

## OLYCAP ENCORE! ADULT DAY CENTER HAS RE-OPENED

OlyCAP's Adult Day Center, Encore!, has reopened to in-person sessions. We provide respite to family caregivers and a stimulating program aimed at reducing social isolation for vulnerable older adults who live at home. When our main Encore! center closed due to the pandemic it became an opportunity for OlyCAP's Mission & Vision including: embracing innovation and collaboration, commitment to build a healthier community, and strengthening and expanding community connections.

Embracing Innovation and Collaboration Our music therapy intern and I started creating video sessions that included physical exercise, singing, cognitive exercise, seasonal music, performance, music and art appreciation, relaxation and stress management – all things we do with music every day at the center. We educated ourselves with technology, attended sessions at conferences, reviewed Covid-19 resources, participated in local meetings and read journal articles. We also made a conference presentation about our creative virtual adult day center model. "His favourite was completing the song this week. He did the 'Brain Dance' and you two picked one of the best songs to share with all of us. You both are appreciated and your sessions are just like a personal visit."

Building A Healthier Community Our Virtual Adult Day Center included sending out emails several times a week with links to video sessions to watch and complete, and then



we exchanged comments back & forth to keep stimulated and engaged, and to maintain our beneficial social connection. We started with 29 video sessions plus health education. That number grew to over 350 locally recorded videos and several hundred specially chosen (curated) videos. Over 10,000 virtual sessions were distributed from April 2020 to April 2022. "Thanks so much! We're both enjoying the videos, and the exercises are helping him stay mobile. We're watching and using it every day. Keep them coming!"

Strengthening and Expanding Community Connections We shared virtual session collections with Tim's Place, an older adult activity program in Sequim, that their participants might use at home. A local

connection. "This is so needed because it's personal, simple, and can lead to so much more. One of the beauties of this, a home caregiver can set up the time and space for their loved one and repeat as wished without even being in the room."

As a member of the Brookdale National Group Respite Program network, sessions were distributed to over 100 select programs throughout the country. Due to our ongoing efforts to engage older adults the foundation provided additional financial support. A national connection. "We are grateful to you for your tireless efforts to support families in their home during these times. Thank you also for your kind willingness to share your ideas, strategies and creative efforts and resources."

Sessions were posted on Facebook to reach caregivers, community members, facilities and other health providers to benefit elders and expand connections locally, regionally and nationally. "I love referring people to this fabulous program." When local nursing facilities suspended visitation due to outbreaks, we offered our virtual program through the Clallam County health department. "Bless you for all you are doing to help the community! Thanks so much for your hard work keeping us together."

Another important aspect of our program is healthy nutrition and sharing a meal prepared at OlyCAP's senior nutrition program. Encore! staff delivered meals and kept

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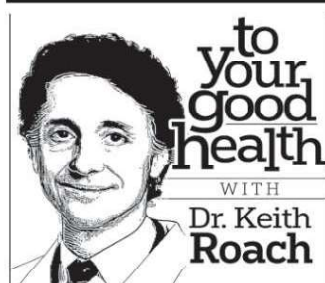
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## CAUSE OF CHRONIC COUGH HAS DOCTORS STUMPED

Despite an extensive evaluation for cough, it is not that uncommon that people are left with no explanation but with a persistent cough. There are other, less-common treatments at this point, some of which your doctors might not have tried.

The first is the medication gabapentin (Neurontin). This is used for a condition called laryngeal neuropathy, and I have had a few spectacular cases where the cough disappears entirely. People have written saying that their doctor prescribed the medication for them after reading it in the column and they also had relief, even after decades of persistent coughing, so I think this condition may be more common than I have ever thought.

A second has been a cough suppressant. I am very cautious about using opiate drugs, and it is certainly not appropriate for some people, but cautious use of tramadol in selected patients has been successful in reducing, but not eliminating, cough.

Just yesterday in the clinic, one of the residents I supervise had a patient with chronic cough who had dramatic improvement through the use of speech therapy. Looking it

I think I will be making more referrals to my speech and language pathology colleagues, and suggest you speak with your doctors about some of these options.

DEAR DR. ROACH: I am a postmenopausal woman with osteoporosis. My physician has just prescribed Calcitonin Salmon nasal spray. Is this treatment very effective rebuilding bone mass, and how long does a patient use the drug? Also, are there any serious dangers using this drug? -- M.L.

ANSWER: Calcitonin, usually derived from salmon, is not typically used long term for osteoporosis. Other drugs, such as those in the alendronate (Fosamax) class, are more effective. The Food and Drug Administration advisory panel has recommended its use be limited to less than six months due to concerns about possible increased cancer risks. It also can cause allergic-type reactions, including swelling of the lips and tongue. I seldom see it prescribed anymore outside of short-term use for pain relief in vertebral fractures due to osteoporosis.

Dr. Roach regrets that he is unable to

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the FRONT PAGE

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in touch by phone. "I miss you guys. Thank you for the new music and thank you for bringing the food to me."

Our adult day center made significant adjustments but continues to serve as an integral part of the many ways OlyCAP is connecting with and supporting our community. We offer a choice for older adults with social and cognitive needs who prefer to live at home with their families, especially at this time of Covid when the option of a facility is risky. As a non-profit day center we provide a low cost alternative. According to Genworth, the current average fee in our part of the state for in-home care is \$28 per hour, adult day centers \$13 per hour. Encore! is \$8 per hour. Additionally, COPES Medicaid and Family Caregiver Support Program (Respite) waivers are accepted. Sessions are planned for Tuesday, Wednesday and Friday 9a - 2p, and Thursday 10a - 2p for Arts & Minds brain fitness, a prevention and support group for anyone concerned with early memory loss. Donations are welcome and help to support participants



result of acid reflux, asthma or postnasal drip, although there are many more causes, including infection, which would be a concern given that you have a clear idea of when it started.

up today, I find trials showing significant improvement, if modest, with this approach, as well as several ongoing trials. Given the potential side effects of gabapentin and tramadol,

answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). (c) 2022 North America Synd., Inc. All Rights Reserved

with financial need.

For more information about our program for fully vaccinated older adults, contact us at 301 East Lopez Avenue, Port Angeles, WA 98362. 360-457-6801. [Jcouteur@olycap.org](mailto:Jcouteur@olycap.org) <https://www.olycap.org/>

## STAN SMITH'S TENNIS CLASS



### SHORT-ANGLED APPROACH

An advanced shot that I seldom recommend is the short approach. Instead of hitting your approach deep, you can aim the ball so that it lands short, well in front of the service line and traveling at an angle.



This shot works best against a baseline player who has poor foot speed. If you are hitting with a slow player, it is particularly tough for him to reach short balls if he's retreating behind the baseline. You'll often catch him off balance.



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SENIORS SUNSET TIMES JUNE 2022

## 'ANGELS' HELP FOSTER CARE PROGRAM

By John Kendal



Foster care programs provide a temporary service provided by states for children who cannot live with their families. Children in foster care may live with relatives or unrelated foster parents. Foster care can also refer to placement settings, such as group homes, residential care facilities, emergency shelters and supervised independent living. The programs are necessary and elicit few compliments.

Mon-Thurs 5:30 to 4  
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**Feelin'**



Michael D'Alessandro photo by April Thompson

An area nonprofit complements the foster care program.

"We're not part of the Washington Department of Children, Youth and Families but work closely with them to ensure a good outcome for the children," said Michael

nonprofit providing support for foster children. "Morgan saw a real need for expansion of foster care services. 'How can we do more for these kids?' she wondered." Morgan discovered the National Angels organization, based in Austin, Texas. It provides support via non-profit chapters, backed by volunteers. Morgan Hanna is on the chapter's board of directors; husband Ian is board president.

Two programs drive the National Angels mission: Love Boxes and Dare to Dream.

"The Love Boxes themselves are kind of a vehicle that gets us in the door. Love Box groups are volunteers who spend time building relationships with adult caregivers and their kids who play games and deliver personal 'care packages' of items they need, sometimes

care until age 21. Here's where our volunteers help those aged 11 to 22 meet the challenges of this transition. Volunteers -- they're really mentors -- help them get a driver's license, graduate from high school and maybe apply to colleges. When children 'age out,' they can apply for direct funding from the state, and mentors can help with that too.

"Our chapter is different from the other 20 because we are the only rural chapter." There are chapters in Seattle and Spokane.

There are two case workers serving Jefferson County, and a new case manager to serve Port Angeles/Sequim. "The new case manager will start serving two families through the Love Box program and increase to six by year's end. We're keeping his case load light so he can