

Editorial Archives

January/February 2008 • Volume 4, Number 1

FROM THE EDITOR

[The Changing Politics of Health Care](#) (PDF, 2 pages)

Richard G. Stefanacci, DO, MGH, MBA, AGSF, CMD • p. 7

FEATURE ARTICLES

[Use It or Lose It: Part II](#)

[Body Fitness](#) (PDF, 3 pages)

Older adults who participate in physical fitness activities reap many more benefits than increased muscle strength and endurance. Studies show that physical fitness improves cognitive health, reduces risk of disability, and increases social interaction. More and more older adults are exercising in facility gyms and taking up the latest video game craze— Nintendo's Wii!

Georgene Lahm • p. 17

[Treatment Options for Seizures in Older Adults](#) (PDF, 4 pages)

Seizures in seniors often result from cerebrovascular disease, neurodegenerative diseases, trauma, tumors, metabolic disorders, alcohol withdrawal, and infection. In choosing treatment options, practitioners must consider medication cost, side effects, and potential interactions with other drugs.

Barbara Resnick, PhD, CRNP, FAAN, FAANP • p. 20

[Conflict in Assisted Living: The Promise of Elder Mediation](#) (PDF, 5 pages)

Mediation to resolve conflict in AL settings, where living is close and constant, provides a strategy to reduce the human and financial burden that disputes create. Even elders with diminished capacities can be included in a mediation process using an adapted strategy and advocates.

Ruth L. Schemm, EdD, OTR/L, FAOTA, Kathryn R. Mariani, MAR, Michele Mathes, JD • p. 24

[More Than Sticks and Stones Break Bones](#) (PDF, 1 pages)

The devastation of falls and fractures caused by osteoporosis can be limited through careful diagnosis and preventive treatment.

Richard G. Stefanacci, DO, MGH, MBA, AGSF, CMD • p. 29

[Caring for Vulnerable Elders During a Disaster](#) (PDF, 4 pages)

The Nursing Home Hurricane Summits of 2006 and 2007, convened in response to the devastation of Hurricane Katrina, have created important initiatives and guidance on developing emergency disaster plans for your long-term care facilities.

• p. 30

[You Can Say That Again! Losing More than Hearing](#) (PDF, 1 pages)

Hearing loss is the third most common affliction among elderly adults and can affect not just hearing but also quality of life. Hearing loss may even have a link to heart disease. Unfortunately fewer than 1 in 5 elders who could benefit from hearing aids seeks treatment. Be sure your residents are receiving hearing exams.

• p. 33

PERSONAL REFLECTIONS ON ALZHEIMERS

[Of a Mouse and a Man](#) (PDF, 2 pages)

RICHARD TAYLOR, PhD, is a retired psychologist who lives with and writes about Alzheimer's disease (AD). Richard has agreed to maintain frequent E-mail contact with ALC to provide us with a diary of his impressions, struggles, and conquests. Richard Taylor's reflections on AD follow.

Richard Taylor, PhD • p. 46

DEPARTMENTS

[Case Study: Medications with Increased Risk for Elderly People](#) • p. 11

[Clinical Guidelines](#) • p. 12

[Experts Roundtable](#) • p. 35

[The Interdisciplinary Team](#) • p. 37

[Activities for Living Well](#) • p. 38

[Legal Corner](#) • p. 39

[Suggested Resources](#) • p. 41

[Test Your Knowledge](#) • p. 43

[Facts and Quick Stats](#) • p. 48

Requests for reprints of Assisted Living Consult articles or permissions to use article content may be sent to Jennifer Kenny at jkenny@healthcommedia.com.