



**AGEC/ GWEP Quarterly Newsletter - Volume XXV,  
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## From the Director's Desk

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I begin this letter with some exciting news. It was announced on June 10 that we were successful in our quest for renewing our grant! We were fully funded from Health Resources and Services Administration (HRSA) with a five year \$3.74M grant to continue and expand the work of the Arkansas Geriatric Education Collaborative. Therefore as we wind-up the activities of fiscal year 2019, we are excited to get started on all of our new and continued activities for the new grant period!

First, to recap the last three months of fiscal year 2019, we were very busy. In April, we had two major events. April 2, UAMS AGECEC in collaboration with Hendrix College, sponsored an "Aging in Arkansas Symposium" in Conway where the results of an older adult needs assessment were discussed by a panel of experts. April 12 we had a forum, Combating the Opioid Crisis and Chronic Pain, in partnership with the Clinton School of Public Service. This forum was focused on older adults in Arkansas managing chronic pain issues. Panelists included...

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## Drug-Induced Parkinsonism in Older Adults

*By Rachel Briggler, PharmD candidate  
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Drug-induced parkinsonism (DIP) is one of the most common non-vascular neurological disorders in older adults but tends to go undiagnosed due to the similarities with Parkinson's Disease (PD).<sup>2-3</sup> DIP is an acute movement disorder that is generally characterized by bilateral and symmetric movements with more bradykinesia (slowness of movement) and rigidity than those with PD. However, asymmetric movements are shown to occur in about 30% of cases.<sup>1,4</sup>

The presence of other movement disorders such as akathisia (feeling of restlessness and urgent need to move), orofacial dyskinesia (involuntary, repetitive movements of mouth, tongue, and face), or tardive dyskinesia (involuntary, repetitive movements of trunk and limbs) suggest that parkinsonism is more likely to be caused by...

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## Helping Your Patients with the Medicare Maze

*By Kathy Packard, MS, M.Ed., LPC  
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As a healthcare professional, you may be asked questions regarding Medicare. If your patients are approaching their 65th birthday or currently enrolled Medicare, they may be receiving daily mail with Medicare information, supplemental insurance and prescription drug plans (Part D). With open enrollment in October you may want to keep Medicare information available for your patients. The information being mailed out to your patients can be overwhelming and very confusing for someone who does not know how to navigate the Medicare system. This is the reason it is called the Medicare maze. As their provider, patients may feel comfortable asking you questions regarding their Medicare coverage. Therefore, you need to be prepared to help them navigate this maze...

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## Involving Students in Holistic Wellness for Seniors

*By Alicia S. Landry, PhD, RDN, LDN, SNS  
Lydia Sartain, MS, RD, LD, CDE  
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Making the aging process fulfilling and enjoyable should be the goal of healthcare providers working with older adults. While indicators of wellness have been assessed to see how they may interrelate in aging, there is still some work to be done to get the message out that holistic wellness in older adults can positively impact quality of life. For example, in patients diagnosed with Parkinson's and Alzheimer's disease, declines in functional status have been related to declines in cognition. In frail and cognitively impaired elderly people, strength and balance training showed improvements in functional and cognitive abilities. Finally, older adults who report social isolation, also show...

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## Ways to Improve Health in Your Geriatric Patients

*By Dalton Smith, ATC, 1st Year SPT  
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In 2015 the world population of adults over the age of 60 was at 900 million but by 2050 that number is projected to be at 2 billion! With this we should expect our patient population demographics to shift towards these older adults, and with it our treatment strategies. The World Health Organization defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Older adults are plagued with added stressors that accompany aging such as losing mental capacities and a decrease in functional ability. This leads to...

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

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