

**AGEC/GWEP Quarterly Newsletter - Volume XXIX, No.3,
Summer 2020**

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)*

Summer of 2020, I think is one most of us will never forget. It has changed many aspects of our everyday lives including work, education and leisure. We at the AGEC are learning and adapting. We have converted many of our normal face to face programs to various virtual platforms. From Facebook Live events to twitter dialogue to Zoom meetings and educational events, we are changing...

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AGEC Educational Programs Improving Knowledge for Arkansans

*By Undergraduate students Nicole Henry, Rachel
Lance, Alexis Ozden, and Sarah Wilson
and Jennifer Peszka, PhD
Department of Psychology
Hendrix College*

Over the last year, AGEC presented two of our educational programs (Understanding Opioids Forum and Elder Abuse and Neglect Awareness) to almost 200 people across Arkansas. This spring, a group of Hendrix students and their professors worked with AGEC to analyze the pre- and post-test workshop assessments to help determine program effectiveness. Understanding Opioids Forum: Before and after presentations, participants were asked to complete a questionnaire containing...

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Lemborexant: Is it the Newest Wonder Drug for Insomnia in the Elderly?

*By Hayley Harrington, PharmD candidate and Lisa C.
Hutchison, PharmD, MPH, BCPS, BCGP
University of Arkansas for Medical Sciences (UAMS)
College of Pharmacy*

Many older adults suffer from insomnia and struggle to find a treatment that works for them. Untreated insomnia can increase the risk of cognitive impairment, cardiovascular disease, depression, and metabolic syndrome. Nonpharmacologic approaches such as improving sleep hygiene, relaxation techniques, and cognitive behavioral therapy are first line treatments for insomnia, especially in older adults. When these methods fail, healthcare providers turn to pharmacologic interventions. The options for medication include...

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Social Participation in Assisted Living Facilities: Occupational Therapy's Role

*By Amanda Mohler, OTD, OTR/L
Department of Occupational Therapy
Arkansas State University*

The number of older adults residing in the United States is becoming unparalleled. Advances in medical care, aging baby boomers, and increased life expectancy are common causes related to an increase in the aging population. By 2030, all baby boomers will be older than age 65. In 2034, there will be approximately 77.0 million older adults (United States Census Bureau, 2018). As individuals grow old, they experience natural age-related changes such as...

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Physical Disability and Mortality in Older Adults with Type 2 Diabetes: A Justification for Exercise

*By David Taylor, PhD, PT
Department of Physical Therapy
University of Central Arkansas*

Type 2 diabetes is a chronic, metabolic disease characterized by hyperglycemia resulting from insulin resistance. Research studies indicate that complications such as cardiovascular disease, peripheral vascular disease, retinopathy, and loss of physical function are associated with type 2 diabetes. In regards to physical function, diabetes in older adults is associated with a strong increase in the risk of...

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**UPCOMING 1
HOUR FREE
CE EVENT with
UAMS AR-
IMPACT
Tomorrow
July 29, 2020
Wed, 12PM - 1PM**

Telemedicine

Approach to Back

Pain: Examination,

Diagnosis, &

Treatment

Presented by:

Jonathan Goree,

MD and Leah

Tobey, DPT.

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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.

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