Unique Program for Seniors Celebrates 5th Anniversary

Program helps seniors with life’s challenges.

PERRYTON, Texas (Oct. 1, 2015) – Ochiltree General Hospital is celebrating the 5th anniversary of an important program that shapes paths for seniors in Perryton. Since 2010, the CrossRoads program has been helping the seniors of our community with opportunities to explore, address, and find healthy ways to cope with life’s changes.

“When we first launched CrossRoads, it was because we identified a growing need for seniors to have somewhere to go to help them with the unique challenges they often face at their point in their lives,” explains Marcia Nelson, a licensed social worker and director of the CrossRoads program. “Through CrossRoads, we’ve been able to transform lives, make connections, and improve the quality of life for so many. It’s really become a privilege for all of us at the hospital.”

The CrossRoads program was designed with seniors in mind, offering individual, family and group therapy and counseling services that provide opportunities for people to explore, address, and find new ways to cope with life’s challenges and changes.

Included with mental health care services at the OGH, CrossRoads offers therapeutic activities that are designed to increase social learning, cognitive thinking, and physical mobility and support memory recall. Diet-specific meals and healthy snacks are also available.

Individuals often face barriers in life, leading to adjustment issues, difficulty coping, loneliness, sadness, depression, and anxiety – among other feelings. Licensed professionals and mental health care providers at OGH help patients by assessing their needs and creating recommendations with primary care physicians and psychiatrists.

“No matter how large or small the issue, our patients are often surprised to realize how talking with a professional or in a group can make a huge difference,” Nelson adds. “Some patients see us for a short time, while others attend regularly. No two cases are the same as we create individualized care plans based on the needs of each person.”

Over the past five years, Nelson says that CrossRoads has become a crucial component to the behavioral health services the hospital provides. Individuals at The Seasons Assisted Living Community in Perryton, and others throughout the county, have come to not only rely on the program, but encourage their friends and loved ones to participate.

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“Word-of-mouth has really driven us forward,” Nelson says. “It’s truly a testament to the difference we make in the lives of our patients.”

If you or someone you know is experiencing the symptoms mentioned above, it is recommended that you seek professional assistance. CrossRoads accepts self-referrals and offers free evaluations.

Ongoing services are generally covered by Medicare and most private insurances. For more information, about the CrossRoads Behavioral Health program for senior, please call 806-648-7158.

About Ochiltree General Hospital
Ochiltree General Hospital provides healthcare for residents of Ochiltree County. Founded in 1967, Ochiltree General Hospital is a 25-bed healthcare facility that offers a wealth of medical services including: 24 hour emergency care, advanced radiology services including CT scanning and MRIs, outpatient lab, surgical services, physical rehabilitation, assisted living, CrossRoads, home health and hospice services, and more. For additional information, please visit www.ochiltreehospital.com.

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