

AGEC/ GWEP Quarterly Newsletter - Volume

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From the Director's Desk

By Robin McAtee, PhD, RN, FACHE, Director, Arkansas Geriatric Education Collaborative (AGEC), a Geriatric Workforce Ehancement Program (GWEP)

at the University of Arkansas for Medical Sciences
(UAMS) Donald W. Reynolds Institute on Aging
(DWR IOA)

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

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-

teleconferences/webinars...

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

read more

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

read more

can reach out...

Speech Entrainment: a Promising Approach for

Aphasia

By Richelle Weese, M.S. CCC-SLP
University of Central Arkansas
Department of Communication Sciences and
Disorders

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 (Borrie & Liss, 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

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., Fromm, D., & Rorden, C., 2012). Entrainment is evident in...

road more

conditions.

Creating a Gerontologyfocused Health Fair

By Jessica E. Camp, MSN, APRN, AGCNS; Addie N.
Fleming, MNSc, RN, CCRN; Valerie 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
Northeast & Schmieding Home Caregvier Training
Program, St. Bernards Medical Center

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 90 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?

In the Very Elderly?

By Taylor J Neeley 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 20,000 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.2 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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Arkansas Geriatric Education Collaborative (AGEC)/Geriatric Workforce Enhancement Program (GWEP)

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<u>Upcoming</u> <u>Events</u>

Save the Dates for the AGEC Free 2-

the AGEC Free 2-Hour Spring Video Teleconference!!

March 7th, 2018

"Improving the
Quality of Life of
Senior Cancer

Survivors" presented by Lisa
VanHoose, PhD/MPH/PT,
Assistant Professor,
Department of Physical
Therapy, University of

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

Central Arkansas.

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

- Arkansas Geriatric
Mentors and Scholars
Program, also called
AR-GEMS. AR-GEMS is
a 60-hour self-study
program for all health

professionals across

the program for you --

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/.

"Aging seems to be the

Pearls of Wisdom

only available way to live a long life."

Daniel Francois Esprit

Auber

"To grow old is to grow common. Old age equalizes -- 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."

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

Eric Hoffer

"I married an archaeologist because the older I grow,

the more he appreciates
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