



AGEC/ GWEP Quarterly Newsletter - Volume XXVI, No.4,  
Fall 2019

## From the Director's Desk

*By Robin McAtee, PhD, RN, FACHE, Director, Arkansas Geriatric Education Collaborative (AGEC), a Geriatric Workforce Enhancement Program (GWEP) at the University of Arkansas for Medical Sciences (UAMS) Donald W. Reynolds Institute on Aging (DWR IOA)*

Hello everyone from the Arkansas Geriatric Education Collaborative (AGEC), the Geriatric Workforce Enhancement Program for Arkansas. Summer of 2019 is over and we are beginning one of the busiest times of the year. Summer was very eventful for us as we started our new grant and began working to bring new partners and collaborators on board with the AGEC!

We have been very busy this fall...

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## Leakage – Is it a Normal Part of Aging?

*By Leah R. Tobey, PT, DPT  
Clinical Coordinator  
Arkansas Geriatric Education Collaborative,  
University of Arkansas for Medical Sciences*

First and foremost, having a candid conversation with your healthcare provider is the very best way to manage leakage, whether it be urine or bowel. But, do keep reading this article for your personal and professional knowledge. According to the National Association for Continence (NAFC), bladder control problems affect about 25 million Americans, and 85% of them are women. But this is rarely talked about. Probably one of the hardest things for patients is to bring up the topic of urinary leakage to their healthcare providers due to the private nature of this topic. As a general statistic, women wait about...

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## Special Focus Facility Programs for the Aging Population

*By Dr. Angela Stone Schmidt, Professor Emeritus  
College of Nursing & Health Professions  
Arkansas State University*

The “Special Focus Facility” (SFF) program, is implemented by Centers for Medicare and Medicaid Services (CMS) for the aging and others requiring the need for long term nursing care. The purpose of this initiative is to keep the public, healthcare providers and consumers, informed when discussing long term care options. The SFF report is a result of state agency inspections resulting in what that agency is doing to improve quality of care for the aging after deficiencies have been cited. There are specific areas reviewed to determine...

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## Physical Activity for Older Adults

*By Stacy Harris, DNP, APRN  
School of Nursing  
University of Central Arkansas*

Being physically active is one of the most important lifestyle habits people of all ages can take to improve their health. Recently, the United States Department of Health and Human Services (2018), released new physical activity guidelines. The new guideline recommends adults try to achieve a minimum of 150 minutes (2 hours and 30 minutes) of moderate activity or 75 minutes (1 hour and 5 minutes) of intensive activity each week. The new guideline highlights special populations, including recommendations for the older adult. Older adults should try to achieve...

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## To Sleep or Not to Sleep? Management of Insomnia and the Elderly

*By Sarah Albanese, PharmD and Lisa Hutchison,  
PharmD, MPH, BCPS, BCGP  
University of Arkansas for Medical Sciences (UAMS)  
College of Pharmacy*

Approximately, 50% of older adults report trouble falling and staying asleep.<sup>1</sup> As people age, sleep cycle changes, chronic medical conditions, and medications decrease total sleep time, increase awakenings, and decrease time in deep sleep. Insomnia increases the risk of depression, cognitive impairment, hypertension, heart disease, chronic fatigue, diabetes, and falls. Non-pharmacological treatments are recommended first including cognitive behavioral therapy for insomnia (CBT-I) with sleep hygiene and controlling stimuli that make sleeping difficult. CBT-I has shown long-term improvements in...

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**The Arkansas Geriatric Education Collaborative's mission (AGEC)** is to provide high quality programs that support healthy aging in Arkansas for older adults.

Arkansas Geriatric Education Collaborative (AGEC)/Geriatric Workforce Enhancement Program (GWEP)  
University of Arkansas for Medical Sciences  
4301 West Markham, #798  
Little Rock, AR 72205  
[agec@uams.edu](mailto:agec@uams.edu)  
[age@uams.edu](mailto:age@uams.edu)

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