

Major Aging Events Attract Elders & Age Boomers!

Peaks of Success!



The first Silver Summit, held November 3rd & 4th, received glowing reviews from participants and speakers from across America. “What a success!” raved Dr. Fred Sherman, professor of Geriatrics and Adult Development, Mount Sinai School of Medicine. “We need the Silver Summit repeated all across America. I encourage you to con-

tinue to grow this unique educational event next year and every year.”

“We are gratified by the great feedback we have received,” said Dr. Larry Wright, Director of the Schmieding Center. “The Silver Summit was well received by many people who attended the professional continuing education day or the general public day and the trade show. People are enthusiastic about our new approach to aging and they told us they learned a lot that will help

them make the most out of this new stage of life.

“The Silver Summit achieved our goal of helping residents of Northwest Arkansas learn



everything they need to know about aging well. Those who attended found answers concerning daily living resources, healthcare and wellness, caregiving, senior connections and life planning all in one place. And they heard a whole new way of looking at aging.

“We look forward to preparing for the next Silver Summit to benefit older adults and Baby Boomers as they plan for Peak Aging. And we want to thank all the people who made our first Silver Summit such a huge success.” ▀



This Issue:

PeakAging Forum.....	Page 2
Training More Geriatricians.....	Page 3
Q&A: Dr. Bilal Naeem.....	Page 4
Brain Teasers Club.....	Page 5
Aging Info on the Web.....	Page 5
New Help for Family Caregivers.....	Page 6
Alzheimer's Caregiving – Register Now!.....	Page 7
Cold Weather Risks!.....	Page 8



Successful Aging from America's Top Experts

PeakAging™ Forum

HEALTH. HOME. INDEPENDENCE.

An overflow audience enjoyed a unique opportunity to learn about successful aging from America's top experts at the "Secrets of PeakAging: Health. Home. Independence." event in the Schmieding auditorium, October 27th.

Appearing together for the first time anywhere were Robert N. Butler, MD, widely known as the father of American geriatrics, and William H. Thomas, MD, the visionary creator of the "Green House™" concept, America's most positive alternative to traditional long-term care. They were joined by Larry D. Wright, MD, director of the Schmieding Center, and Kenyon Morgan, AIA, CEO of Legacy Village, the co-sponsor of the event.

Dr. Wright opened the Forum by stating that "for decades, Americans have viewed aging as a series of declining steps toward death. We reject that view. PeakAging is the idea that individuals can choose the optimal level of successful aging they can personally achieve." Wright and the other speakers offered participants the latest insights on how "health, home, and independence can be seen in new ways that are helpful in attaining a new stage of aging that is full of fun, involvement, meaning, and purpose."

Dr. Butler outlined steps to accomplish PeakAging, stating that "fear, decline, and dementia" are misconceptions that Americans have accepted about aging. But research shows those problems are related to chronic disease and social conditions. Much of that can be changed," he said. "I am an abolitionist," Dr. Thomas said, "and my goal is to abolish nursing homes." Thomas agreed with Butler that with 78 million Baby Boomers nearing retirement, the country has to change the way we view aging, as well as the environments older Americans live in.

Thomas said that the Green House environment replaces nursing homes with a "home where people and relationships come first, not an institution's schedule." ▀





A New Era of Geriatric Medicine!

Training More Geriatricians for You

By **Larry D. Wright, MD, FACP**

We're living much longer than our

Message from the
Director



parents or grandparents did. But America is not training nearly enough healthcare professionals to meet the looming crisis of 78 million Baby Boomers reaching their retirement years. For example, by 2020—only 13 years away—there will be a shortage of 31,000 geriatricians across America. But, as things stand, we will actually train fewer than 5,000 new geriatricians by then.

The Schmieding Center is a leader in finding solutions. We're working with UAMS (University of Arkansas for Medical Sciences) to influence more new doctors to specialize in geriatrics. UAMS is one of only a handful of medical schools that make a rotation in geriatrics mandatory for all students. Starting in November the Schmieding Center became the first site away from the UAMS campus in Little Rock involved in the teaching of geriatrics.

Two third-year UAMS medical students, Matthew Sappington and Steven Speck, became the first to take their geriatrics rotation at the Schmieding Center starting Novem-



ber 20th. They will be followed by a growing number of third-year medical students who will be introduced to geriatric medicine at the Schmieding Center. The third year is the students' first year in a clinical setting. We believe it's the perfect time to introduce them to the positive realities of working with older adults before they are conditioned by the prevailing ageism that produces a negative attitude about working with elders. We have superior clinical facilities and an unusually large number of trained geriatric professionals in our Senior Health Centers in Northwest Arkansas. I believe we will make their geriatric rotation one of the most outstanding learning experiences they will have in medical school. At the Schmieding Center, we



Dr. Larry D. Wright
Director, SCSHE

Dr. Larry D. Wright, Director, SCSHE, talks with the first two UAMS medical students receiving their geriatric training rotation at the Senior Health Center –Schmieding Center. (From left, Dr. Wright, Matthew Sappington, Steven Speck)

are teaching tomorrow's physicians how to meet the unique needs of older adults. We believe it will result in an increasing number of doctors who choose to specialize in geriatric medicine. ▀



Schmieding Center
 for Senior Health
 and Education of
 Northwest Arkansas

A Partnership of:

University of Arkansas
 for Medical Sciences
 Donald W. Reynolds Institute
 on Aging

Area Health Education
 Center – Northwest

Northwest Health System

Q & A: Dr. Bilal Naeem

“We focus on improving quality of life and independence.”



We asked Dr. Bilal Naeem, a geriatrician at the Northwest Senior Health-Schmieding Center in Springdale some questions you might like to ask a geriatrician.

Q: Dr. Naeem, thanks for talking with us. What do you think is the most important thing older adults can do to age more successfully?

A: First, they must realize that it's possible to do a great deal to improve their quality of life as they age. Once they understand this, the best thing they can do is to start *now*. If

you start seeing a geriatrician early, our team can look at things like memory, nutrition, gait, and balance and help guide you in ways that can greatly improve the way you age.

Q: At what age should we start seeing a geriatrician?

A: I suggest age 65. The fact is that older people have special needs. For example, older adults manifest common diseases, like pneumonia, differently than younger adults and we're trained to recognize those differences very quickly.

Q: What are some of the ways geriatricians treat older adults differently?

A: We focus on improving quality of life and independence. By managing chronic illnesses, along with providing preventative medicine and education, we help older adults reduce their risk of developing physical and memory problems in the future. Contrary to common belief, you can avoid most loss of function.

Q: What do you tell your patients they can do to help themselves?

A: In order to enjoy healthy aging, older people have to maintain their strength and stamina, which means staying active with the right exercise and a balanced diet. Many older adults don't exercise or eat properly, both of which would help keep them strong.

Q: How long have you been in Northwest Arkansas?

A: I have been here with my wife, Shaista, and our three children for four years. We love the area and the people. I am inspired by the unique team approach we use at the Senior Health Centers to help older adults.



Q: Thank you, Dr. Naeem.

A: You're welcome. I hope it helps your readers decide to take charge of their own healthy aging! ■

Brain Teasers Club

Want a challenge?

Stay sharp and have some fun! Use your problem-solving skills to figure out this brain teaser!

Find The Perfect Name for the Job!

Once-in-a-while a person has a perfect first name and initial for his or her field of expertise. For example, "Travis T." would suit a lawyer who wins bad cases by exploiting loopholes. "Curtis C." could write an etiquette column. Find the ideal first name and initial to fit these fields of expertise.

1. A meticulous butler
2. An editor of a major newspaper
3. A writer of action-packed comic strips
4. A CEO of a fabric manufacturing company
5. An expert in negotiating international treaties
6. A London police officer
7. A commercial fisherman
8. A chronicler of Arabian folktales
9. A podiatrist
10. A honeydew grower

(You'll find the answer on page 7)

What: Brain Teasers Club

When: 2nd Monday of the month, 10:00 am-11:00 am—
Bella Vista
2nd Thursday of the month, 10:00 am-11:00 am—
Springdale

Who: Open to public and facilitated by Sherry White, BSN, RN, BC and Fink Holloway, BS.

Where: Schmieding Center

Why: Use it, don't lose it! 

Source: *One Minute Brainteasers*: Alan Stillson, Sterling Publisher Co., Inc. NY, 2001



Ageing Info on the Web:

Find it Fast!

AGING
Resource
Center

The Aging Resource Center is here to assist you with resource materials on home care and aging issues. Internet access, CD-ROMs, printed literature, books, and videotapes are available.

To help you find the best information on aging and wellness on the web, we have started reviewing some of the better web sites. Hopefully, our legwork will make your search for information quicker and easier. Save these sites in your "Favorites" for quick and easy access to current and up-to-date information.



★★★ www.eldercare.gov

If you have a family member who lives out-of-state and you are not familiar with the support services where he/she lives, then this site is for you. Eldercare locator is a public service of the U.S. Administration on Aging and is designed to help connect older Americans and their caregivers with sources of information on senior services. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers. You may find information on resources by following the directions provided or you may call and speak to an Eldercare Locator. This web site provides information in several different languages but only contains limited information about individual communities. 3 Schmieding Stars!

★★★★★ www.nfcacares.org

So often caregivers need help but they don't have access to traditional sources of support in the community. Online resources help families gain access to information and assistance in a convenient way. *(cont. on page 7)*



The Case for Care Managers

New Help for Family Caregivers

By Carolyn Wheeler, LSW

“How can we keep mother at home where she wants to be?

Are there any programs that can help us pay for Dad’s in-home care? I’ve heard Medicare will pay me to stay home and provide care for my husband; is this true?”



Questions like these are answered daily by Care Managers (also called case managers or care coordinators) across America. They are professionals who can help you find the best services and resources available for your elder loved ones. Like you, they have the overall goal of locating services for keeping elders in the least restrictive environment possible, hopefully, in their own home.

If you are dealing with an elder who exhibits memory or debilitating physical problems, it may be time to contact a care manager to request an assessment. This assessment will help determine the best course of action to finding the right kind of care for the elder.

The Care Manager will conduct an interview with the elder’s family members or friends, asking questions about every aspect of the elder’s life: the trigger event/s that caused the family caregiver/s to seek help; information regarding the level of functioning of the elder in activities of daily living, such as eating, toileting, walking, bathing, and taking medications. Questions will be asked regarding financial status, such as the elder’s ability to pay for services and to manage his/her own personal finances. The interview will include questions about family support and any other forms of assistance that are available. Medical information, as reported by the elder or the caregiver, will also be requested. The information gathered in this initial interview will help the Care Manager identify and focus on the main caregiving issues for the elder.

To prepare a customized Care Plan, the Care Manager needs to conduct the assessment in the elder’s home environment, where the Care Manager can accurately assess the needs of the elder. By observing an elder in his/her own environment, the Care Manager can more


precisely gauge the elder’s level of functioning. With this knowledge, the Care Manager can develop a care plan that maximizes the level of independent functioning the elder can achieve. In most cases, this individualized professional care plan will help an elder remain in his/her own home longer.

The Care Manager will help the family caregiver look at options that address the needs identified by the assessment interview. Usually there are multiple options that could address the needs identified. The Care Manager reviews each option with the family and guides them in choosing the options that best meet their needs.

The aging of baby boomers is increasing the need for professional Care Managers. They are demanding in-home caregiving that will allow them and their parents to stay at home for life. Such demand is already changing the way Care Management will be delivered in the future.

The Schmieding Center has a program to assist family caregivers as they struggle with care issues. The program provides assistance to family caregivers in navigating the confusing and fragmented maze of available care providers and services. Services include an in-home status review to determine needs and a written status report to help the family understand the needs of the elder and to make recommendations for provision of care. The family caregivers can use this report to review options and make caregiving decisions.

When an elder begins having trouble performing everyday tasks, it’s time to make an appointment with a professional caregiver support specialist. Whether you are an older adult or a family member, these trained

care professionals can guide you in designing a plan that will save you time and money – and provide invaluable assistance that will help your loved one remain at home for as long as possible, maybe for life! 





Enrollment is Limited!!

Pre-register for the Next Dementia and Alzheimer's Disease Caregiving Training Program

The next class for Schmieding Center's Dementia and Alzheimer's Disease Training program is scheduled for February 28-March 2, 2007. Registration fee is \$50.

The three day course addresses seven topics:

Introduction to Dementia and Alzheimer's Disease—teaches the caregiver what dementia *is* and what it *is not*.

Maintenance of Respect, Dignity, and Quality of Life—reinforces the uniqueness and value of every human being, regardless of his/her level of dementia.

Communication—identifies changes in communication and useful communication strategies when addressing an elder with dementia.

Behavioral Issues—identifies behaviors the caregiver may encounter and provides appropriate ways to address those behaviors, which can be very challenging.

Activities—the caregiver is introduced to principles of "activity-based care." With this approach caregivers learn how to create opportunities for persons with dementia to be successful in activities and their relations with other people.

Nutrition—special needs of elders are reviewed, based on their individual cognitive and physical status.



Caregiver Stress Management—the caregiver learns how to identify signs of burnout and how to manage stress.

Coach Frank Broyle's passionate campaign after he lost his wife to Alzheimer's Disease resulted in the "Barbara Broyles Alzheimer's and Dementia Training Program," which added 15 hours of dementia education to the State of Arkansas Long Term Care Facility Nursing Assistant Training Curriculum. The additional training became a requirement of Nursing Assistant Training Programs effective July 1, 2006. The program at the Schmieding Center was created to meet these new requirements for nursing assistant training.

Pre-register Now

Dementia and Alzheimer's Disease Training program, the fourth course of the Schmieding Center's Home Caregiver Training series, is required for those interested in becoming a Certified Nursing Assistant. To qualify for enrollment, you must be a graduate of the Elder Pal Home Caregiver Training Course or hold an active CNA certificate. Due to limited enrollment, pre-registration is required. ■

(cont. from page 5)



The official web site for the National Family Caregivers Association (NFCA) is one of the few websites for caregivers that supports, empowers, educates, and speaks-up for the caregivers of the chronically ill, aged, and disabled. This web site provides encouragement and assistance for anyone who is a caregiver with an emphasis on helping to increase the quality of life for caregiving families. 4 Schmieding Stars!

★★★★ www.strengthforcaring.com

Designed for the family caregiver, this helpful website is full of information for "Helping You Take Care" of yourself, as well as you take care of others. Includes lots of valuable tips and resources to save you time and to help you build a virtual community with a message board that can help you get to know other caregivers. It contains an enlarged text option and is easy to navigate. The website is sponsored by Johnson & Johnson Consumer Products Company, which has joined forces with the U.S. Surgeon General and leading aging/caregiving organizations to launch "The Caregiver Initiative," a national campaign to inform family caregivers and educate America about the growing importance of caregiving. 4 Schmieding Stars! ■

Answer:
1. Ty D. or Val A., 2. Dale E. or Marg N.,
3. Marv L. or Rob N., 4. Lynn N., 5. Al I.,
Bart R., or Nate O., 6. Bob E. or Bob B., 7.
Sam N. or Skip R., 8. Gene E., Al E., or Jean
E., 9. Cal S. or Tony L., 10. Mel N.



Schmieding Center
for Senior Health & Education
of Northwest Arkansas

2422 N. Thompson • Springdale, AR 72764

Northwest Senior Health –
Schmieding Center, Suite A
Phone: 479-750-6566 / Fax: 479-750-5251

Schmieding Center for Senior Education,
Suite B
Phone: 479-751-3043 or 1-888-866-8991
Fax: 479-751-3249

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT # 101
SPRINGDALE, AR

RETURN SERVICE REQUESTED

www.schmiedingcenter.org

Cold weather is risky!

Stay Warm this Winter!

You know the dangers of falling on



ice and of breathing problems caused by cold air. But many of us don't realize that cold temperatures can lower the temperature inside your body to the point it can be deadly if not treated quickly. This drop in body temperature, usually caused by staying in a cool place too long, is called *hypothermia*.

Older people often are not aware of how cold they really are. Look for the “umbles” – stumbles, mumbles, fumbles, and grumbles – that show how the cold is affecting your muscles and nerves.

Watch out for confusion or sleepiness; slowed, slurred speech or shallow breathing; weak pulse or low blood pressure; a change in the way



a person looks or behaves; a lot of shivering or stiffness in the arms or legs; chilly rooms or other signs a person has been in a cold place and poor control over body movement or slow reactions.

What should you do if you suspect hypothermia? Take the person's

temperature. If it is below 96 degrees call for emergency help. While you are waiting for help to arrive, keep the person warm and dry. Move the person to a warmer place, wrap him or her in blankets, and you may even use your own body warmth by lying close to them.

What else can you do? Stay away from cold places, make sure you eat well to maintain body fat, and see your doctor regularly to keep any chronic illnesses under control. Ask your doctor if the medicines you take may increase the risk of accidental hypothermia. And remember that alcoholic drinks can also make you lose body heat faster, so don't drink alcohol if you are going to be in a cold environment.

Source: National Institute of Aging, Age Page, “Hypothermia: A Cold Weather Hazard.” ▀

Need Help Caring for an Older Adult?

We'll provide the answers you need about eldercare, send you helpful information, and connect you with hard-to-find resources. Contact Schmieding Center for Senior Health and Education for additional information at 479-751-3043 or info@schmiedingcenter.org, or call toll-free at 1-888-866-8991.