



Home » Podcasts » The Senior Hour – Mental Jumping Jacks – October 9, 2019



00:00 00:00

Tweet

Like 1



Share

Print This!

The Senior Hour – Mental Jumping Jacks – October 9, 2019

Posted by: Shane Cutchall in Podcasts October 9, 2019 - 12:25 pm 0 58 Views

Hosts: Dr. Gene Dorio, Barbara Cochran

Topic: Mental Jumping Jacks

Guest: Allamary Moore, Traditions Director and Memory Care Director at Oakmont of Valencia, Certified Dementia Practitioner;

[Click Here to Listen!](#)

[Right Click Here to Download!](#)

Join Barbara Cochran and Dr. Gene Dorio every Wednesday from 11 a.m. to Noon on your Hometown Station KHTS 98.1 FM & AM 1220 for The Senior Hour, your home for Senior Care and

Mental Jumping Jacks — October 9, 2019

On this episode of The Senior Hour with Dr. Gene Dorio and Barbara Cochran, Allamary Moore, Traditions Director and Memory Care Director at Oakmont of Valencia and a Certified Dementia Practitioner, joins the show to talk with Dr. Dorio while Barbara is away for this episode. Allamary provides incredible insight into the memory care services that Oakmont provides, and how to help their residents not only maintain their memory but also strengthen it. Allamary talks about the "mental jumping jacks" her and her staff help the residents perform through various puzzles that challenge them in different types of memory functions. "Use it or lose it" is the phrase Allamary used to describe the motto of Oakmont of Valencia's memory care services and

dedication to helping their residents achieve a higher quality of life. She has a lot of passion for what she does, and gives the audience a detailed view of the incredible memory care service being offered at Oakmont of Valencia under her direction.

Later in the show, Shannon Avazaian of Assisted Living Locators joins the show to talk about how to deal with a housing crisis. A housing crisis, in this discussion, can include any and all situations that are endured by seniors and their loved ones when living in a dangerous scenario. Unfortunately, not all seniors can age in place and as much as we want to make sure our loved ones are comfortable sometimes having them continue to live in their home can become more of a negative than a positive. Shannon tells her personal stories of how she has had to help families through crisis, or a loved one can help prevent a housing crisis. Shannon works incredibly hard and cares as much about helping a senior find the right living scenario as much as you care about it. If you or a loved one is facing a housing crisis, give Assisted Living Locators a call and ask for Shannon so she can help you find the right living scenario. Whether it means finding in-home care services to prevent an entirely different living facility to provide more in-depth care services, Shannon will find the best place for you or your loved ones.

Listen in as Dr. Gene Dorio talks to Allamary Moore and Shannon Avazaian about mental jumping jacks and the right living scenario on this awesome episode of The Senior Hour.

About The Senior Hour:

Barbara Cochran has been a resident of the Santa Clarita Valley for over 40 years and has spent much of that time volunteering with and creating a variety of organizations. The 1983 SCV the Year brings senior news to you every week on your Hometown Station.

Gene Dorio, M.D. has practiced Internal Medicine in the SCV since 1988. A member of the medical staff at Henry Mayo Newhall Memorial Hospital, he is very active in local senior affairs.

As Santa Clarita's only local radio station, KHST mixes in a combination of news, traffic, sports, and features along with your favorite adult contemporary hits. **Santa Clarita news and features** delivered throughout the day over our airwaves, on our website and through a variety of social media platforms. Our KHST national award-winning daily news briefs are now read daily by our residents. A vibrant member of the Santa Clarita community, the KHST broadcast signal reaches all of the Santa Clarita Valley and parts of the high desert communities located in the Antelope Valley. The station streams its talk shows over the web, reaching a potentially worldwide audience. **Follow @KHSTRadio on Facebook, Twitter, and Instagram, and sign up for KHST email alerts today!**

The Senior Hour – Mental Jumping Jacks – October 9, 2019

Tweet

Like 1



Share

Print This!

ABOUT SHANE CUTCHALL



Born and raised in Canyon Country, Shane graduated from Canyon High School in 2012. A year away from obtaining a Communication B.A. from CSU Bakersfield, Shane joins the KHST board-op and KHST Sports Reporter.

Tagged with:

ALLAMARY MOORE

BARBARA COCHRAN

DR. GENE DORIO

MENTAL

SHANNON AVAZAIAN

THE SENIOR HOUR



Previous: Santa Clarita Red Flag Warning To Be In Effect This Week, Raising Fire Conditions To 'Critical'

Six Abandoned Vehicles Red-Tagged, One Towed In S

RELATED ARTICLES



The Way Out Recovery Hour – Treatment For Teenagers – October 14 2019
October 15, 2019 - 10:21 am



My Radio Show With Rick Garcia – October 11, 2019
October 14, 2019 - 12:25 pm



Jim Kross Having That Edge Against Fires – The Edge Radio Show – October 11, 2019
October 14, 2019 - 11:31 am

