



Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | JUNE 2023

How to Care for Someone With Dementia

Caring for someone with dementia can be challenging. That's because dementia doesn't just lead people to be forgetful. They may also have trouble with speaking, understanding written and spoken language, problem solving, and paying attention. As a result, they may have trouble carrying out basic daily tasks, like cooking, cleaning, bathing, or taking medication. People with dementia may also be more prone to falling.

Dementia can often include cognitive symptoms beyond forgetfulness. People with dementia may be more easily agitated or confused and more prone to insomnia. Managing the associated anxiety, stress, and confusion — and sometimes even aggression and dangerous behaviors (like wandering off or leaving the stove on) — can be extremely taxing.

All of this can leave caregivers stressed, overwhelmed, tired, and at risk of burnout. Here are nine tips to help make caring for a loved one with dementia a little easier.

Get help.

Home health aides, another family member, or adult daycare can help prevent caregiver burnout while giving your loved one the care they need.

Get your loved one outside.

If they can still walk, take them for a walk somewhere flat and safe. If they can't safely walk, you can take them outside to sit — or push them around the block in a wheelchair. The fresh air and natural light can help lower their anxiety level. Plus, the sunlight (even when filtered through clouds) will also help keep their body aligned with day/night cycles to help them sleep better.

Tackle insomnia.

One way is to eliminate naps when possible. (Some caregivers encourage naps because it's one way they can get a break during the day. But this can disrupt nighttime sleep.) Caffeine should also be eliminated. (It's fine to offer decaf.)

Establish a routine.

Doing things in the same order at the same time can be reassuring — especially to someone with dementia. Have fixed times for meals, snacks, bedtime, and getting dressed in the morning. Have a special bedtime ritual so the activity itself is a trigger for sleep.

Find the right technology.

There's now a variety of devices that can help you manage certain dementia-related dangers. This includes devices to help seniors who often forget to turn the stove off, alarms that will go off if someone tries to leave the house, and cameras that can help you monitor a loved one with minor dementia when they are home alone.

Fix fall hazards.

People with dementia often have balance issues that can increase their risk of falling. To minimize the risk, identify and fix hazards in the home, such as obstacles in main pathways, slippery floors, throw rugs, and loose cords. Adequate lighting (including nightlights) can help too. Since the bathroom is a common location for falls, consider installing grip bars, a transfer seat, and a slip-proof mat on the shower or tub floor.

Learn more.

Learning more about how to care for someone with dementia can help you become more effective. For example, Dementia Careblazers is an excellent YouTube channel with short videos (mostly five to 15 minutes) geared toward at-home caregivers and people with dementia. The Dementia Society also has online resources plus a list of support groups for caregivers of people with dementia.

Be realistic about what you can do.

Sometimes, your loved one needs more care than you can provide at home. "Memory care" units at assisted living facilities, a new trend in long-term care, can provide your loved one with a safe, home-like environment. Depending on their needs, the cost may be comparable to a skilled nursing facility but with a private room and a more home-like environment. If your loved one has long-term care insurance, see if their condition is severe enough to qualify for coverage.

Consider hospice for loved ones with advanced dementia.

Some hospice agencies will accept certain people with advanced dementia. Having your loved one on hospice may offer other benefits, like medical management for pain and anxiety, nurses and aides that can come to them, and certain medical supplies (like adult diapers and catheter bags). If you're curious about how hospice might benefit your loved one, talk to an agency that serves your area.

HEALTH & FITNESS

Diagnosing and Treating Hearing Loss in Older Adults

According to the National Institute on Aging (NIA), roughly one-third of adults aged 65 to 74 have hearing loss — and almost half of those 75 or older have a hard time hearing.

People who have trouble hearing can become depressed and socially isolated. Other people may view the hearing-impaired person as confused, uncooperative, or unresponsive.

Hearing loss can sometimes be made apparent when it becomes harder to understand people when they're talking — or harder to hear the TV at a volume that works for other people. Other times, they don't realize their hearing is getting worse. Instead, friends and family might gently point it out.

Here's how to know if you're experiencing hearing loss and what you can do about it.

Get tested.

A hearing test is a quick (under an hour) test that measures your ability to hear different frequencies and volumes. This is done by playing different sounds at different volumes through a headset. Sometimes, a hearing test will also assess your ability to understand spoken words. You can visit an audiologist (a healthcare provider who specializes in hearing) for a hearing test. Your local pharmacy may also offer hearing tests.

Get a hearing aid.

There are many different types of hearing aids available today. Many are small and discreet and can fit either in or behind your ear. Some are customizable, such that they will only amplify the frequencies of sound for which you have hearing loss. These advances have made hearing aids more comfortable and easier to use when you're out in public. An audiologist can fit you with hearing aids, and hearing aids are also available over-the-counter at many pharmacies.



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JUNE RECIPE

Mediterranean Chickpea Salad

Prep Time	Marinade Time	Total Time	Serves
10 minutes	10 minutes	20 minutes	4-6

This fresh, vibrant salad is a tasty side dish for dinner or to share at a cookout. You can top it with canned tuna or salmon for an easy, light meal. It's packed with bright lemony flavor, colorful vegetables, and protein from chickpeas and feta cheese. The fresh vegetables, beans, olive oil, and herbs are all staples of the Mediterranean diet, which is famous for its anti-inflammatory and heart-healthy benefits.

Ingredients

2 tablespoons olive oil
 2 tablespoons fresh lemon juice
 1/4 teaspoon dried oregano
 1/4 teaspoon garlic powder
 1/8 teaspoon salt
 Pinch of ground pepper
 1 English cucumber, peeled if desired
 1 pint grape or cherry tomatoes
 15-ounce can chickpeas (garbanzo beans), drained and rinsed
 1/3 cup thinly sliced or minced red onion (about 1/2 of a small onion)
 1/4 cup minced parsley
 3 ounces feta cheese, cubed or crumbled (about 2/3 cup)

Tools

Chef's knife
 Cutting board
 Measuring cup and spoons
 Mixing bowl
 Spatula or mixing spoon

Instructions

- To make the dressing, combine the olive oil, lemon juice, oregano, garlic powder, salt, and pepper in a small bowl. Whisk well to combine. Set the dressing aside.
- Cut the cucumber in half lengthwise, and then cut each piece in half again to make 4 long quarters. Cut each quarter crosswise into 1/2-inch wide pieces. Place the cucumber pieces in a large mixing bowl.
- Cut the cherry or grape tomatoes in half, and add them to the mixing bowl.
- Add the chickpeas, onion, and minced parsley to the bowl. Gently mix everything to combine.
- Pour the dressing over the salad and toss again. Let the salad sit in the refrigerator for 10 minutes for the flavors to blend.
- Before serving, sprinkle the feta cheese over the salad and lightly toss to combine.

KIDS CAN!

- **Drain and rinse the chickpeas.**
- **Toss the salad.**
- **Whisk and pour the dressing.**

ASK A PHARMACIST

What Are Some Lifestyle Tips to Support Healthy Aging?

When I give educational seminars about healthy aging, I always stress the importance of seeing a healthcare provider on a regular basis (at least once a year) for lab work in addition to exercising, eating healthy, and getting plenty of rest.

Common labs to request are a complete blood count (CBC), comprehensive metabolic panel (CMP), and lipid panel. Other essential, often overlooked labs include a thyroid panel, hormone levels for both men and women, and sexually transmitted infection tests (specifically, hepatitis C). According to the U.S. Centers for Disease Control and Prevention, baby boomers (people born between 1946 and 1964) are five times more likely to have the hepatitis C virus. Thankfully, this is the one type of hepatitis that is now treatable.

It is never too late to take charge of your health by developing healthy habits and getting recommended screening tests.

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LOCAL LOVE

Gibson's Pharmacy

Serving Dodge City, Kansas, for more than 42 years



Matthew Morrison
 Owner and Pharmacist
 Gibson's Pharmacy

"Over the last few years, we have been able to build programs to meet the current needs of our community. Whether it has been immunizations, antigen testing, or biometric screenings, we are here to help our rural community gain access to quality healthcare."

What has been the most significant change within your pharmacy over the past five years, and how has it helped you serve your patients better?

When we purchased the store in 2015, we also moved to a newly built location. We completely redesigned our workflow process, continued to grow our synchronization and multi-dose adherence programs, and added additional clinical services to increase patient outreach and additional revenue. We trained our support staff to perform at the top of their levels, delegating many tasks to customer service clerks, technicians, and nurse consultants in order to allow our pharmacists to provide additional clinical services and increase direct patient encounters.

What is your favorite thing about being a pharmacist?

I enjoy working alongside local providers to bring quality healthcare to our community. Owning our own business has provided the opportunity to be very involved in promoting the growth of our community as well.

What makes your pharmacy unique?

Over the last few years, we have been able to build programs to meet the current needs of our community. Whether it has been immunizations, antigen testing, or biometric screenings, we are here to help our rural community gain access to quality healthcare.

What do you think your patients love most about your pharmacy?

Our patients love that our team members go above and beyond to provide the very best care for our community.

What are your favorite ways to get involved with your community?

We proudly support our local schools and not-for-profit organizations. We enjoy visiting with our older adult community by presenting a monthly health education discussion at the local senior center. However, our favorite event is our yearly community hamburger feed at the Dodge City Days Festival and Rodeo.

What excites you most about the future of independent pharmacy?

We are excited to continue to advocate for the pharmacy profession as well as independent pharmacy.

What does *Locally Loved* mean to you?

Locally Loved means striving each and every day to provide a service to our neighbors, knowing they are grateful for our help, whether it be a remedy for their colds, clinical advice, an immunization, or simply an ear to listen.