

# Living 50+ PLUS

— magazine —

DECEMBER 2022

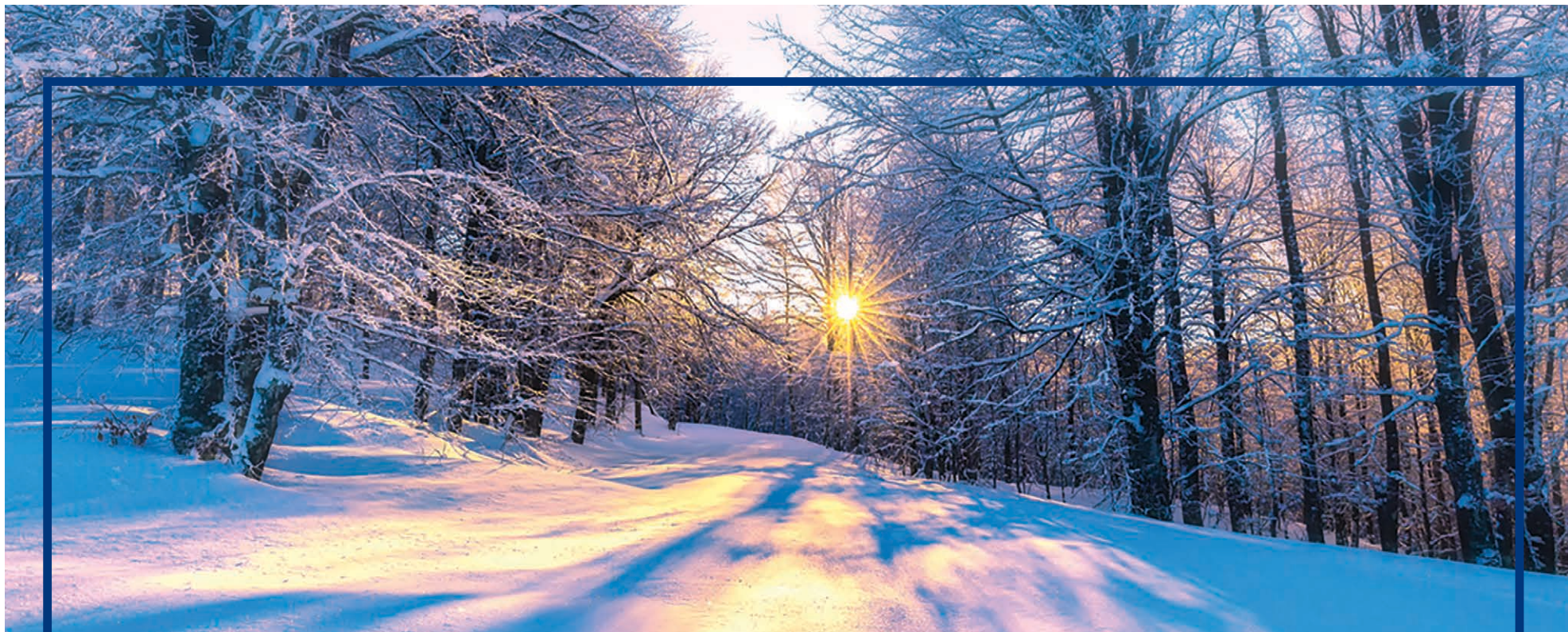
VOL: 01 ISSUE: 04



**- INSIDE ACTIVE SENIOR LIVING -**

Products and services for senior citizens to live life to the fullest!





## c o n t e n t

**03** Tips to stay warm

**05** Southern Airways

**07** Meet at the Bark Park

**08** Winter activities for seniors

**10** Delving into Dementia

**11** Physical benefits of crafting

### WACKY WINTER PUNS

- ▶ Why is winter the least popular time of year for a wedding?  
Because the grooms always get cold feet!
- ▶ What do you get when someone stares coldly at you?  
Glare ice!
- ▶ What did the snow plow guy say when his equipment broke down?  
What is Spider Snowman's secret identity?  
Peter Parka!
- ▶ What does Frosty the Snowman do to combat his worries about melting?
- ▶ How does Frosty pay for his chill pills?  
With his slush fund!
- ▶ What do you call a whirlwind winter romance?  
Love at frost sight!
- ▶ What kind of soup can you make with cool beans?  
Chilly!
- ▶ What do you call a dollar bill frozen in ice?  
Cold, hard cash!
- ▶ How do you defend yourself against zombie snowmen?  
With a thawed off shotgun!
- ▶ What happened when Superman faced Mr. Freeze?  
He froze his "S" off!
- ▶ Why can't you depend on snowmen to hang around for long?  
They're too flaky!
- ▶ What do you call a \$1 ticket to the ice rink?  
A cheap skate!
- ▶ Did you hear about the ski trip?  
Started great, but it was all downhill from there!
- ▶ What do you call a hotdogging snowman?  
A snowboat!

Living  
**50+** PLUS  
— magazine —

The Living 50 Plus is published quarterly.  
© Phillips Media Group 2022. All Rights Reserved

The publisher reserves the right to edit, classify, or reject any advertising copy. The Living 50 Plus assumes no financial responsibility for typographical errors in advertising or for omission on any advertisement further than the amount received for payment of such advertising in which the error occurred. Advertisers should check their advertising for accuracy when ad appears. The Living 50 Plus is not responsible for errors after the first insertion. One copy FREE per reader. Additional copies available only upon request. Payment by check authorizes The Living 50 Plus to electronically collect returned checks, plus \$25 service charge. No Cash/Credit Card Refunds! Copyright 2022. All rights reserved.



# Tips for seniors on how to stay safe & warm in the winter

In addition to feeling chilled every morning when climbing out of bed during the winter months, there is also the heightened risk those of us with a little bit of snow on the roof run of getting sick. We have found out that we tend to lose body heat much more quickly than we did twenty years ago. Admittedly we may not be as active as we once were. If we do not pay attention to how our bodies are handling the cold, getting a chill can lead to some serious consequences like pneumonia or even hypothermia.

## ☞ “Hypo” What?

Hypothermia occurs when you get so chilled that your body temperature drops to dangerous levels. A body temperature of 95 degrees or lower may cause serious health concerns like heart attacks, internal organ damage, or worse. Some of the warning signs and symptoms that you may be facing the onset of hypothermia are:

- Shivering
- Exhaustion or feeling very tired
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

Getting chilled can happen when you are outside in the cold or even sit-

ting in a cold house and not covering up to preserve your body heat. Try to limit your exposure to the frigid weather and pay attention to how cold your surroundings are. Most importantly, keep your core temperature warm.

## ☞ Getting to the “Core” of Keeping Warm

Keeping warm inside is easily accomplished by staying in a warm apartment. Pay attention to the temperature inside your apartment and make sure you dress warmly enough when the mercury in the outside thermometer plummets. Sweaters, vests, and comforters are your friends in fighting off the cold. If you keep your thermostat in the mid-sixties, your apartment still may not be warm enough to keep you warm. However, setting the thermostat at 70 and warming the full apartment may not be an economical solution if you are paying for heat. There are many small quartz room heaters now available on the market. Do your research and find one which you can have placed in the room you are using most often to relax. Remember, a body at rest does not generate heat.

## Here are some additional tips for keeping warm:

To save on heating bills, set individual thermostats to lower settings and close off the rooms you are not using. Keep the basement door closed.

*stay warm cont. pg 4*



**Delta Medical**  
“Making Life a Bit Easier”

[www.ARdeltamedical.com](http://www.ARdeltamedical.com)  
[contactus@ARdeltamedical.com](mailto:contactus@ARdeltamedical.com)

▲ CPAP, BiPAP, & Supplies

▲ Bracing

▲ Home Oxygen

▲ Hospital Beds

▲ Walking Aids

▲ Bathroom Safety

▲ Power & Manual Wheelchairs

**ASSISTIVE TECHNOLOGY**

- Manual Wheelchairs
- Scooters & Power Wheelchairs
- Group 3 Power Wheelchairs
- Semi-Electric Hospital Beds
- Wound Care Vacs & Supplies
- Hoyer Lifts
- CPMs
- Lift Chairs
- TENS Units
- Breast Pumps
- Catheters

**RESPIRATORY**

- Home Oxygen Therapy
- Trilogy & Vivo
- CPAP & BiPAP Units and Supplies
- Portable Oxygen Concentrators
- Nebulizers and Supplies
- Nebulizer Medication
- Pediatric Nebulizers
- High Frequency Chest Wall Oscillation System

**WALKING AIDS**

- Boot Walkers
- Knee Scooters
- Quad and Straight Canes
- Walkers (rolling and standard)
- Post-Op Shoes
- Shoe Inserts
- Compression Hose
- Pediatric Supplies
- Rollators
- Crutches

**ORTHOTICS**

- Knee Rehabilitation Bracing
- Contracture Management
- Ankle & Foot Orthotics
- Back Bracing
- Wrist Bracing & Splints
- Lower Extremity Bracing

**BATHROOM SAFETY**

- Bedside Commodes
- Shower Chairs
- Transfer Tub Benches
- Incontinence Supplies
- Safety Rails
- Grab Bars

**INFUSION PHARMACY**

- TPN
- IV Antibiotics
- Hydration
- Chemotherapy
- Intronic Therapy
- Nutrition
- IV Pain Management
- Enteral Feeding
- IVIG Therapy
- IV Steroids
- Nebulizer Medication

Emergency On Call 24/7

facebook.com/ARdeltamedical

ROGERS HARRISON MOUNTAIN HOME CHEROKEE VILLAGE JONESBORO BATESVILLE NEWPORT WEST MEMPHIS FAYETTEVILLE FORT SMITH HOT SPRINGS

**Southern Meadows**

**BEST OF SENIOR LIVING**  
aPlaceforMom.  
2022

- Southern Meadows provides safety, security, and joy to seniors 55+
- Award-winning assisted living Mountain Home, AR
- Our community offers tailored services, on-site amenities and recreational programming designed to meet senior needs.
- Looking for a short-term/respite care solution? Ask about our temporary stay program providing fully furnished apartments and access to all community services and amenities.

**NEW OPERATOR NEW PRICES, SAME GREAT SERVICES AND STAFF!**

715 West 6th Street, Mountain Home, AR 72653

**870-425-6868**

[www.sonidaseniorliving.com](http://www.sonidaseniorliving.com)

facebook.com/sonidaseniorliving

Air leaks and drafts are a major waste of energy in apartments causing your electric bill to soar during the winter months. The biggest source of heat loss in an apartment is often through windows. Keep your blinds and curtains closed, and if possible, invest in heavy drapes. If there are gaps around the windows, try using weather stripping or shrinking window plastic to keep the cold air out. Closed curtains create air gaps in front of windows, reducing heat loss from inside the building. Place a rolled towel in front of all exterior doors to stop drafts.

Many apartments have ceiling fans that can be reversed to redirect air-flow in the winter and summer. Setting your ceiling fan to pull the cold air upwards will force the warm air which has collected near the ceiling to circulate throughout the apartment. This will improve the efficiency of your heat registers and improve the feeling of warmth in your unit. Leaving the warm air trapped near the ceiling prevents you from feeling the full heating effect of your apartment's furnace or registers.

Another overlooked source of heat loss is your air conditioner. Window mounted AC units should be removed in the fall and reinstalled late spring. If your AC unit is wall-mounted, cover them. Check with your maintenance team or Property Manager to see if there are exterior and interior covers available for your apartment. While you are at it, check to ensure there is no gap in your wall-mounted AC box, causing heat loss in winter and heat gain in summer. An unused air conditioner left exposed allows plenty of cold air to flow through the AC unit and into your apartment.

Dress for the weather - even if you are staying in the house. Blankets and comforters, socks and slippers, and long underwear under your PJs at night will make your indoor time more bearable. If you are forced to go

out into that winter wonderland, wear warm clothes, and don't stay out in the cold and wind longer than you must.

Food is fuel when Jack Frost comes calling. Eat well to keep up your weight and calorie count. Yes, body fat really does help you stay warmer. If you drink, drink in moderation since alcohol can make you lose body heat. Remember, some medicines can affect body heat. These include prescriptions and over-the-counter medicines.

Don't be embarrassed to ask family or friends to check on you during cold weather and after heavy snow events. If a blizzard causes a power outage that leaves you without heat, make plans to stay with friends or family.

#### Is There Assistance Available for My Heating Bills?

If you are having a hard time paying your heating bills, the WE Energies Winter Protection Plan (WPP) protects seniors and low-income customers from service disconnection and high energy bill payments during the winter months (Nov. 1 to March 31).

You qualify for the plan if you meet one of the following requirements:

- Are age 65 or older
- Receive Department of Health and Human Services cash or food assistance, or Medicaid
- Have a household income at or below 150 percent of federal poverty level guidelines
- Eligible seniors participating in WPP are not required to make specific payments during the heating season.

At the end of the protection period, both low-income and seniors must pay off any money owed in installments between April and November. For more information or to apply, call: (800)-242-9137.



*Sullivan*  
— MAIN STREET —  
**PHARMACY**

- Addie Bundy, P.D.
- Heather Reddell, P.D.
- Malorey Sherrell, P.D.

731 North Main, Suite B • Harrison, AR 72601

**QUESTIONS?**  
**Call 870-741-2119**

644602

Advanced Orthopaedic Specialists

*Welcomes*

**Stephen Heim, M.D.**

**PROVIDERS SPECIALIZING IN:**

- Back/Neck Pain • Orthopaedic Needs For Knee, Hip, Shoulder, Foot & Ankle, Elbow, Wrist & Hand, Osteoporosis

**APPOINTMENTS MONDAY – FRIDAY**



**ADVANCED  
ORTHOPAEDIC  
SPECIALISTS**

707 North Main Street  
Harrison, AR 72601

**870-741-7443**

644602



# Southern Airways Express continues expansion

By DONNA BRAYMER  
donnab@harrisondaily.com

When Stan Little, CEO of Southern Airways, was in town last month, he gave a presentation about the history and current expansion of the commuter airline that has serviced Harrison for the past six years. The airline will more than likely be approved to continue that service another four years, if approved by the FAA, and also has a built-in pipeline of pilots that allows for continued growth within the company.

Little said, "The first Southern Airways flight departed from Memphis, Tennessee, in June 2013. At that time, the company owned two planes and employed three pilots. Now, just 10 years later, we've become the largest commuter airline in the United States, operating 240 departing flights daily across six time zones."

"We have 17 EAS cities around the country and we have 37 non-EAS, and Harrison is number one as far as load factor," he continued. "I've told a lot of people around the country they need to be like Harrison."

"Southern has grown to 54 airplanes, 55 cities, 710 employees world-wide in six US time zones," Little explained. "Most people



CONTRIBUTED PHOTO/JUDY MCCUTCHEON

Passengers can leave the Boone County Regional Airport and fly anywhere in the world with the connection to Dallas, Texas or Memphis, Tennessee.

don't realize there are six US time zones, but we opened a hub in Guam and Saipan about three months ago. Guam and Saipan are 19 hours ahead of Honolulu and 14 hours ahead of where we sit

*Southern Airways cont. pg 6*



## cedarhurst

SENIOR LIVING

**STORIES, STRENGTH,**  
**CONNECTEDNESS,** *hope & laughter.*

Friends enrich life. And assisted living, and memory care at a Cedarhurst senior living community help make you or your loved one rich with friends.

**AND NOW, THE FRIENDSHIP BEGINS.**  
**CALL (417) 815-3821 TO SCHEDULE YOUR TOUR**  
**WEST PLAINS • 1521 U.S. Hwy 63 • CEDARHURSTWESTPLAINS.COM**

**THE CEDARHURST PROMISE™** We promise. If you're not satisfied and decide to move out within your first 60 days, we'll completely refund your rent.\*



\*Cedarhurst Promise™ program is only available at advertised community. Not applicable for respite or other short-term stays. Refund is available only if move out is a result of dissatisfaction with Cedarhurst community as documented throughout stay. Complete rent refund includes base rent only. Additional terms and conditions may apply. Please see Resident Agreement for additional details. Void where prohibited.



64.3575Z



*Southern Airways cont. from pg 5*

now. It's a 46-hour flight from the east coast of the US, and you have to stay in a hotel two nights to get there. It's a long, long way but we've had good success out there, so far."

With Southern's EAS markets receiving near-perfect completion rates in 2019, the opportunity to acquire Mokulele Airlines presented itself. Mokulele has operated in Hawaii since 1994 and was similar in size and operations to Southern.

"With this acquisition, Southern became one of the largest and most-respected commuter airlines in the country," Little said. "After the acquisition of Mokulele, the Palm Beach-based Southern Airways continues to expand into the northeast offering daily routes from the island of Nantucket to three communities in New England. Other major cities in the north east include Pittsburgh, Pennsylvania, and Washington, D.C."

"Our biggest competitor in Hawaii just became our biggest ally," Little continued. "About three weeks ago, we launched the partnership with Hawaiian Airlines, which adds to our partnerships with American, United and Alaska Airlines."

Little also said later that day, they were announcing customers could earn airline miles with Alaska Airlines for any flight a person flies on Southern. "I'm hoping this will lead to American Advantage miles and United miles giving us the same thing when a customer leaves Harrison and flies to Dallas or Memphis."

Little is very proud of the fact that Southern has a bilateral agreement with American, United and Alaska. "Every other commuter airline that is a competitor, you have to book the flights separately, but you can go to Southern and see the American flights you can connect to from Dallas or Memphis to connect to United," Little explained. "It shows all the possibilities with the lowest price there. It also means we are issuing those American and United tickets on our Southern ticket stock. This is also a big deal because if you get on a plane here in Harrison and get to Dallas and American has canceled that flight, you can go to the Southern counter and we can re-book that flight for you, even though it's American that may have messed up. We control the process when it's a bilateral ticket."

"Southern has also solidified its footprint in Southern California, expanding into the Rocky Mountains and is now the ticketing and call center platform for a seaplane operation conducting flights from Manhattan, the Hamptons and Boston Harbor."

Southern is the only commuter airline servicing five of the busiest US airports. Passengers can also book tickets on the iflysouthern.com website and make seamless connections to American, United and Alaska Airlines.

The iflysouthern.com website has a map showing all the cities they currently service. Follow the Boone County Regional Airport Facebook page for more information about the airport.



*Join our Team*

**Volunteer today!**

**NORTH ARKANSAS  
REGIONAL  
MEDICAL CENTER**

**HAVE FUN WHILE GIVING BACK**

**870-414-4621**



# Meet us at the Bark Park!

By TERRI IVIE SMITH  
terris@harrisondaily.com

A dog owner is never truly alone. Those with a four-legged friend at home know that a suggestion for a walk or a game of fetch is always met with maximum enthusiasm! A dog is usually just happy to be at your side, no matter what you are doing.

There is another way that your pet helps eliminate loneliness and boredom without even trying.

Dogs draw other people to the owner, and serve as an excellent ice breaker for conversation.

During the lockdown brought on by the pandemic in 2020, social activities and human interaction were practically non-existent. People broke the monotony and took to the outdoor parks and walking trails. Of course, what dog owner can go for a walk without taking Fido along?

The Kiwanis Dog Park, otherwise known as the Bark Park, turned out to be the perfect place for both man and beast to get out of the house. For a group of Harrison residents and their pups, the Bark Park served as a place to make new friends. John Prichard, Mary Jehnke, Warren and Diane Mickelson, Cindy Dillinger and Debbie Martin still meet regularly with each other, along with their canine companions, at the Bark Park. The humans and the dogs enjoy the company a great deal. The pups greet each other like buddies and get right down to playing upon arrival.



TERRI IVIE SMITH/Staff

The Bark Park Buddies (from left) John Prichard with Little Guy, Mary Jehnke with Olivia, Debbie Martin with Maddie, Cindy Dillinger with Stevie and Pebbles and Warren and Diane Mickelson with Cody enjoy a sunny afternoon at the Kiwanis Dog Park.

**BOSTON MOUNTAIN**  
RURAL HEALTH CENTER, INC.

HARRISON - 870-741-6373 • MOUNTAIN HOME - 870-701-0238



**BOSTON MOUNTAIN RURAL HEALTH CENTER ACCEPTS MOST INSURANCE TYPES.**

**DO YOU HAVE MEDICARE, MEDICAID, PRIVATE INSURANCE, OR NO INSURANCE AT ALL? WE CAN HELP?**

Boston Mountain Rural Health Center accepts all types of Medicare, Medicaid, and private insurance, including but not limited to:

- Aetna
- Allwell
- Ambetter
- Arkansas Blue Cross and Blue Shield
- Arkansas Medicaid

- Arkansas Total Care - Passe plan
- Cigna
- Coresource
- Empower Passe
- Humana

- Humana Military
- Medicare-Traditional
- Qualchoice
- United Healthcare
- Summit --Passe plan
- Wellcare

We also offer a sliding fee scale program to qualifying patients for medical services. Depending upon qualifications participants could pay as little as \$10.00 per medical visit.

**WE ARE YOUR SPORTS INJURY SPECIALISTS!**

**ARKANSAS ORTHOPEDICS & SPORTS MEDICINE, P.A.**

**Dr. Justin Cutler & Dr. Tarik Sidani**

- ACL Reconstruction
- Shoulder and Knee Arthroscopy
- Total Joint Replacements
- Injections • Fracture Care



**CALL US AT OUR HARRISON LOCATON TO MAKE AN APPOINTMENT 870-741-8289**

Visit our New Interactive Website at:  
**WWW.ARKORTHOANDSPORTS.COM**



# 7 Winter Activities for Seniors in Assisted Living Communities

Winter months can be a dreary and boring season for anyone, especially seniors. Shorter days and poor weather conditions make it hard for seniors in assisted living communities to get out and stay active.

Fortunately, there are plenty of winter activities for seniors in assisted living communities to keep them busy, healthy, and in high spirits. Let's look at a few of the ways seniors can still enjoy an active lifestyle, even when winter weather won't cooperate!

## ❖ 1. MUSIC TO THEIR EARS

Music is the perfect way to brighten spirits, despite the dreary weather conditions in the winter. Whether your loved one is enjoying a choir performance, a music class, or even a televised concert hour, music is the perfect activity that doesn't require going outside. Many assisted living communities offer regular musical classes or performance, so encourage your loved one to catch the latest music-themed entertainment provided at their community.

And, the benefits of music go beyond improving spirits, too. Studies have shown that music has the power to increase mobility, coordination, and overall cognitive abilities. In fact, many senior communities offer music therapy as a way to maintain and improve seniors' memories. Concerts and classes are a great way for seniors to socialize with each other, too. They will get to know each other better, while reaping all the personal gains music brings.



## ❖ 2. TAKE A TRIP TO THE SALON

Few activities for seniors in assisted living communities can improve spirits and self esteem like taking a trip to the salon! Getting dolled up for the day is the perfect winter activity. Fortunately, most senior living communities have their own salon conveniently located on-site for residents.

A day of pampering is just steps away! Plus, many senior living communities offer group trips to salons or spas, so your loved one doesn't need to worry about driving or braving the cold on their own.

For women, a haircut, manicure, pedicure, or facial will do wonders for their self esteem. And the men can enjoy a trip, too! Scheduling a haircut or a shave is a great reason to get out and about. Plus, when your loved one looks nice, they're sure to feel great about themselves!

## ❖ 3. IT'S ALL FUN AND GAMES

Playing a game is one of the best activities for seniors in assisted living communities any time of year, not just winter! Games like puzzles, dominoes, cards, and more are the ideal activities for those cold winter days when seniors are cooped up indoors.

Many senior communities have scheduled game nights, which offer seniors an opportunity to have some fun and socialize. Big group games like Bingo or Scrabble tournaments give seniors a chance get to know other communi-

*Activities cont. pg 9*



## The Aging Experts

We serve clients in Baxter, Benton, Boone, Carroll, Madison, Marion, Newton, Searcy and Washington counties.

**870-741-1144 or 800-432-9721**  
**www.aaanwar.org**

## Area Agency on Aging of Northwest Arkansas

A non-profit agency dedicated to improving the lifestyle of people 60 years of age and older in Northwest Arkansas.

644954z

# SHELTER STRONG

Our Shield is Here for You.

**Joan Bell**  
126 Industrial Park Rd., Ste. C  
Harrison, AR 72601  
870-741-7171  
JoanBell@ShelterInsurance.com



**We're your Shield. We're your Shelter.**



644612z



*Activities cont. from pg 8*

ty members and help new members build connections with their neighbors. Wii games are also very popular in senior living and encourage residents to move around while interacting with others and having a great time. Check out this article about Middlewoods' residents competing against dozens of other local seniors at an annual Wii tournament. (We even took home some awards!)

Games can have cognitive benefits, too. Jeopardy is a great example. Whether seniors are watching Jeopardy on television each day and playing along, or playing an at-home version of the game, recalling facts helps improve memory.

#### ✦ 4. LET'S DO LUNCH

Lunch outings, like shopping trips, are ideal winter activities for seniors in assisted living communities. They can take a group trip to have lunch and catch up with their friends, while still avoiding the cold. Encourage your loved one in a senior community to plan lunch outing with their friends and visit their favorite spot or even try new types of cuisine. Are you skeptical because your loved one can't drive any longer? Don't worry! Assisted living communities offer transportation services for local errands, shopping trips and doctors appointments. There are also out-trips scheduled for all residents to get out of the community and go to movies, restaurants, museums, and casinos on a regular basis.

Going to lunch is a great opportunity for you or your family to connect with a loved one in a senior living community, too. Whether it's a regular weekly trip or a surprise lunch outing, you can spend some quality time with your loved one



and enjoy a delicious meal together.

#### ✦ 5. CREATIVE CRAFTS AND PROJECTS

Crafts and projects keep hands and minds busy! So, doing a craft is one of the best cold weather activities for seniors in assisted living communities. Crafts can range from beginner level to expert level, providing a challenge for any senior.

There are so many fun winter craft ideas for seniors, but here are a few to start with:

- Filling snow globes
- Making holiday or seasonal wreaths
- Knitting, crocheting, or sewing
- Sketching or painting
- Making bird feeders for the spring
- Arranging winter flowers
- Scrapbooking memories

While these crafts provide a great place to start, the possibilities are endless! Each of these crafts will help seniors engage the creative part of their brains and at the end of their craft time, they'll have a project they'll be proud to display.

#### ✦ 6. TREAT THEM TO A SHOPPING TRIP

Few outings make seniors feel better than treating themselves to a little shopping trip! Whether your loved one wants to buy a new outfit, supplies for their craft projects, or just get out of their community for a little bit, shopping trips are ideal.

For seniors, this is a great winter activity because they can go out, without having to stay too long in the cold. This is why many assisted living communities schedule group shopping trips for seniors. Even if they don't need or want to purchase anything, shopping is a good way for senior to exercise, too. They

*Activities cont. pg 11*

**Since 1924, we know  
how important it is to  
have someone you trust.**



**A Local Family Owned  
& Operated  
Funeral Home.**

#### ≈ Peace of Mind

Many who have undergone the emotional strain of arranging a funeral within hours of losing a loved one have made the choice to pre-plan their own funeral. Doing so lifts the burden from their loved ones by relieving decision-making pressure at a time of grief and emotional stress.

#### ≈ Personal Choice

Funeral arrangements are a deeply personal choice. Pre-planning provides you with the time needed to make practical, detailed decisions that reflect your standards, lifestyle, taste and budget. And we assure you and your family that the choices you make will be carried out as planned.

#### ≈ Lower Costs

When you finalize your plan, we can advise you of the total cost. You do not have to set aside funds for your plan, but doing so protects you against escalating funeral costs. By locking in today's funeral costs and ensuring that the necessary funds are set aside, you help relieve yourself of unnecessary future worry and your survivors of an unexpected expense.

**HOLT**  
MEMORIAL CHAPEL  
"A Tradition of Excellence Since 1924"

**John & Jackie Conner  
and Phillip & Rachel Collie, Owners**  
1904 Capps Road  
Harrison  
**870-741-3481**  
2833 Highway 62 W  
Mountain Home  
**870-425-3353**

**CONNER FAMILY**  
*Funeral Home*  
& CREMATION CENTER

658871z



# Delving into dementia dilemma

## *Mruk Center offers support, empathy training in dealing with those with memory loss*

Helen Mansfield  
hmansfield@baxterbulletin.com

Like those who suffer from it, many of us tend to forget that dementia is not a disease.

It is actually a condition or side effect that is characterized by the impairment of at least two brain functions, such as memory loss and judgment. Alzheimer's disease is the most common type of dementia and while it occurs in older adults, it is not a part of the normal aging process.

Symptoms of dementia can include forgetfulness, limited social skills and thinking abilities that are so impaired that it interferes with the sufferer's daily functioning. There are medications and therapies that may help manage symptoms and some causes of dementia are reversible.

Mruk Family Center on Aging (MFCOA) Coordinator E. Diahanne VanGulick said September marks the return of several dementia-related programs that are offered at the center. These free classes are offered to spouses, caregivers, family members and even to community members who interact with possible dementia patients as part of their work.

She adds that the Mruk house has had a small name change as they have dropped "education" from its name, but emphasizes that education is at the heart of every class and program they offer.

VanGulick said each Thursday a different dementia class or workshop is offered. Classes are hour-long sessions that start at 1:30 p.m. and they are open to anyone — spouses, friends, or anyone who cares for or interacts with someone who has dementia.

The dementia classes and workshops were put on hold for the last two and a half years during the COVID-19 pandemic. She said in that time Mruk has seen a number of new clients who are presenting dementia symptoms, but many of which have not been diagnosed.

As the Mountain Home area is a popular retirement spot for many retired couples, VanGulick said there are a number of seniors with dementia who are alone. And there are even more adults working full-time jobs who then go home and care for a family member with dementia.

One of their previously popular classes is "Dementia: 101." The course addresses the brain changes related to dementia with "virtual dementia empathy experience." The course is similar to one that VanGulick teaches in the community with the aid of a nurse who has dementia experience to "take a tour of the brain. You will learn specifically how dementia affects the brain and the changes this causes in behavior and communication."

Additionally, participants will also have the opportunity to step into the shoes of someone living with dementia by using items like goggles to impair their vision, bulky gloves to affect their sense of touch and white noise to make hearing difficult. Once they have all these items on, they are to perform five tasks to understand what a dementia patient goes through.

Another regular class is "Normal/Not Normal Aging Related to Dementia." This course provides answers to those who are experiencing changes in memory and behavior to see if these symptoms are normal, stress-related or something else.

The course description on social media says "the number concern for adults is changing cognitive abilities, and yet few people know what is reasonable to expect with age or what to look for that could mean something else is going on that should be addressed."

The companion class to this one is called "Positive Physical Approach to Dementia Care" geared at increasing a patient's physical activity. Another set of classes is called "GEMS" that looks at the early to mid stages of dementia and the mid to late stages of dementia. There is a dementia caregiver support group coming up on Thursday, Sept. 22 at 1:30-2:30 p.m. and a workshop called "Filling the Day with Meaning and Activity" on how to keep the patient mentally and physically active. This class will be this Thursday, Sept. 15 at 1:30-3:30 p.m.

On Thursday, Sept. 29 from 1:30 to 3 p.m. is "Transitioning Living & Care in Dementia." VanGulick said this program looks at all the transitional care levels for those with dementia, from living independently, to requiring assistance, to assisted living



to total skilled nursing.

In the "Dementia Friendly Community" program, VanGulick takes the "Dementia: 101" class on the road and will go to businesses, medical clinics, restaurants, banks and other locations to work with employees to understand and empathize with individuals who have dementia.

"We work with them to create a positive experience," she said.

Like most adults, seniors get into daily routines when it comes to running errands, such as buying groceries and going to the bank. They'll often visit the same locations regularly and often deal with the same staff members and employees if they can. The goal is to train these employees to understand how dementia affects the brain and the changes this causes in behavior and communication, so they can spot the signs of a problem.

"It affects their ability to communicate and comprehend," VanGulick said. "We teach them a different way to engage with them."

Class participants will be given special empathy training and use items like goggles to impair their vision, bulky gloves to affect their sense of touch and white noise to make hearing difficult. Once they have all these items on, they are to perform five tasks to understand what a dementia patient goes through.

"It's been very impactful for participants," she said. "You learn little ways to to change your interaction and it adjusts your patience level."

She said a number of patients are referred to from members of the community who have seen changes in their customers and suggest they check out what help MFCOA can provide to families.

VanGulick said the class can accommodate up to 30 participants and can schedule two to three classes a week. She can schedule them during the workday, lunchtime, evenings or weekends.

Once employees "graduate" from the course, the business receives a window sign indicating they are a "Dementia Friendly Business" along with a participation certificate. VanGulick said spouses and dementia patient's adult children are always happy to see these signs indicating that their loved one is "in a good place" and will be treated with additional care.

Mruk also has business cards for spouses, family members and caregivers when they take their loved one with dementia out in public that reads, "Thank you for your patience. The person I am with has dementia which affects thinking, decision making, memory and behavior. Your understanding is appreciated."

As always, these courses are free, but registration is required. For more information on Mruk Family Center on Aging programs, visit their Facebook page @ Mruk Family Education Center on Aging, or call (870) 508-3880.





can stay active by walking around closed shops or malls, while steering clear of winter weather conditions.

#### ✦ 7. LET'S GET PHYSICAL

Exercise classes are the best way to stay healthy and keep joints moving, no matter what the weather is like. Because many assisted living communities offer a variety of daily exercise classes, your loved one doesn't have to go far to stay active and socialize. Classes like aerobics, yoga, or indoor swimming offer the perfect chance for your loved one to get moving.

Staying active and engaged in their community is so important for your loved one. To ensure they have the best quality of life, even in the winter, look for a senior living community that offers all of these activities and more. In the right community, your loved one will thrive, even in the cold winter months!

## The Physical Benefits of Crafting for Older Adults

✦ **Stimulating the brain:** When you're working on a craft project, whatever it is, it keeps your brain stimulated. Believe it or not, this can help to reduce your risk of developing mild cognitive impairment, such as memory loss by up to 50%.

✦ **Improving dexterity:** Crafting can improve your fine motor skills. These skills involve your ability to make movements by utilizing the small muscles in your wrists and hands. Muscles that you rely on daily for activities such as eating, writing, and dressing.

✦ **Improving circulation:** Poor circulation in your hands can make it difficult to move them and can have a negative impact on your dexterity. When you are using your hands in a crafting activity, it increases blood flow throughout your fingers, hands, wrists, and arms.

✦ **Reducing hypertension:** Hypertension, also known as high blood pressure, becomes increasingly common as you age. It can lead to hardening of the arteries, heart attack, and stroke. Crafting can lower your blood pressure because as you focus on your activity, your breathing slows, you become more relaxed, and your blood pressure lowers.

✦ **Providing pain relief:** Working on a craft project can become very absorbing. This means that it can take your mind off even persistent pain, providing you with welcome relief.

✦ **Reducing stress:** Stress and anxiety are leading health problems in the U.S. Chronic stress can lead to early memory loss, confusion, inability to focus, heart problems, and migraines. Crafting can help minimize stress in your daily life.

✦ **Strengthening the immune system:** Stress can also weaken your immune system, making you vulnerable to disease and infection. Because crafting reduces stress, it can also give your immune system a boost.

✦ **Helping with insomnia:** Inability to sleep at night or frequent waking can leave you feeling exhausted, confused, and irritable. It can also harm your overall health. Research has shown that participating in a craft activity, such as knitting can dramatically improve your sleep by helping your wind down before you go to bed.

# 24 HOUR FULL FITNESS CENTER

## 2 LOCATIONS • 1 MEMBERSHIP

We offer several different membership options, with no long term contracts!

Take a class, use the gym, or do both. Grab a fresh smoothie or supplements. Tan just next door at The Wave Tanning Studio.

**DOWNLOAD OUR APP FOR FULL DESCRIPTION, TIMES AND DAYS!**

**VOTED #1 FITNESS CENTER 2021!**



*Locally owned & operated!*  
Established in 2004

**715 N. Highway 62/65 • By Walgreens**

**FOR MORE INFORMATION, PLEASE CALL 870-204-6451**

### WE ACCEPT SILVER SNEAKERS PROGRAM.

So if you have AARP, Amerigroup, Arkansas Blue Cross Blue Shield, Cigna-Health Spring, Coventry Health Care, Humana or Windsor Health Plan please check with them and see if you qualify for the Silver Sneakers program.







# Expect More

**Win Moore, MD**  
TOTAL JOINT CARE

Board certified orthopaedic surgeon Win Moore, MD, and his experienced team use the very latest technologies and treatment options to provide the highest level of orthopaedic care for children and adults.

- › Direct Anterior Hip Replacement
- › Knee Replacement & Arthroscopic Surgery
- › Shoulder Replacement & Arthroscopic Surgery
- › Traumatic Fractures & Injuries
- › Osteoporosis Treatment

Doctor and patient testimonial videos online at:  
**[www.baxterregionalboneandjoint.org](http://www.baxterregionalboneandjoint.org)**



**Win Moore, MD**  
Board Certified  
Orthopaedic Surgeon



**Cheyenne Morgan**  
Physician Assistant

**(870) 424-4710**

**639 Broadmoor Circle  
Mountain Home, Arkansas 72653**

**(870) 424-4710 | [www.baxterregionalboneandjoint.org](http://www.baxterregionalboneandjoint.org)**



**Baxter Regional  
Bone & Joint Clinic**

644722ef