

Event	Date, Time & Location
<b>Depression: Are Your Golden Years Turning Blue?</b> Cori Burdine, M.D. Psychiatrist, St. Bernards Counseling Center	Tuesday, October 9th 6:00 p.m. Center on Aging-Northeast 303 E. Matthews <b>Jonesboro</b>
Depression is not a normal part of aging. Learn about symptoms and treatment options.	
<b>Early Alzheimer's: Dealing With the Diagnosis</b> Penny Rogers, LCSW St. Bernards Senior Health	Thursday, October 11th, 18th & 25th 3:00 - 4:30 p.m. Center on Aging-Northeast 303 E. Matthews <b>Jonesboro</b>
This 3-part program is for family members of individuals dealing with an initial diagnosis of early stage Alzheimer's Disease.	
<b>Vision for a Lifetime</b> Matthew Margolis, D.O. Ophthalmologist, Southern Eye Associates	Wednesday, October 17th 12:30 p.m. Center on Aging-Northeast 303 E. Matthews <b>Jonesboro</b>
Vision provides our window to the world. Learn about age-related eye changes and know how to preserve your vision.	
<b>Estate Planning Basics</b> Chad Oldham, JD, LL.M., CTFA Elder Law Attorney	Tuesday, October 23rd 1:30 - 3:30 p.m. Paragould Community Center 3404 Linwood Drive <b>Paragould</b>
Older adults have special legal and financial needs. Learn the options from an elder law attorney. Free book provided at program.	
<b>Right Bite Cooking Class Series</b> Katie Cobb, CEA, FCS U. of A. Cooperative Extension Service	Wednesday, October 24th and 31st; November 7th 10:00 a.m. - 1:00 p.m. Family Consumer Science Dept. Kitchen Lab, Harding University 915 Market Ave. <b>Searcy</b>
This cooking class series will focus on healthy ways to eat and cook. To cover food costs, there will be a one-time fee of \$20.00 for all 3 classes. Limited to the first 30 registrants; payment in advance. <b>To register, call 1-501-268-5394 or 1-800-467-8166.</b>	
<b>Dementia: Managing Difficult Behaviors</b> Mark Pippenger, M.D. Behavioral Neurologist, St. Bernards Senior Health Clinic	Thursday, November 1st 3:30 p.m. Center on Aging-Northeast 303 E. Matthews <b>Jonesboro</b>
To help families and caregivers better interact with those with memory loss, a dementia specialist will discuss how to avoid and reduce difficult behaviors.	
<b>Taking Control: Diabetes Self Management</b> Local Certified Diabetic Educators	Monday, November 12th 1:30 - 3:30 p.m. St. Bernards Auditorium 505 E. Washington <b>Jonesboro</b>
Three diabetes experts will be on hand to update participants about the many ways to improve control --- from meal plans to new therapies. Co-sponsored by Pfizer and St. Bernards Diabetes Management Center.	
<b>Medicare Part D: What's New for 2008?</b> Cynthia Abel, MA, BSE	Tuesday, November 13th 1:00 - 2:00 p.m. Center on Aging-Northeast 303 E. Matthews <b>Jonesboro</b>
Review the new changes in store for Medicare Part D in 2008 and the importance of re-evaluating your plan each year.	
<b>Aging Parents: The Family Survival Guide</b> Penny Rogers, LCSW St. Bernards Senior Health Clinic	Tuesday, November 13th & 20th 4:00 - 5:30 p.m. Center on Aging-Northeast 303 E. Matthews <b>Jonesboro</b>
Caring for an aging parent can be a challenge. This 2-part series will explore changing relationships and provide education and tips on services and resources.	

**UAMS/AHEC-Northeast**  
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Jonesboro, AR 72401

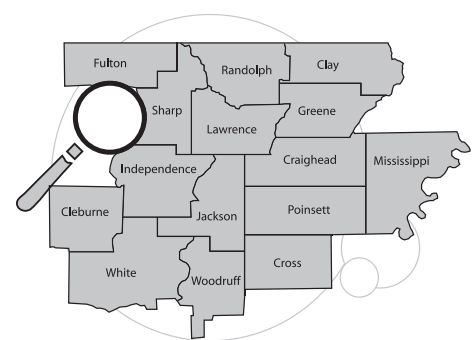
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**Our Mission Statement:**  
*The Center on Aging-Northeast exists to be the regional resource for older adults, families, health care professionals, and the community; advocating wellness, education and quality care.*

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



Visit our website!  
[www.centeronagingne.com](http://www.centeronagingne.com)

**Announcements**

Tai Chi classes will be offered by Robin Banks each Thursday in October at 5:30 p.m. in the new St. Bernards Senior Life Center, 700 E. Washington, in Jonesboro.

Come join the new Brain Teasers Club! The next meeting is 2:00 p.m. on Wednesday, October 3rd. Call Robin Banks at 930-9900 or 1-800-745-0557 for details.

**Civic Engagement**  
Continued from page one:

about by acknowledging that people, who stay engaged by working, volunteering, and staying socially active, etc., are better off mentally, emotionally and physically.

Moreover, the idea or movement seeks to capture and utilize the vast knowledge that older people have and direct energy into solving social ills. Gerontologists see this as an opportunity to match the largest, healthiest, best educated older population in the history of the world with a vast array of human needs.

There is growing evidence that older adults, fit and functioning, are looking for ways to continue to contribute to family and community. So whether it is volunteering, staying active in church or civic groups, staying in the workforce longer, helping with grandchildren or other things, we encourage everyone to think, "what is it that I look forward to?"

If you would like to explore how you might become more engaged, we'd like to hear from you. The Center on Aging - Northeast needs help in order to reach out to others. Whether by leading an exercise class, volunteering to help publicize activities, proofreading a newsletter, or other activities, we can use your help. In addition, we would like to be the resource to help you decide how you can make a difference.

*"Our society is plagued by ageism and a cultural bias that views aging as a protracted process of decline marked by diminishing opportunities to contribute to society. Reframing aging from an asset perspective, as a time of enhanced capacity, personal renewal, and intellectual growth, opens the world to a range of ways to invest in adults 55+ as a resource that will add value and quality to their own lives and to our nation."*

Sabrina L Riley  
Public Policy and Aging Report,  
Vol. 16, #4

**What's New with Medicare Part D!**

Medicare Part D will offer several new changes in 2008. To avoid any surprises, it is advised that those who already have a prescription drug plan check during the open enrollment period beginning on November 15th to see how their plan will change next year. Many of these changes will be announced at the end of October, but some are available now. Here is a list of some of the differences:

Part D Benefit	2006	2007	2008
Deductible	\$250	\$265	\$275
Initial Coverage Limit	\$2,250	\$2,400	\$2,510
Gap out of pocket expenses	\$3,600	\$3,850	\$4,050
Catastrophic & low income co-pay	\$2.00	\$2.15	\$2.25
	\$5.00	\$5.35	\$5.60

In 2008 the initial deductible per standard plan will go up from \$265 to \$275. The initial coverage limit will rise from \$2,400 to \$2,510. The out of pocket expenditure during the gap will go up from \$3,850 to \$4,050. Minimum co-pays for low-income participants and for those with catastrophic coverage will rise from \$2.15 to \$2.25 for generics and from \$5.35 to \$5.60 for name brand drugs. At right is a chart that shows the changes that have taken place since Medicare Part D first came into being. It is almost a certainty that the number of plans accepted in Arkansas will change, but that information will not be released until the end of October.

Medicare Part D open enrollment for new and returning subscribers will be effective from November 15th to December 31st. This is the 3rd year that the Center on Aging-Northeast will participate in enrolling Medicare recipients for this benefit. To find out more about Medicare Part D changes, attend the program on Tuesday, November 13th, 1:00 p.m. at the Center on Aging-Northeast. To make an appointment for enrollment, or help in changing your plan, call Cynthia Abel at 930-9900 or 1-800-745-0557.

Source: National Insurance Markets, Inc.

**This Issue**

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**Civic Engagement: A New Buzzword in Aging**  
by Beverly Parker, MS, BSN, RN

During one of our early programs on positive aging, I recall a very spry older lady commenting, "Honey, we've been aging a long time before you started telling us how to do it." I heartily agreed. Aging is something natural that we all do, if we are lucky. A long and healthy life is a wonderful blessing.

During the past 100 years, lifespans have almost doubled. Physical health has been well studied, and there is little dispute that lifelong habits, access to preventative services, good genes, and other factors dictate how the body ages.

*"A generous heart, kind speech, and a life of service and compassion are the things which renew humanity."*

Buddha, 563-483 BC

So now that we are adding years to life, how do we add life to years? One idea that has gained recognition in aging circles is the idea of civic engagement. This new buzzword came

## “Bladder Control Problems”

A Physician’s Perspective



Thomas Mulligan, M.D.

At the age of 46, I had to buy diapers for myself. It was a sad and embarrassing day for me, a physician and professor of medicine.

But, life is not fair and health problems afflict all of us sooner or later. Fortunately, my surgeon was highly skilled, my prostate cancer was removed, and I never needed those diapers. Kegel exercises were all that I needed. But what about you?

All of us enter the world unable to control our bladder. We wet ourselves and wear diapers until we’re toilet trained at about the age of 2 years. We succeed when our brain learns how to control our bladder. However, as we get older many of us lose the ability to control our bladder. This can happen because of problems in the brain, the spinal cord, the nerves, the bladder, the prostate (in men), or the urethra.

Women who’ve had many children, especially with difficult vaginal deliveries, often notice that they dribble urine. Dribbling is especially common after menopause when these women sneeze, cough, or lift heavy objects. This is called stress incontinence or sphincteric insufficiency. It can often be treated with Kegel exercises. These exercises help to keep the bladder outlet closed so urine doesn’t dribble out. If Kegel exercises don’t work, women with stress incontinence may need surgical repair of their bladder. (If you would like more information on Kegel exercises, call the Center on Aging-Northeast at 930-9900 or 1-800-745-0557.)

In contrast, men tend to get an enlarged prostate as they get older. The prostate is like a small donut that surrounds the opening of the bladder as it drains into the urethra. When that donut (prostate) gets bigger, it squeezes the bottom of the bladder as it drains into

the urethra. When this drainage tube gets squeezed it makes it more difficult for urine to drain; like if you pinch a garden hose the water doesn’t flow. This is overflow incontinence or bladder outlet obstruction. It can often be treated with two different types of medications. The first type of drug (e.g., doxazosin, terazosin, tamsulosin) causes the bottom of the bladder and urethra to open up and allow the urine to flow more easily. The second type of drug (e.g., finasteride, dutasteride) very slowly causes that donut (the prostate) to shrink. As the prostate shrinks, it allows the urine to flow out of the bladder more easily.

Both men and women can suffer from urge problems. This type of bladder problem causes a feeling that you have to urinate right away and can’t even wait to get to the bathroom. This type of bladder problem can be caused by urinary infections, some medications (e.g., beta blockers), and anything that damages the brain (e.g., stroke, Alzheimer’s dementia). There are various medications that can help this problem (e.g., tolteridine, solifenacen) but many of these medications can interfere with brain function. So, use of these medications in patients with memory problems often makes the memory problem worse. Fortunately, bladder retraining (like the toilet training we learned early in life) and Kegel exercises are also effective.

The bottom line is that most of us don’t need diapers. After evaluation to make sure there is not a urinary infection or other curable cause of the problem, we can be treated with exercises or medications. If that is not enough, surgery is still available for those patients who need it.

### how to be a healthy older adult

Many causes of chronic illness and early death can be prevented with lifestyle changes:

- Stop smoking and limit alcohol intake.
- Be moderately physically active for half an hour on 5 days or more of the week.
- Maintain a healthy weight.
- Eat a diet low in fat to control cholesterol levels.

Centers for Disease Control & Prevention



## In Your Own Voice

Writing Your Personal Memoirs

The World War II era was a time when everyone was a hero in his or her own way. There have been many stories told of brave deeds being performed on the front lines and on the home front by those who were left behind. However, the “Greatest Generation” is slowly leaving us, and most of their stories are still left untold.

To insure that these stories are memorialized for posterity, older adults from this time period need to relate their life experiences to family members or researchers, either by writing a personal memoir or participating in an oral history. Whichever method is chosen, the words need to be a direct account from the person’s perspective.

A few tips to help when relating a life history:

1. If you served in the military, remember that future researchers may not be familiar with terms used during WWII. Be sure to explain any unclear references in your narrative.
2. Focus on your personal point of view. The value of personal memoirs and oral history is that they reflect on how an individual looked at the world and how they dealt with problems of the time. Don’t worry about the length. Remember, detail is very important and helps to give future researchers a feel of the times.
3. Stick to the correct time frame. Don’t jump around different time periods in your story. It will be very confusing to future readers to follow your story.
4. Tell stories about people you knew, came in contact with or co-workers. This will give a perspective on how people thought or felt about topics of the time.

Resources: [www.PBS.org](http://www.PBS.org)  
[www.loc.gov/vets/](http://www.loc.gov/vets/)

5. Remember that your family will get the greatest benefit from the memoirs. Future generations will want to know how their ancestors thought or felt about their lives.

Even though memoirs are your reminiscences, it doesn’t hurt to do a little historical research just for a sense of accuracy. You want to make sure that your dates, places, names of parents, grandparents and other details are truthful and to the point. If you do not wish to write down your story, you can have someone interview you, either a family member or private researcher, who can make sure that your words are relayed correctly.

More and more people are becoming involved in giving their oral histories. Thanks to a cooperative effort involving PBS and the Library of Congress’ Veterans History Project, anyone can get a camera and conduct his or her own interview of a loved one who lived through the war. All submissions will be cataloged by the library to become part of the permanent Veterans History Project collection. If you do not wish to become part of the national record, you can leave your life story to the people who count the most, your family. Call the Center on Aging-Northeast at 930-9900 or 1-800-745-0557 for sample interview questions and guides to conduct your own oral history.

Don’t delay in this undertaking. Remember, every time someone is lost, so is their story.

By Cynthia Abel, MA, BSE



## Jets Provide Para-Transit Service



Jets (Jonesboro Economical Transit System) which provides bus service in Jonesboro, also has para-transit service for those with disabilities determined by the American Disabilities Act (those with vision or physical impairments or who require devices such as wheelchair lifts, etc.). A special application is required and takes up to 21 days for the request to be processed. Once accepted, the service will pick up the applicants at their homes with one day notice, between the hours of 5:30 a.m. and 7:00 p.m. Monday through Friday and 8:00 a.m. to 8:00 p.m. on Saturday. A bus fare costs \$2.00 per one way trip. Call JETS between the hours of 8:00 a.m. and 3:00 p.m. to reserve the para-transit bus for the next day.



Both the regular bus route and the para-transit vehicles make regular stops at the Center on Aging-Northeast. For information concerning bus routes or to see if you qualify for para-transit service, contact JETS at 870 935-5387. You can also download an application for para-transit assistance by going to the website at [www.ridejets.com](http://www.ridejets.com).

Event	Date, Time & Location
<b>Management of Male Sexual Dysfunction</b> *• (1 hrs. CE) Thomas Mulligan, M.D. Geriatrician, St. Bernards Senior Health Clinic	Thursday, October 18th 12:30 p.m. Five Rivers Medical Center 2801 Medical Center Drive <b>Pocahontas</b>
This program will look at therapies and treatment options available.	
<b>Improving Outcomes in Patients with Diabetes</b> *• Δ (1 hrs. CE) Erin Langewisch, RD,LD Certified Diabetes Educator	Tuesday, October 30th 12:00 p.m. St. Bernards Imaging Center 144 E. Matthews <b>Jonesboro</b>
An update on the on Four M’s of diabetes management- Monitor, Medications, Meals and Move. Co-sponsored by HMG and Pfizer Pharmaceuticals.	
<b>Treatment of Parkinson: What’s Old is New Again</b> *• Δ (1 hrs. CE) Mark Pippenger, M.D. Behavioral Neurologist, St. Bernards Senior Health Clinic	Tuesday, November 6th 12:00 p.m. St. Bernards Annex, Stroud Hall 223 E. Jackson <b>Jonesboro</b>
Learn about the relationship between Parkinsonism and dementia and look at rational drug therapy for Parkinson Disease.	*AHEC Lecture Series
<b>Advances in Wound Healing</b> *• Δ (2 hrs. CE) James Fletcher, M.D. Director of St. Bernards Wound Healing Center	Wednesday, November 7th 11:00 a.m. - 1:00 p.m. Technology Center for the Delta 1790 N. Falls <b>Wynne</b>
From basic to advanced, learn what is new in wound healing. Lunch provided by St. Bernards Wound Healing Center. Pre-registration required.	
<b>Approach to Caring for the Hospitalized Older Adult</b> *• Δ (1 hrs. CE) David Lipschitz, M.D., Ph.D. Director of Donald W. Reynolds Institute on Aging	Thursday, November 8th 2:00 p.m. White County Medical Center South Campus Porter Rodgers Comm. Room 1200 S. Main <b>Searcy</b>

\* 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 Pharmacy Association.

• Approved for CE credit by the Office of Longterm Care

Registration required on all programs.  
Call 930-9900 or 1-800-745-0557.

## BREAKING THE RULES OF AGING WITH “DR. DAVID”

David Lipschitz, M.D., Ph.D, or “Dr. David” as he is known to Arkansans, will present 3 programs for the Center on Aging - Northeast, in November.

Dr. David’s first presentation will be for healthcare professionals only, on Thursday, November 8th at 2:00 p.m. in Searcy. (See the Professional Education calendar above for details)

On the same day at 5:45 p.m., Dr. David will travel to Jonesboro to participate in “An Evening of Positive Aging With Dr. David,” at the new St. Bernards Senior Life Center on 700 East Washington. A light dinner will be served, and dancing will follow. Reservations are required by calling the St. Bernards Senior Life Center at 935-7282 .

Dr. David’s final stop will be in Wynne on Friday, November 9th at 10:00 a.m. He will present “Breaking the Rules of Aging,” based on his book of the same name, at the Technology Center of the Delta at 1790 N. Falls. Co-sponsors for this event will be CrossRidge Hospital and the CrossRidge Auxiliary.

To register for these programs or for more information, call the Center on Aging-Northeast at 930-9900 or 1-800-745-0557.

