST POSITIONS

Dr. Fox CV March, 2025

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Contributing

Editor The Blue
Island Forum
2018-2020

Chaplain

Fraternal Order of
Eagles Blue Island,
Illinois
2017 – 2020

Instructor

Elder Law Seminar, Loyola University, Chicago, IL, 2002 – 2007

Examining Physician

Service of Will, Grundy and Kankakee County
Preadmission Screening and Annual Resident Review for Persons with
Disabilities Joliet, Illinois
1990 – 1995

Clinical

Consultant

South Suburban
Access
Homewood,
Illinois 1990 –
1991

Founder and Medical Director

Wellspring Gerontological
Services Chicago, Illinois
1985 – 1993

Senior Housing

Consultant Village of
Niles Niles,
Illinois 1987

Medical Director

Village of Oak Lawn
Health Services Oak
Lawn, Illinois 1986

Senior Housing

Consultant Village of
Orland Park Orland
Park, Illinois
1985 – 1986

Physician Private
Practice Evergreen
Park, Illinois 1982 –
1985

PAST APPOINTMENTS

Elder Law Initiative Advisory
Board Member
Loyola University of Chicago
2001 – 2004

Financial, Law Enforcement and Government (FLAG) –
A Partnership to Prevent Financial Exploitation and
Abuse Member, Board of Directors, Chicago, Illinois, 1997
– 2001

State of Illinois Guardianship Reform Project
Member, Task Force, Chicago, Illinois, 1999 –
2001

City of Chicago – Heat/Cold Emergency
Intervention Member, Task Force, Chicago, Illinois,
April 2000 – 2001 **Illinois Citizens for Better Care**
President, Board of Directors, Chicago, Illinois, 1994 – 2001

Pathways to Alzheimer's Disease: Identifying Factors that
Promote or Inhibit Early Detection – Northwestern University
Medical School Member, Research Project Advisory Board,
Chicago, Illinois, 1998 – 2000

Chicago Community Trust
Long Term Care Forum, Chicago, Illinois, February 1995

Mental Health Association of Greater
Chicago Vice-President, Chicago, Illinois,
1993 – 1994

Illinois Attorney General Senior Advisory Committee -- Health Care
Subcommittee Springfield, Illinois, 1992 – 1994

BOGARD Case Coordination Panel -- Subcommittee on
Training Joliet, Illinois, 1993

Illinois Attorney General Senior Citizens Advisory
Committee Legal Affairs Subcommittee
Springfield, Illinois, 1992 – 1994

"Advance Directives and Legal Planning for Older Adults," Illinois Department on Aging – 5th Annual Elder Rights Conference, Chicago, Illinois, July 1991

"Dimensions of Male Longevity," Writers' Conference on Men's Health, American Osteopathic Association, Chicago, Illinois, November 1990

"A Medical and Legal Partnership in Elder Care," American Bar Association, Chicago, Illinois, August 1990

"Care and Involuntary Commitment of Cognitively Impaired Elderly," Chicago Voluntary Legal Services Foundation, Chicago, Illinois, March 1990

"A Geriatrician's View: The Physiology of Aging and the Impact on Housing and Healthcare Services," Retirement Housing Conference, Orlando, Florida, November 1988

"Zoning, Municipal Regulation and Monitoring of Retirement Housing," Northwest Center for Professional Education, Chicago, Illinois, November 1987

"Support Groups for the Elderly," Chicago College of Osteopathic Medicine, Geriatric Symposium, Oak Brook, Illinois, October 1987

"Health Care – 2000" and "A Focus on Alzheimer's Disease," National Association for Senior Living Industries, Annual Conference, Orlando, Florida, April 1987

"Congregate Housing, Municipal Regulation and Development Guidelines," Mid-American Congress on Aging, 14th Annual Conference, Omaha, Nebraska, April 1987

"Wellness Among the Aging in Community Settings," Governor's Conference on Aging Chicago, Illinois, October 1986

"Functional Assessment in the Continuum of Care," Testimony to U.S. Senate Public/Private Sector Advisory Committee on Catastrophic Illness, Chicago, Illinois, July 1986

ARTICLES and PUBLICATIONS

Fall Down Seven Times Get Up Eight "The superpower of older adults." Southwest Messenger Press Newspapers, March 2025.

How to Markedly Reduce Your Risk of Going to a Nursing Home-Part II, Southwest Messenger Press Newspapers, November 2024.

How to Markedly Reduce Your Risk of Going to a Nursing Home Part I, Southwest Messenger Press Newspapers, October 2024.

Trip Stumble and Fall, Southwest Messenger Press Newspapers, July 2024

2023 Long -Term Care in Illinois "A Guide for Attorneys" e-book February 2023.

July 2020, COVID-19: What Caregivers Need to Know, HCAOA

Quarterly April 2020, COVID-19 Care, HCAOA Quarterly

"The Geri-Doctor" Blue Island Forum, Blue Island, Illinois

January 2020 Do Not Worry About Alzheimer's

December 2019 Health Happiness and You

November 2019 Where You Live Determines How Long You Live

October 2019 Takotsubo and The Widowhood Effect

August 2019 Will Metro South Close

June 2019 Ageism: Everyone Is At Risk

May 2019 Emergency Room: Profits Before Patients

March 2019 Why Prescription Drugs Are So Expensive

January 2019 We Are Eating Ourselves Into Dementia

December 2018 I Want My Dog To Live Longer

October 2018 Grief and Grieving

September 2018 To Go Or Not To Go To The ER

August 2018 How Long Are You Going To Live

July 2018 Elder Abuse: The Silent Epidemic

June 2018 How To Prevent Dementia

April 2018 Dementia Drugs Do Not Work

March 2018 Alzheimer's and Dementia

February 2018 Geriatric and Disability Medicine

"A 20/20 View of Homecare Technology," Home Care Pulse, The 6th Annual Edition of the Private Duty Benchmark Study, 2015 pp. 175-176.

"Healthcare's Transformation: Don't Forget about 'Big Jim' The Patient" The Remington Report, November/December, 2012 pp 41-42

"Reality Testing for Health Care Professionals," *Chicago Hospital News*, January 2005.

"Reality Testing for Elder Law Attorneys," *The Journal of Elder Law and Post-Retirement Planning: Elder's Advisor*, Spring 2002, Vol. 3. Number 4, pp. 66-64.

"Is It Personal Autonomy or a Personality Disorder?" *The Journal of Elder Law and Post-Retirement Planning: Elder's Advisor*, Summer 2001, Volume 3. Number 1, pp. 63-65.

"Primum Non Nocere (First Do No Harm): Nursing Home Litigation, Part I -- III"
Journal of Legal Nurse Consulting, Volume 8, Number 1 and 4, 1997; Volume 9, Number 2, 1998.

"Healthy Diet, Exercise Can Cut Your Risks for Osteoporosis," *Diabetes in the News* Volume 14, Number 2, March -- April 1995.

"Over Medication Threatens the Elderly, Health for Whole Family," *Journal of the American Osteopathic Association*, Spring 1990.

"Where to Live? How to Evaluate Housing Options," *Seniors Choice*, Spring 1989.

"Management Philosophy in Retirement Housing: A Geriatric Physician's Perspective,"
Retirement Housing Report, Volume 5, Number 3, November 1989.

"Memory Loss and Aging," *Idaho Senior News*, Eighth Edition, Nov. 1988.

"Discoveries Offer Hope for Prevention," *The Reporter*, March 19, 1987.

"The Corporate Response to Employees and Their Families in Our Aging Society,"
Wellspring Gerontological Services, November 1987.

"Wellness: the Wave of the Future," *The Reporter*, November 13, 1986.

"Impact of Interdisciplinary Team Care on the Well-Being of the Elderly in Congregate Housing Facilities," *Center for Education Development*, University of Illinois Press, September 1985.

"A Clinical and Pathological Review of Alzheimer's Disease with Reference to Current Etiological Concepts," 490 Research, University of Illinois, May 1977.

MEMBERSHIPS

American Academy of Home Care Medicine
American Geriatrics Society
British Geriatrics Society
AMDA-The Society for Post Acute & Long-Term Care
Medicine Illinois Geriatric Society
Society for Science & The Public
Home Care Association of America

State of Illinois License Number: 036-064714