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**QUARTERLY
REVIEW**

Arkansas Geriatric Education Collaborative

Volume XVIII No. 3, Summer 2016

From the Director's Desk

We are getting started on year 2 of the Arkansas Geriatric Education Collaborative (AGEC), a Geriatric Workforce Enhancement Program. We just completed a progress report for the year that ended June 30, 2016. During 2015-2016, the partners in the AGEC offered 37 academic courses, our 5-day summer institute for faculty, 60 hours for the Arkansas Geriatric Education Mentors and Scholars (ARGEMS) program, 2 Geriatric Grand Rounds, an APRN geriatric pharmacology course, co-sponsored a 5-day geriatric long term care conference, and co-sponsored several diabetes, healthy aging, and falls prevention workshops. In collaboration with the Centers on Aging, AARP, AHECs, and our academic partners, Arkansas State University and the University of Central Arkansas, we supported 30 other educational offerings, including 4 video teleconferences (VTC) that were broadcast via the interactive television network and live-streamed via Blackboard. The VTCs were digitally recorded, edited and burned as DVDs which are available for viewing. We also started working with our...

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>IN THIS ISSUE

Hippotherapy for the Aging Adult

Roy Lee Aldridge, Jr., PT, EdD
Arkansas State University

Hippotherapy is the use of natural movements of a horse for a treatment tool in individuals with disabilities utilized by occupational therapists, physical therapists, and speech therapists. The word hippos is derived from the Greek word meaning "horse"; giving therapy on a horse the name, Hippotherapy. The history of Hippotherapy dates back since before the 1900's. In ancient Greece there was a chapter written on 'Natural Exercise' that mentions riding a horse. In the late 1960's therapeutic riding centers

>UPCOMING EVENTS

**FREE 2-HOUR VIDEO
TELECONFERENCE!!**

September 14, 2016

**Falls and Older Adults:
Inpatient and Outpatient
Management**

**Please join the Arkansas Geriatric
Education Collaborative
(AGEC) for a FREE video
teleconference (VTC) on Falls and
Older Adults: Inpatient and**

had developed throughout Europe, Canada, and the USA (1).

Hippotherapy has many indications for use in children, adults, and older adults. These indications include: abnormal muscle tone, impaired balance, abnormal reflexes, impaired coordination, impaired communication, poor oral motor functioning, impaired sensorimotor function, postural asymmetry, poor postural control, impaired mobility, and delayed speech and language (1). It has been hypothesized that Hippotherapy can enhance...

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Pneumococcal Vaccination Schedule for the Elderly

by Jeremy Hanner, PharmD Student, and Lisa C. Hutchison, PharmD, MPH

The pneumococcal vaccines protect against serotypes of the bacteria, *Streptococcus pneumoniae*, whose infections can lead to pneumonia, sepsis, and meningitis. The Centers for Disease Control (CDC) estimate that 900,000 Americans contract pneumococcal pneumonia each year, resulting in as many as 400,000 hospitalizations annually. Additionally, there are around 3,700 deaths attributable to pneumococcal sepsis and meningitis each year. The CDC has recently set guidelines stating individuals over the age of 65 should be immunized with the series of 2 vaccines: conjugated vaccines (Pneumovax 23, PPSV 23) [1]. Unfortunately, many of our senior citizens never had the pneumococcal series started, or had it only one component completed. This article reviews where to begin and how to continue when evaluating patients who have not received either pneumococcal vaccine, and those who have received either PPSV 23 or PCV 13 but not both.

When assessing adults 65 years and older for pneumococcal vaccination, first one must determine their vaccination history. If a patient has never been vaccinated, he/she should receive one dose of PCV 13 followed by one dose of PPSV 23, separated by at least one year. Those with certain risk factors (i.e., compromised immune system, CSF leaks, asplenia, or cochlear implant) can receive the doses...

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Outpatient Management. Each year, millions of older people -- those 65 and older--fall. In fact, one out of three older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again. (Center for Disease Control and Prevention - Important Facts About Falls).

Speakers are Amy Hester, PhD, RN, BC, Director of Nursing Research and Innovation, University of Arkansas for Medical Sciences (UAMS), and Jennifer Vincenzo, PT, MPH, PHD, CHES, GCS, Assistant Professor, UAMS College of Health Professions.

Participants may attend the VTC live in Little Rock, or view remotely at a Center on Aging or other participating site. Prefer to watch online? Live streaming link available at www.aged.org/vtc. CE credits requested.

Watch for a detailed announcement on our website at www.aged.org/events.

Save the Date for the AGEC 2-hour Free Fall Video Teleconference!!!

Watch our website (www.aged.org/events) for detailed announcements.

Arkansas Geriatric Mentors and Scholars (AR-GEMS) Program

AR-GEMS is a 60-hour self study program for all health professionals across disciplines who work with older patients and want to learn more about the aging process and to improve the care they provide. The self-study program is nine months in duration and

UAMS Hand Surgery and UCA Occupational Therapy Studying Grip Strength Variables

Marc Willey, PhD, OTR/L, Department of Occupational Therapy, University of Central Arkansas

When assessing hand function, grip strength is frequently evaluated by hand surgeons and occupational therapists to determine the effects hand injuries and disorders have on the grasping strength. Historically, normative data has been provided for gender and age. A new study is underway that will look at occupation, hand and forearm size as correlating variables to grip strength.



Matthew Lacy, BS, OTS, evaluates the grip strength of Lindsey Roe, BS, OTS

This research is being conducted under the supervision of UAMS Hand Surgery Director Theresa Wyrick, MD, Chad Songy, MD, PGY 3, Kim McCain RN, ONC, and Marc Willey, PhD, OTR/L who is an occupational therapy faculty member at UCA. Additional Investigators include Austin Cole MS II and Mathew Lacy, OTS (student). The overall purpose of this research is to determine the relationship of selected anthropometric variables (specifically forearm circumference and hand length) to grip strength in healthy adults using dynamometry. Dynamometry is defined as the measurement of force or power. The study will include participants ranging in age from 18 to 78.

The hand is the most important, complicated...

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begins upon enrollment.

Except for a one-day Coaching and Mentoring Workshop, attendance at two AGEC video teleconferences, and the Annual Geriatric Long Term Care Update in Little Rock, all coursework is online. If interested, please call 501.603.1969 or email rvgibson@uams.edu for an application.

AGEC programs are supported by a grant from the U.S. Health Resources Services Administration (HRSA).

Upcoming Arkansas Geriatric Education Collaborative (AGEC) & Centers on Aging (COA) Co-Sponsored Events

South Arkansas Center on Aging, El Dorado (for information on events happening here, call 870.863.4996):

8/16/16 - Alzheimer's disease and Dementia Care Training for First Responders
8/17/16 - Alzheimer's/Dementia Care Experience: Take a Walk in my Shoes
8/17/16 - Alzheimer's and Dementia Care Training
8/23/16 - Alzheimer's and Dementia Care Training
8/25/16 - Alzheimer's and Dementia Care Training
8/30/16 - Alzheimer's and Dementia Care Training
8/23/16 - Family Caregiver Workshop - Dementia
10/05/16 - Alzheimer's disease and Dementia Care Training
11/29/16 - Family Caregiver Workshop - Dementia

Dental Problems that Could Lead to Injury in Older Adults

Gretchen Gibson, DDS. MPH

Director, Oral Health Group, VHACO Office of Dentistry & Staff Dentist

Most discussion regarding dental problems revolves around being able to eat, speak and even smile. These issues are key to a good quality of life. However, a recent article published by a group of dentists in Japan highlights the fact that dental problems can also be associated with accidents, especially in patients who suffer from dementia.

Patients in the later stages of dementia often cannot tell us if there are oral health issues that need to be addressed. These dental issues also have the potential to be responsible for painful and possibly life threatening accidents if not discovered and remedied. Kobayashi, et., al (2016) looked a cohort of patients with dementia, which were referred to their hospital dental practice for evaluation as part of a swallowing disorder team. For these patients, they found that nearly 24% were positive for ...

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Summer Health Tips for Seniors to Beat the Heat

Lori DeWese, BS, Certified Dementia Practitioner (CDP)
University of Arkansas for Medical Sciences
South Arkansas Center on Aging

As we age, we should be more aware of the potential health risks that are uniquely associated with both our age and the changing seasons. While people of all ages face specific health risks, seniors have particular health risks that need to be understood and monitored, especially in the heat of the summer. Below are summer health tips for seniors as we finish the summer season:

Drink plenty of liquids -- eight or more 8-ounce glasses per day of water to stay hydrated.

Avoid caffeinated (coffee, soda, and even tea) and alcoholic beverages. These can make you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.

Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of

Oaklawn Center on Aging, Hot Springs

(For more information on events occurring here, call 501.276.0945:

8/17/16 to 8/31/16 - Certified In-Home Assistant Class
8/26/16 -West Shores Senior Living Health Fair
9/12-28 to 12/28/16 - Certified In-Home Assistant Class
9/29/16 - Family Caregiver Workshop - Dementia

Center on Aging Northeast, Jonesboro

(For more information on events occurring here, call 870.207.7600:

8/24/16 - Family Caregiver Workshop - Dementia
8/25/16 - Family Caregiver Workshop - Dementia
9/22/16 - Alzheimer's/Dementia Care Experience: Take a Walk in my Shoes

Texarkana Regional Center on Aging - Texarkana

(For more information on events occurring here, call 870.770.2030

8/8/16, 15th, 22nd, and 29th - Family Caregiver Workshop - Dementia (This is an eight-hour workshop divided into four sessions.)

Did you know

that...? 

Loneliness and isolation among seniors is alarmingly common, and will continue to increase in prevalence as the population grows. Learn how to help your loved ones stay healthy with the following top ways to help seniors avoid isolation.

darker colors that will attract them.

Use Sunblock. When outdoors, protect your skin from damage by...
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Arkansas Geriatric Education Collaborative (AGEC) to Host Fall Geriatric Grand Rounds

Regina Gibson, MALS, RN, CHES, CCRP, Program
Coordinator, AGEC



Ronni Chernoff, PhD, AGEC Director and Professor, Department of Geriatrics, and Robin McAtee, PhD, RN, FACHE, Associate Director, AAI, are pleased to announce that **Dr. Richard Zraick** will present at the Fall Geriatric Grand Rounds on November 2, 2016 at 8:00 am. He will speak on "**Communication Impairment in Persons with Alzheimer's Disease**". Geriatric Grand Rounds is held in the Jo Ellen Ford Auditorium at the UAMS Donald W. Reynolds Institute on Aging at 629 Jack Stephens Drive in Little Rock, Arkansas.

Since 2014 Dr. Zraick has been Professor and Chair in the Department of Communication Sciences and Disorders at the University of Central Florida (UCF). It is the largest program in the United States.

Prior to joining the faculty at UCF, Dr. Zraick was a faculty

Make transportation available

Promote sense of purpose

Encourage religious seniors to maintain attendance at their places of worship

Give a senior something to take care of

Encourage a positive body image

Encourage vision and hearing tests

Make adaptive technologies available (to compensate for age-related deficits)

Notify neighbors (to keep an eye out in case anything seems amiss)

Encourage dining with others

Address incontinence issues

Give a hug

Give extra support to seniors who have recently lost a spouse

Identification of socially isolated seniors by public health professionals

Help out a caregiver in your life

Top 10 Facts About Alzheimer's Disease

1. Nearly half of adults aged 85 and over have Alzheimer's disease
2. Out of approximately 5.4 million Americans with Alzheimer's, more than half may not know it.
3. More women than men have Alzheimer's disease
4. Early-onset Alzheimer's can develop in people as young as age 30
5. In America, a new case of Alzheimer's develops every 68 seconds; by 2050, the incidence will increase to every 33 seconds
6. Alzheimer's is the 6th leading cause of death in the U.S., and the 5th leading cause of death in

member at the University of Arkansas for Medical Sciences (UAMS) and the University of Arkansas at Little Rock (UALR) for 17 years with a primary appointment in the Department of Audiology and Speech Pathology, and secondary appointments in the Department of Otolaryngology, Head and Neck Surgery, and the Department of Geriatrics.

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Vaccination Tool Kit for the 2016-2017 Flu Season

Health Resources Services Administration (HRSA), U.S.
Department of Health and Human Services



Influenza can be a serious health threat, especially for populations at high risk for flu-related complications, like adults 65 years and older, and people living with long-term disabilities and chronic health conditions. It is important for all long-term healthcare personnel to take necessary steps to protect themselves and their patients from the flu virus this season by getting a flu vaccine.

Vaccination is especially important for people 65 years and older because they are at high risk for complications from the flu. Flu vaccines are often updated to keep up with changing viruses and also immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza. People 65 years and older have two flu shots available to choose from - a regular dose flu vaccine and a newer flu vaccine designed specifically for people 65 and older with a higher dose. The high-dose vaccine is associated with a stronger immune response following vaccination.

The **U.S. Department of Health and Human Services, National Vaccine Program Office (NVPO)** and the **Centers for Disease Control and Prevention (CDC)** have partnered to create an online toolkit to help administrators in long-term care facilities launch successful influenza vaccination programs among their staff as an integral part of their influenza

adults aged 65 and older.

7. Over 15 million Americans are unpaid caregivers for someone with Alzheimer's disease or another form of dementia.

8. Alzheimer's caregivers have an increased likelihood of physical strain, mental and emotional stress, depression, financial problems, and familial/interpersonal issues

9. In 2012, the average annual cost of health care and Long Term Care services for someone with Alzheimer's was \$43,847.

10. An estimated 800,000 Americans with Alzheimer's are living alone

(A place for Mom Senior Living Blog)

[>more information](#)

>PEARLS OF WISDOM

Quote...

"There is a fountain of youth: It is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

by Sophia Loren

infection prevention plans. This web-based toolkit provides a repository of actionable and useful resources including educational materials, easy to download campaign resources, recommended strategies, and a variety of guidance documents to help your facility do all it can to protect its staff and its residents from influenza infection. Please check out the toolkit at...

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November is National Family Caregivers Month

Sherry White, MNSc, RN-BC, Project Director, Schmieding
Home Caregiver Training Replication Project

Robin Mcatee, PhD, RN, FACHE, Associate Director of the Arkansas Aging Institute at UAMS announced that November is National Family Caregivers Month. The theme selected by the Caregiver Action Network (CAN) is **“Take Care to Give Care”**. In celebration and recognition of Family Caregivers across Arkansas a variety of events are planned throughout the state in Little Rock, and at each of the UAMS Regional Centers on Aging.

Statewide activities will begin with Geriatric Grand Rounds on November 9th at the Jo Ellen Ford Auditorium on the topic of Caregiver Health. The presenter is John Schall, President and CEO of the National Caregiver Action Network. Following Mr. Schall will be presentations from other distinguished guests including Joel Hopper with the Kimberly Clark Corporation. Kimberly Clark is recognized worldwide for their work and contributions in support of working caregivers. Mr. Hopper will provide information on their new employee education program called Caregiver Ally. The Governor and his wife have been invited to participate and have been asked to proclaim November National Family Caregivers Month in Arkansas. A tour of the Reynolds Institutes' Schmieding Care house will follow.

On November 10th and 12th...

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