



Working Towards Successful Aging

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LECOM Senior Living Center



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LECOM Health has introduced the next generation of skilled nursing care for older adults with the new LECOM Senior Living Center, bringing together exciting and innovative patient-centered healthcare. It is positioned on a health and wellness campus centrally located in Erie, Pennsylvania. The first floor houses an expanded Institute for Successful Aging, a geriatric outpatient center, a therapy gym, a restaurant, a pharmacy, and a full-service beauty salon and spa. Each neighborhood is specially designed with restaurant-style dining, space for activities of daily living and family lounge rooms. The facility features highly trained therapists who deliver flexible programming for short-term rehabilitation, including physical, occupational and speech therapy. A team of physicians is available 24 hours a day for all emergencies and seeks to provide a higher level of care not found in a typical skilled nursing facility. Medical, pharmacy, and dental students are involved in the Senior Living Center, benefiting patients from their knowledge and providing the right care at the right time. LECOM Senior Living Center was developed to be full of clinical services for every senior, making sure it is serving with the patient's health in mind and providing complete care of the mind, body and spirit.

Personal Statement

This summer experience has had a great impact on me. As someone who aspires to be a pediatrician upon graduation and who was placed in a nursing home during the summer (sort of the polar opposite of what I want to do for a career) I was pleasantly surprised at how much I enjoyed being at the SLC every day and interacting with geriatric patients. Before this experience, I was one who said they 'didn't like' older individuals or at least didn't like the idea of working with them, but this has completely changed my attitude on that. I learned through this experience how beneficial a well-functioning nursing home can be to older individuals in need and how much that can have a positive impact on their daily lives and mentality while going through treatment. I always had believed many of the negative stereotypes that come along with nursing homes, but after being at the Senior Living Center, I can say without hesitation that these are very much not true (at least for the SLC). I learned many things about treating the older population, and even just healthcare in general, throughout the summer and I am very grateful for the opportunity to be a part of the Bridging the Gaps program this summer.

BTG Focus Areas

Elder Health and Senior Quality of Life, Health Communication, Mental Health, Oral Health, Physical Activity and Fitness



Site Activities

Project Goals were obtained by creating an update resident binder for all 144 rooms, creating 2 PowerPoint presentations on oral health and mental health, obtaining dental supplies to hand out to the residents, contacting and setting up a date for therapy dogs, and adding regular pet therapy into the schedule.



Project Goals

- Make access to information easier for residents
- Teach residents about proper oral health practices
- Teach residents about depression and anxiety and how to alleviate those things
- Encourage residents to set time aside daily for mental and physical health
- Teach residents what resources are available to them at the SLC concerning mental health and oral health

Project Summary

The student intern assisted with and developed several projects while at the LECOM Senior Living Center. First the student intern designed a new resident guide handbook and replaced the old ones – this gave residents of the SLC updated information for any service they may need and allowed the student intern to get to know all of the residents and get an idea of what other projects would be most beneficial while the student intern was at the site. An oral health presentation was given primarily focusing on denture health but also covering regular brushing, flossing, and basic oral pathologies. Additionally, all residents were given a free toothbrush or denture brush, along with toothpaste or denture cleaning materials. A mental health awareness day was organized by the student intern including therapy dogs (via LECOM Paws for Patients) and a presentation focusing on depression, anxiety, and how to alleviate these things.



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