



From the Director's Desk

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(DIAR) (IA)

Hello from the Arkansas Geriatric Education Collaborative (AGEC), the Geriatric Workforce Enhancement Program for Arkansas. As we enter into the winter of 2018, there is snow on the ground and temps are single digits, but the sun is shining! It is exciting to start a new year as we enter the last six months of this grant. We are anxiously awaiting the release of a request for proposal from HRSA so we can apply for another grant, but delays are inevitable it seems as the US government struggles to approve a fiscal year budget!

Fall was a busy time as we continued our programming in education with our partners. We had two video-conferences/webinars...

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Caregiver Stress and Burnout

By Kathy Packard, MS, M.Ed., LPC
Director of Education, Oaklawn Center on Aging

Caregivers, are you experiencing caregiver stress or burnout? According to the Alzheimer's Association, 15 million Americans provide unpaid care for people with dementia. Approximately 35% of those 15 million caregivers report that their health has gotten worse due to caring for their loved one. Obviously, caregiver stress is common among family caregivers.

Caregiver Stress: If you are a caregiver and are experiencing a loss of interest in activities you previously enjoyed, have feelings of helplessness, hopelessness, sadness, anger, rage, anxiety, agitation, irritability, are experiencing a change in sleep patterns, appetite, weight, feel exhausted or feel sick more often, you may be experiencing caregiver stress. It may be time to take a break from full time caregiving and get some help. You can reach out...

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Speech Entrainment: a Promising Approach for Aphasia

By Richelle Wiest, M.S. CCC-SLP
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Conversational partners naturally adapt their verbal and nonverbal communicative actions to mimic, or more closely resemble each other. This is called speech, or rhythmic, entrainment (Banks & Luis, 2014). Speech entrainment (SE) is important for understanding normal speech production, but can also be used as a rehabilitative technique for those individuals who need help with their communicative functions. Speech Entrainment (SE), is a therapeutic technique being utilized to improve communication with patients suffering from aphasia and is showing promise in other neurologic conditions.

The premise of SE is an audiovisual speech model, in which patients are exposed to audio-visual speech stimuli and instructed to mimic the stimuli, enabling them to produce fluent speech in real time (Fridriksson, J., Hubbard, H. I., Hudspeth, S. G., Holland, A. L., Bonilha, L., Fennell, D., & Rorden, C., 2012). Entrainment is evident in...

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Creating a Gerontology-focused Health Fair

By Jessica E. Camp, MD, MPH, APRN, AGCNS; Aodhe N. Fleming, MSW, RN, CCRN, Valera Fielder, BS, CDP and Samantha M. Hollis, BSN, RN, CDP
Edited by Dr. Susan Hanrahan and Dr. Linda Tate
Arkansas State University, UAMS Center on Aging
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Creating a Gerontology-focused Health Fair

The committee designed a health screening event for older adults, their caregivers and professionals that provide care to older adults. Northeast Arkansas has a large number of elderly, care givers, and a large variety of professional services. The event was designed to bring everyone together. It was planned for November to increase attendance by avoiding other area events and in conjunction with National Family Caregiver Month. The Fair gathered more than 200 patients and 60 vendors from the community. This article shares the successes of the event and the opportunities for next year.

Advisory Panel

The Center on Aging had a vision for the event. The mission and vision were shared with the team during recruitment and revisited at the initial meeting. An advisory panel consisted of the many health professionals, community members, university faculty and leaders from services for older adults...

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Statins: When Do the Benefits Outweigh the Risks in the Very Elderly?

By Taylor J Newley and Lisa C Hutchison, PharmD, MPH
UAMS

High-quality studies show that statins significantly reduce all-cause mortality in older patients with established cardiovascular disease (CVD). One meta-analysis included approximately 30,000 patients between ages 65 and 82 with coronary heart disease who received either placebo or statin. There was a 22% decrease in all-cause mortality over 5 years in the statin group vs. placebo. The meta-analysis also revealed significant risk reductions in cardiovascular mortality, nonfatal myocardial infarction, and strokes of around 30% each.

However, the benefits for patients 75 years and older without CVD are less clear because major statin trials have excluded patients greater than 75. Very few trials have included patients over 70 years of age, and evidence for patients >80 is largely limited and conflicting. For example, in the Antihypertensive and Lipid Lowering treatment to prevent Heart Attack Trial (ALLHAT-LLT), initiation of pravastatin 40 mg for primary prevention in patients 65 years and older showed...

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Upcoming Events

Save the Dates for the AGEC Free 2-Hour Spring Video Teleconference!

March 7th, 2018

"Improving the Quality of Life of Senior Cancer Survivors", presented by Lisa

Vanhouses, PhD,MD,MPH, Assistant Professor, Department of Physical Therapy, University of Central Arkansas.

2 hours FREE Continuing education credits available for a variety of disciplines.

Questions? Email us at agec@uams.edu

Educational Opportunity!

Are you working with older adults and want to learn more about the disease conditions and illnesses that affect this population? We have just the program for you - Arkansas Geriatric Mentors and Scholars Program, also called

AR-GEMS - AR-GEMS is a 60-hour self-study program for all health professionals across disciplines who work with older adults and want to learn more about the aging process as well as improving the delivery of care. For more information on AR-GEMS, visit us at www.agec.org/argems/

Pearls of Wisdom

"Aging seems to be the only available way to live a long life."
Daniel Francois Esprit Auber

"To grow old is to grow common. Old age equals... we are aware that what is happening to us has happened to untold numbers from the beginning of time. When we are young we act as if we were the first young people in the world."
Eric Hoffer

"The grow neither better or worse as we get old, but more like ourselves."
May L. Becker

"I married an archaeologist because the older I grew, the more he appreciated me."
Agatha Christie

"By the time we hit fifty, we have learned our hardest lessons. We have found out that only a few things are really important. We have learned to take life seriously, but never ourselves."
Marie Dressler

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