



The Lighthouse Beacon

A Newsletter from Lighthouse-Borger

Golden Plains Community Hospital - Borger, TX

June, 2020

Lighthouse Borger

Located at
Golden Plains
Community
Hospital in
Borger, TX
is an Intensive
Outpatient
Program for
Older Adults,
ages 55 and up
with Medicare.

It meets
Tuesdays,
Wednesdays, and

Thursdays at
The Borger
Hospital from
10:00am until
3:00pm.

A hot lunch is
served and
transportation is
available.

806-467-5760
806-467-5860

For more information

What is Geriatric Psychiatry?

Fastest growing field of psychiatry:

Branch of medicine concerned with the prevention, diagnosis, and treatment of the physical and psychological disorders in the elderly and with the promotion of longevity.

Managing elderly patients requires “special” knowledge:

- Possible differences in mental health presentations.
- Frequent co-existing and complicating chronic medical diseases in addition to mental health problems.
- Deals with multiple medications which can include drug interactions, poly-pharmacy, and management of side effects.
- Specializes in aging specific issues such as grief, adjustment to getting older, dealing with pain and multiple medical problems, loneliness, fear, loss of independence and other concerns that come with aging.

DID YOU KNOW?

**Only 3.6 %
of older
adults over
the age of 65
live in nurs-
ing homes.**

**Older adults
aged 85 and
up are the
fastest grow-
ing age group
in the country.**

More than
half of all
senior adults
are active
on social
media.

Personal Empowerment

**Become Stronger, More Confident, and Gain Control
Over Your Life
What does it mean?**

Control of my life.

Confidence and Strength

Self Determination

To stay positive

To represent my values.

To be heard.

- Looking at yourself and becoming more aware of who you are and what you need and want.
- Involves developing the confidence and strength to set realistic goals and fulfill your potential.
- Value your own intelligence, strengths, and weaknesses. Knowing your own limitations is key to personal empowerment.

**It's never too late
to be what
you might have been.**

- George Eliot



Bucket list(s)

A number of experiences or achievements that a person hopes to have or accomplish during their lifetime.



How to Make Your Bucket List

- Choose goals that are meaningful to you.
- Choose inspiring places.
- It doesn't have to be a big thing. Just something that you want to do.
- Don't worry about what other people think.
- Write it down.
- Include a combination of large and small goals.
- Make sure there are goals in your list that don't cost a lot of money.
- Write down goals that will give you joy.
- Remove items that are completely unrealistic.
- Break down items by time periods (age, seasons, decades).
- Identify public and private items. You don't have to share them.
- Prioritize 3 items.

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Remember These!

1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY	CHARLIES ANGELS	HAPPY DAYS	ROCKFORD FILES
BARNEY MILLER	EMERGENCY	HOGANS HEROES	THE JEFFERSONS
BIONIC WOMAN	FANTASY ISLAND	LAND OF THE LOST	THE ODD COUPLE
BONANZA	GOOD TIMES	NIGHT GALLERY	THE WALTONS
BRADY BUNCH	GUNSMOKE	POLICE WOMAN	THREES COMPANY