




| Event | Date, Time & Location |
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| When a Family Member Has Alzheimer's... Mark Pippenger, M.D., Behavioral Neurologist Penny Rogers, LCSW St. Bernards Senior Health Clinic | Thursday, October 1st & 8th & Thursday, December 10th & 17th 4:15 p.m. Center on Aging-Northeast 303 E. Matthews Jonesboro |
| Improving Your Outlook With Cataract Surgery Alyssa Wenger, M.D. Vision Care Center | Thursday, October 22nd 4:30 p.m. Center on Aging-Northeast 303 E. Matthews Jonesboro |
| Cataract surgery can significantly improve your vision and quality of life. Dr. Wenger will discuss what cataracts really are, how the surgery is done, and new choices patients can make regarding artificial lenses. | |
| Advance Directives: Putting Your Wishes in Writing Penny Rogers, LCSW | Tuesday, October 27th 4:15 - 5:15 p.m. Center on Aging-Northeast 303 E. Matthews Jonesboro |
| By preparing an advance directive you can remain in charge of your medical affairs. By making your wishes known, you are providing a vital gift to those you leave behind. | |
| On Preserving Your Memory Cristina Rosca, M.D., geriatrician St. Bernards Senior Health Clinic | Thursday, October 29th 10:15 a.m. St. Bernards Senior Life Center 700 E. Washington Jonesboro |
| There are activities and brain enhancing exercises that can keep your thinking sharp. Learn how to preserve your memory. | |
| Everyone Has a Story: Creating an Ethical Will Brenda Wiseman | Thursday, October 29th 6:00 - 8:00 p.m. Center on Aging-Northeast 303 E. Matthews Jonesboro |
| An ethical will is a written document that shares your values and life experiences with those you love. This program will provide the tools needed to create a lasting treasure for your family. | |
| Medicare Drug Benefit: Decoding the Changes Cynthia Abel, MA, BSE Center on Aging-Northeast | Thursday, November 5th 2:00 p.m. Center on Aging-Northeast 303 E. Matthews Jonesboro |
| Find out if your Medicare Part D plan will change for 2010 and how to take advantage of the open enrollment period. | |
| Adult Onset Diabetes: Eating Your Way to Better Control Emily Smith, RD St. Bernards Diabetes Management Center | Wednesday, November 18th 10:30 a.m. Center on Aging-Northeast 303 E. Matthews Jonesboro |
| Learn how eating the right foods can keep your diabetes under control. Good diabetes management is one key to a healthy future. | |



Special Musical Event! Sunday, November 1st; 3:30 p.m.
The Forum in Jonesboro

An Evening of Irish Music

Join "the Brock McGuire Band" as they play Celtic music favorites from the Emerald Isle.
Gen. Adm - \$15; Seniors -\$10; Students - \$5
Sponsored by the Center on Aging-Northeast & KASU 



UAMS/AHEC-Northeast
223 E. Jackson
Jonesboro, AR 72401

RETURN SERVICE REQUESTED



Seniority

is a publication of the
Center on Aging-Northeast

- Thomas Mulligan Director
- Beverly Parker Director of Education
- Cynthia Abel Project Program Specialist, Editor & Designer



Visit our website!
www.centeronagingne.com

Why You Should Attend Health Screenings

Ray Adams, of Pocahontas, was the 1st person to have prostate cancer surgery by the DaVinci method at St. Bernards. Mr. Adams wants everyone to know that he was alerted to his prostate cancer by attending the Pocahontas Prostate Screening and Health Fair.

*Our Mission Statement:
The Center on Aging-Northeast exists to be the regional resource for older adults, families, health care professionals, and the community; advocating wellness, education and quality care.*

Clutter-free Your Home
By Cynthia Abel, MA, BSE

Have you ever been unable to find an item, bought another one, and then found the original one at home? Are your closets stuffed so full of things that you have to stack items in corners or under beds just to have walking space? If the answer is yes, then you have too much clutter in your home. The following steps can help to free your home from the "clutter prison."

1. If you haven't used an item in a year, get rid of it. You will probably never need it.
2. Throw away things that don't work or are outdated.
3. Figure out what you want from your space and coordinate your items to it. Anything that does not fit the plan must go!
4. Begin with mindless clutter, such as junk mail, before tackling harder items such as mementos and heirlooms.
5. Sell items you don't need on Ebay. You will be surprised how much your items are worth to someone else.
6. If you are having problems parting with items, have a trial separation by putting them in a box and storing it for a year. If you haven't opened the box during that time, get rid of the whole thing without opening it.
7. Don't recluster after you have cleaned. Spend a few minutes each day to maintain the uncluttered space.

With a little motivation, you can have and maintain a clutter-free life!

Sources:
Natural Home Magazine, May 2007.
USA Weekend, August 21, 2009



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Fall 2009

A Mammogram, at My Age By Jane McDaniel, Cancer Survivor

I am a breast cancer survivor. Since I was first diagnosed 23 years ago, many things have changed. Back then it was rare to have women speak openly about having breast cancer. I never shared that view and obviously still don't. At that time I was moderating ISSUES IN HEALTH, St. Bernards program which airs live on KAIT, a program I still moderate.



I delayed having my first mammogram. Afterwards, the x-ray tech called and asked me to come back, but I put that off too. That is, until one of my doctor friends strongly suggested that I have a biopsy to determine if the spot in question was benign. The biopsy was not benign and it had spread to more than one spot, preventing me from having a lumpectomy. A mastectomy was the only option. It was devastating news, but I decided I would try to be positive and do the best I could. During this time, a very dear friend said that I would use this experience to help other women. I am still trying to do just that.

Less than 2 months after my mastectomy I spoke openly about my experience on Issues in Health. The program response was huge—in the form of an increased number of women scheduling mammograms. Since then, we have had several programs on breast cancer to educate and promote early detection. I have continued to be a breast cancer activist working in many areas to raise the level of awareness of women and the importance of early detection. And yes, I still get yearly mammograms.

Two uncontrollable risk factors for breast cancer are being a woman and getting older. There are other risk factors also, some we can control and others we cannot. Chances are if you are reading this publication you are interested in good habits to improve your health. Most major health organizations recommend that women over age 70 continue with mammograms if they are in reasonably good health.

I urge women to take charge of their own health, know what tests are appropriate and work with your doctor to schedule them. For breast health, the guidelines recommend monthly breast self exams, annual or semiannual clinical breast exams, and Annual mammograms. Our present technology for mammograms has greatly improved with digital mammography. Medicare does pay for annual mammograms. General good health practices such as healthy diet, exercise, quitting smoking, and moderate use of alcohol all help prevent breast cancer.

Ladies, don't stop good breast health practices! Get your mammogram.!

Personal Care: Locating the Right Services By Cynthia Abel, MA, BSE

Loss of independence in old age is one of society's greatest fears. Unfortunately, most people think that a need for long-term care means placement in a nursing home. In fact, long-term care assistance can be given in a person's own home. Personal care or in-home services are offered to assist older adults in performing everyday activities such as eating, bathing, dressing and getting in and out of bed or a chair. Personal care services are cost effective as well, since older adults only pay for the services they need while in their home.

Financing personal care services can be confusing. Medicare will pay only for personal care if it is included in a physician's treatment plan as a skilled need that is supervised by a RN. For instance, if a patient is receiving home visits for wound care or physical therapy as a "skilled" need, then personal care also would be covered. Other services, such as meal preparation, light housekeeping, laundry or dishwashing are only covered if they are accompanying the personal care provided. Otherwise, Medicare doesn't cover these services.

Another option is ElderChoices, a Medicaid program provided through the state, pays for personal care services for those who qualify by income or need. To qualify, one must be 65 or older, have an income of \$2,022 per month or less (per individual applicant), and no more than \$2,000 for individual or \$3,000 per couple in monetary resources (savings, stocks, bonds, etc.). Applicants also must need assistance with at least two activities of daily living, such as feeding, bathing, toileting, transferring, etc. Applications for

(Continued on Page 3)

"Breast cancer risk continues to increase with age, and there does not appear to be any biological reason why mammography might be less effective for women ages 70 and older than for younger women."

Susan G. Komen Foundation

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Recipes for Late Life

By Thomas Mulligan, M.D.



A Physician's Perspective

During our teenage years, we often set our sites on a career and pursue goals. For example, we hope to become a police officer, doctor, baseball player, or whatever stimulates us. I wanted to be a doctor and to be happily married. When we get married, we hope and sometimes plan to live happily ever after. As we approach middle age, we begin to plan for retirement. In essence, all of us like to control our future and hope for a good life.

But there is one part of life that we often don't plan for. Like it or not, we will all die someday. And, as difficult as it may be, we need to think about and plan for how we would like to die. For example, I'd like to die in my sleep with my wife and wake up together in heaven with God. None of us hope to die in an intensive care unit (ICU) attached to a breathing machine, with tubes in our veins and bladder, while our family waits nervously in the waiting room.

As difficult as it may be to ponder, there can be a good death, but it requires careful planning. As we get older, all of us should think about how we would like to die and clearly communicate these wishes. This can be most effectively done by speaking with a trusted loved one and then writing down your wishes. This is often referred to as an Advance Directive. Once finalized, this advance directive should be given to your doctor, hospital, and most trusted family member.

It is never prudent to just assume that everyone will know your wishes and do the right thing. For example, if I'm no longer able to speak, my wife may feel intense guilt about telling a doctor that I would not want a feeding tube or would not want CPR if my brain were severely damaged. Likewise, children are often not able to make a rational decision in the heat of the moment when a parent is critically ill. One of the kindest things we can do for our relatives is to make our wishes known, in writing, by way of an advance directive. Pick a strong person to be your healthcare proxy and talk with your family about following your advance directive. Let us all plan for a good life and a good death.

"We all die at some point in our lives, and we should have a say about it when we're well and it's not a threat."

*Claudia Fegan, M.D.
Internal Medicine
Michael Reese Hospital
Chicago, IL.*

Hospice Volunteer Training

St. Bernards Hospice is a program designed to help meet the needs of patients and families facing a terminal illness. An essential part of the program are the services provided by volunteers. The services can include bereavement support, running errands and making visits and phone calls for families.

The new Phil and Flo Jones Hospice House will open this November and volunteers are needed for this new in-patient facility. Volunteers for in-home hospice are also needed. St. Bernards Hospice is offering this free training. Training sites and dates for the hospice volunteer training are as follows:

Saturday, October 10th; 8:30 a.m. to 4:30 p.m.
St. Bernards Senior Life Center
700 E. Washington, Jonesboro

Thursday, October 22nd; 8:30 a.m. - 3:30 p.m.
Center on Aging-Northeast
303 E. Matthews, Jonesboro

Lunch will be provided at both sessions. For more information, contact Kendra Bishop at 935-6310.

Are you Living with a Chronic Disease?

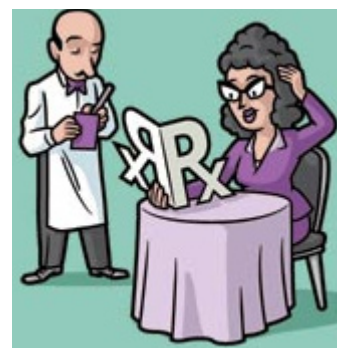


Dealing with a chronic illness can be very frustrating. People with chronic conditions must deal with not only their disease, but also with the impact on their lives and emotions. People with chronic diseases have similar concerns and problems and they can be taught to use self management skills to help improve their daily life and outlook. Through extensive research, a program developed by Stanford University has been found to work. By attending a series of workshops, participants gain confidence to better manage condition and problems.

The program series seeks to help individuals look at their disease differently and take control of their lives through behavior change. The Center on Aging-Northeast, 303 E. Matthews, will host 6 self-management programs each Tuesday, October 6th - November 10th from 1:30 to 3:30 p.m. Program presenter, Beverly Parker, states that "although this is a significant period of time to commit, it is necessary to attend all sessions to get the full benefit." Arlene Dormio, with the East Arkansas Area Agency on Aging is the co-presenter. To register for this series, call 870-336-5088 or 1-800-745-0557.

Medicare Prescription Drug Enrollment for 2010

By Cynthia Abel, MA, BSE



Medicare Part D will offer several new changes in 2010. To avoid any surprises, it is advised that those who already have Medicare drug coverage to check for any new plan changes during the open enrollment period beginning on November 15th. Some changes are available now, but most of them will be announced at the end of October. Here is a list of some of the differences to date.

In 2010 the initial deductible per standard plan will go up from \$295 to \$310 per year. The initial coverage limit will rise from \$2,700 to \$2,830 and the out of pocket expenditure during the gap will go up from \$4,350 to \$4,550. Minimum co-pays for low-income participants will rise from \$2.40 to \$2.50 for generics and from \$6.00 to \$6.30 for name brand drugs.

It is highly probably that the number of plans accepted in Arkansas will change but that information will not be released until the end of October. What is known is that monthly premiums will only have a slight increase, (averaging about \$30 per month, an increase of \$2.00 over this year's premium). Low income recipients who receive the "Extra Help Benefit," will be assigned new plans if their 2010 premium will be higher than the allowed amount.

Medicare Part D open enrollment for new and returning subscribers will be effective from November 15th to December 31st. Don't wait until the last day of December to enroll as this will have an impact when your plan begins and you receive your plan information.

This is the 5th year that the Center on Aging-Northeast will participate in enrolling Medicare recipients for this benefit. There will also be a free program on the changes at the Center on Aging-Northeast on **Thursday, November 5th at 2:00 p.m.** To make an appointment for enrollment, call Cynthia Abel at 336-5088 or 1-800-745-0557. **Please - no drop-ins.**

Sources:
CMS – Centers for Medicare and Medicaid Services
American Medical Association

Personal Care Services - Continued from Page 1

ElderChoices can be completed through the local Department of Human Services (DHS), or the Area Agency on Aging in your area. The application process usually takes from 6 to 8 weeks. Once approved, the applicant can choose the agency to supply the service.

Seniors who do not qualify for ElderChoices can arrange for personal care through private pay. There are many agencies that provide personal care services, as well as other options, such as overnight care. Costs vary, with businesses that charge by the hour, or whose rates are set by the caregivers on a sliding scale based on income level. These agencies usually can be found in the yellow pages under "Senior Citizen's Services."

A new option is Total Life Healthcare, a PACE organization and collaboration of St. Bernards Healthcare and the East Arkansas Area Agency on Aging. PACE, which stands for "All-inclusive Care for the Elderly," seeks to help older adults live independently in their community with dignity, while at the same time preventing expensive stays in hospitals or nursing homes through fully coordinated care.

To qualify for services, participants must be at least 55 years of age, be determined to be in need of long term care services by DHS, have been judged capable of safely living in the community with Total Life Healthcare support services, and live in Craighead, Greene, Poinsett, Lawrence, Mississippi, Cross or Randolph counties. For more information about Total Life Healthcare, call 870-336-5000.

Most elders want to stay at home. With the help of personal care service organizations, this may be a reality.

Resource: Arkansas Department of Health

| Event | Date, Time & Location |
|---|--|
| Mental Health Update in Older Adults *• Δ (2 hrs. CE) Topics will include: Anxiety, Delirium and Depression | Friday, November 6th Time TBA - Call for details White County Medical Center Hubach Center, Rooms A & C 3214 E. Race Searcy |
| Co-sponsored by the Arkansas Geriatric Education Center (AGEC). | |

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| Not Everything that Shakes is Parkinson *• (1.5 hrs. CE) Mark Pippenger, M.D., Behavioral Neurologist Shon Riley, PT | Thursday, November 12th 5:00 - 6:30 p.m. Center on Aging-Northeast 303 E. Matthews Jonesboro |
| Program topics: Overview of diseases that cause tremors. Diseases that are often mistaken for Parkinson Disease. Rehab treatment of various neurological disorders. | <i>Refreshments will be served.</i> |

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| Northeast Arkansas Nursing Conference * (6 hrs. CE) Topics will include: Drugs in the Community Heart Failure Treatment and Diagnosis Post Partum Depression Pandemic - Not Our World As We Know It. | Friday, November 13th 7:30 a.m. - 4:30 p.m. ASU Student Union Jonesboro |
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This conference is sponsored by St. Bernards Medical Center, the Center on Aging-Northeast, and the ASU Department of Nursing. Fees are as follows: \$15 for current nursing students; \$25 for ASU faculty and St. Bernards employees; \$40 for all other attendees. Lunch will be provided. To register, contact Amy Findley at afindley@sbrmc.org or 870-972-4458.

New continuing education opportunity. St. Bernards Medical Center is now offering Grand Rounds two times each month on Thursdays at noon in Stroud Hall. For topics and details call Amy Findley at 870-972-4458.

- * AHEC-Northeast is an approved provider of continuing nursing education by the Arkansas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
 - Δ Pharmacy CE credit approved by the Arkansas State Board of Pharmacy.
 - Approved for CE credit by the Office of Longterm Care
- Registration required on all programs.
Call 336-5088 or 1-800-745-0557.**

FEARLESS CAREGIVER CONFERENCE FEATURES NATIONALLY KNOWN AUTHOR

The East Arkansas Area Agency on Aging will host the Fearless Caregiver Conference in Jonesboro on Monday, October 19 from 8:30 a.m. – 1:30 p.m. at the St. Bernard's Auditorium, 505 E. Washington.

The conference targets family caregivers to learn how to become a fearless member of their loved one's care team. This will include tried and true respite tips, how to access valuable community resources, surefire techniques for receiving family support, and techniques to combat stress and fatigue.

Gary Barg, CEO of Today's Caregiver, will present the conference that has been held nationwide for 14 years. This year's conference will host four panelists to address questions and concerns from the participants and they are; Chad Oldham, Elder Law Attorney; Priscilla Pittman, Alzheimer's Arkansas Association; Dr. Loretta Brewer, Arkansas State University; and Dr. Cristina Rosca, St. Bernards Senior Health Clinic. There will be no charge to attend but pre-registration will be required as seating is limited. Lunch will be provided.

The Center on Aging-Northeast has a copy of Gary Barg's book, "The Fearless Caregiver," for those who would like more information. It is available for check-out in the Center on Aging-Northeast library.

To register or for more information concerning the program, contact Rose Trosper, Family Care Specialist at the East Arkansas Area Agency on Aging, at (870) 930-2204 or (800) 467-3278. You may also email her at rtrosper@eaaaa.org.

