



Top Tips to Help Relieve Anxiety in Seniors



Aging is accompanied by a set of common changes. Shifts in eating and sleeping habits, memory, and disinterest in activities are oftentimes attributed to the natural process of growing

older. However, these very changes can sometimes be indicative of an often overlooked and untreated condition in older adults: [anxiety](#). It's important for family members to educate themselves on the other signs of anxiety and how to relieve anxiety in seniors.

What Other Signs Could Point to Anxiety in Older Adults?

Along with the red flags noted above, an older adult with anxiety may experience:

- The need for repetition in certain activities, such as handwashing
- Nausea
- Nightmares
- Excessive sweating
- Trembling
- Extreme overreactions
- Obsessive thinking
- A racing heart

What Can Cause Anxiety in Older Adults?

There are a number of factors that can contribute to anxiety in older adults, including:

- Problems with mobility
- Feeling as if they have lost their freedom

- Trauma from their past
- Loss of a loved one
- Side effects from medications
- A chronic health condition

What Are the Most Common Types of Anxiety?

In many instances, a doctor will diagnose an individual with generalized anxiety disorder, which covers an array of types of anxiety. In addition, there are three specific types of anxiety that could be diagnosed:

- **Obsessive-compulsive disorder:** Also known as OCD, this condition causes the individual to go through specific rituals, often repeatedly, to manage unwanted thoughts or compulsions. These behaviors, such as washing hands over and over again or checking to make sure the door is locked multiple times, provide a feeling of control in an otherwise uncontrollable situation.
- **Phobias:** Phobias are fears of a very specific situation or object. The person may, for example, feel particularly fearful of dental or doctor visits, spiders, being alone, thunderstorms, the dark, etc.
- **Social anxiety disorder:** Social anxiety disorder occurs when the individual experiences extreme nervousness or self-consciousness in social situations. This can be debilitating, leading the individual to avoid socializing altogether, something that is harmful for both their physical and emotional wellbeing.

How Can You Help Relieve Anxiety in Seniors?

The good news is there are effective treatment options available for individuals with anxiety, ranging from medications to counseling to lifestyle changes. To begin with, schedule an appointment with the doctor for a diagnosis and recommendations. Additionally, you can:

- Recommend avoiding caffeine, nicotine, alcohol, and other stimulants, all of which can increase anxiety.
- Talk with the individual regularly, allowing them to share their feelings and thoughts. Merely listening without judgment can help instill a feeling of calm and self-worth in your loved one.
- Encourage better sleeping habits if needed. A recent study conducted by the University of California, Berkeley, showed that insufficient sleep can elevate anxiety up to 30%.



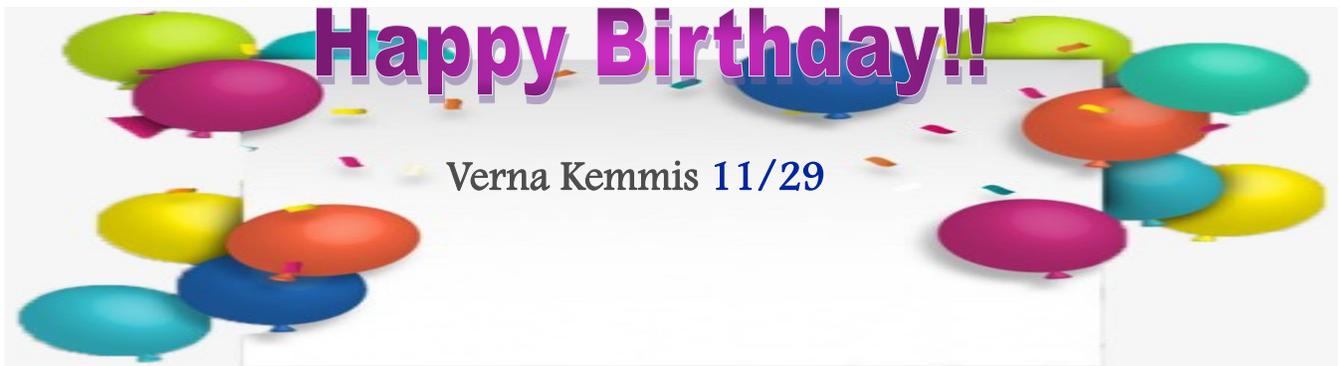
November Residents Right

Right to Raise Grievances

Present grievances without discriminations or retaliations, or the fear of it

Prompt efforts by The Lodge to resolve grievances and provide a written decision upon request

To file a complaint with the long-term ombudsman program or the state survey agency





In the Spotlight

Larry Gamache



Larry D. Gamache was born in Watford City, N.D. August 20, 1931. He went to Watford City, N.D. high school and graduated in 1949 with awards in band and earned a school letter in football. He was a valedictorian, lead editor of the school paper and class president for 4 years. Larry learned that he had a desire to know and learn more, he has an inquisitive mind. High school was only the beginning of a lifelong career to succeed and excel in every business opportunity.

He met his high school sweetheart Rose Marie McCarten and they were married at the Epiphany Church in Watford City, N.D. on September 15, 1951. They had 4 children: Debbie, Randall, Karen and Doug.

Larry enlisted in the United States Navy in 1950. He was an ATAL Rank Combat Air Crewman. He repaired the radar systems in aircrafts. He was sent to study at the Airman School (Class P) in 1951 and to further his training in Aviation Electronics Technician Electronics man (Class A) at the Naval Air Technical Training Center in Memphis, Tennessee. Was stationed on the USS Oriskany Aircraft Carrier (known as the Mighty-O) that was one of the U. S. Navy warships during the Korean war in 1950-1953. For her service in the conflict the Oriskany was awarded two battle stars! Larry received his Honorable Discharge from the United States Navy in 1954.

He went to college in Fargo, N.D. and earned his Electrical Engineering degree of Bachelor of Science. Larry graduated in 1958. Shortly after he moved his family to southern California to work for Shell Oil Company as a Process Engineer.

He was awarded honors from the American Institute of Electrical Engineers in New York in 1959. He completed an ISA Short Course on Gas Chromatography in Denver Colorado in 1965. At the University of California, he was certified in Leadership Principles and Practice in 1967.

He went to work for Beckman Instruments in 1968 as a process engineer and manager. He was awarded a certificate for the completed course in Seminar in Supervision. In 1969 he graduated from the Industrial Relations Center California Institute of Technology in Supervision of Engineers and Technical Personnel. He was prolific at creating many new designs including 34 patents! He is always thinking one step ahead. One of the issues that he solved was with the Apollo 12 at NASA. When it re-entered the atmosphere, it would get too hot, so he invented a system for cooling the exterior of the craft. He figured out that no matter how hot it gets there is water somewhere! He was on TV for his invention. Larry also invented a method for continuous, on-line stream analyzer for dissolved CO₂ in beer, wine and other soft drinks.

Larry was one of the leading scientists during the birth of Silicon Valley in California. Their goal was overcoming the limits of speed in electrons with integrated circuits. People's perception of speed was changed forever with

the invention of the microprocessors, nicknamed microchips. These integrated circuits found their way over the next four decades into practically every scientific instrument and consumer products that we use today! Being wireless, cellphones and internet users have instant access to information around the world!

When he went to work for Horiba Instruments in southern California, Larry was the executive vice president of design, engineering and manufacturing. He was the co-designer of the emissions control system for automobiles. When reducing emissions needed a solution to stop pollution, the EPA Federal Law kicked in during the clean air act in 1974 by Senator Musky. All major automobiles from around the world incorporated Larry's design: Mercedes, Jaguar, Lamborghini, Bentley, BMW, Ford, GMC, Honda, etc. Now all the automobiles are safe for our environment.

The Franklin Institute Science Museum in Philadelphia, Pennsylvania houses Larry's breakthrough inventions in their electronics exhibits.

Larry started a business with Arne Cliffgard named DeMars. They made and repaired transistors radios and invented a liquid level detector for automobiles and semi-trucks.

He began another company with his two sons, Gamache Construction, Inc. and together they built many unique and beautiful homes and apartment buildings.

Larry moved to Grants Pass, Oregon to go to work for Met One and made particle counters.

Soon he moved to Lakeland, Florida and made a breakthrough in fiber optics. He made some of the largest fiber optics signs, the largest one is in the Caesars Palace in Las Vegas, Nevada. It is 25 feet tall and 50 feet long.

Then Larry went to work for Rockwell International Manufacturing Company, one of the major American manufacturing conglomerates involved in aircraft, space industry, defense, commercial electronics, and automotive industry. He was a Purchasing Agent Construction Contract Administrator.

When he decided to retire the first time in 1980 Larry started a vineyard in Grants Pass, Oregon. He named it Rancho Vista Vineyards. He grew Sauvignon Blanc wine grapes for 20 years. He became the president of the Oregon Wine Growers Association. His grapes produced a unique flavor called "Late Harvest" with its highest sugar content it made the highest alcohol content. The wine produced from these grapes was awarded the Silver Medal Winner.

Then Larry and Rose decided to move back to their home grounds in Sidney, Montana in 2003. Then for Larry's second retirement he started a clock repair shop. He and his daughter Karen repaired clocks for 13 years.

His hobbies are repairing wooden furniture, re-caning old chairs, botanical gardening, flowers, play the mandolin, guitar, singing, billiards, sudoku, FreeCell solitaire and just visiting about his life and the many adventures he had.

One of Larry's greatest and most rewarding achievements in his 93 years is marrying his sweetheart, Rose, and together they raised a wonderful family. They love and enjoy spending time with all their children, grandchildren and great-grandchildren.



STAFF **Spotlight**
Marlin Alcazar
Admin Assistant

What do you like the most working at The Lodge

“What I enjoy most about working at The Lodge is the daily interactions with our residents. Getting to know them, listening to their stories, and helping with their needs is incredibly rewarding. It’s fulfilling to know that I can make a positive impact on their lives, and I’m grateful for the opportunity to create a welcoming and safe environment.

Every day brings new learning opportunities, whether it’s about caregiving or understanding the unique needs of each resident”

WORD SEARCH
THANKSGIVING
—DAY—

A P P L E S H W G R U A A U P Y
N H O L I D A Y E F B T A V P Y
P O E M U U E W D A L H D A T P
T I K R Q T O U F M E A N G U O
R P L X U L Z I M I S N N I R Q
A P Q G F P N J F L S K G Z K E
D L X Y R R A Z Y Y I F B Z E R
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T M M C W Y M X A L G L G V N I
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P O T A T O E S X B E N M P B E
J B W Z V D D I N N E R F I E S
V P L X T R G J Q S I S N E R T



THANKFUL	TURKEY	CORN	PUMPKIN	DINNER
NOVEMBER	POTATOES	PIE	HAT	CORNUCOPIA
FAMILY	HOLIDAY	MAYFLOWER	BLESSINGS	PILGRIMS
APPLES	TRADITION	HARVEST	FEAST	PARADE

NOVEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Self Directed ♦ Puzzle Tables ♦ Reading	Activities ♦ Walking Path ♦ Puzzle Books	 2:00 Methodist Church Pastor Stone 3:00 Coffee Time	 9:00 Chair Exercise 2:00 Bingo 3:00 Coffee Time	7 9:00 am Caramel Rolls 2:00 Church Service Pastor Mechan 3:00 Coffee Time	1 9:00 Chair Exercise 3:00 Coffee Time	2 2:00 Bingo 3:00 Coffee Time/ Specialty Drinks
3 2:00 Fingermails— Fireside	4 9:00 Chair Exercise 3:00 Coffee Time 6	5 2:00 Methodist Church Pastor Stone 3:00 Coffee Time	6 9:00 Chair Exercise 2:00 Bingo 3:00 Coffee Time	7 9:00 am Caramel Rolls 2:00 Church Service Pastor Mechan 3:00 Coffee Time	8 9:00 Chair Exercise 9:30 am Snacks & Chat W/Staff 3:00 Coffee Time	9 2:00 Bingo 3:00 Coffee Time/ Specialty Drinks 
10 2:00 pm Movie & Popcorn	11 9:00 Chair Exercise 3:00 Coffee Time 	12 9:00 Catholic Mass 2:00 Methodist Church Pastor Stone 3:00 Coffee Time	13 9:00 Chair Exercise 2:00 Bingo 3:00 Coffee Time 	14 9:00 am Caramel Rolls 2:00 Church Service Pastor Evans	15 3:00 Coffee Time 	16 2:00 Bingo 3:00 Coffee Time/ Specialty Drinks
17 2:00 Craft W/Sam 3:00 Coffee Time	18 3:00 Coffee Time	19 2:00 Wisdom & Coffee Hour W/Sister Rita 3:00 Coffee Time 	20 9:00 Chair Exercise 2:00 Bingo 3:00 Coffee Time	21 9:00 am Caramel Rolls 2:00 Church Service Pastor Mechan 3:00 Coffee Time 	22 3:00 Coffee Time	23 2:00 Bingo 3:00 Coffee Time/ Specialty Drinks
24 3:00 Coffee Time	25 3:00 Coffee Time 7:00 Gideon Group	26 2:00 Methodist Church Pastor Stone 3:00 Coffee Time	27 9:00 Chair Exercise 2:00 Bingo 3:00 Coffee Time	28 9:00 am Caramel Rolls 3:00 Coffee Time	29 Verna Kemmis 9:00 Chair Exercise 3:00 Coffee Time	30 2:00 Bingo 3:00 Coffee Time/ Specialty Drinks 



THE
LODGE

Managed by
SIDNEY HEALTH CENTER

1015 7th Ave SW - Sidney, MT 59270