

Event	Date, Time & Location
Make the DASH for Lower Blood Pressure Robin Banks, RN	Thursday, January 24th 1:00 p.m.
Spice Up Your Life with Herbs and Spices Jennifer Green, Jackson County Extension Agent	Newport Senior Center 945 Hout Circle Newport

This program will help you lower your blood pressure by making better food choices. Plus, learn how to make foods more appetizing with seasonings.

Rite Bite Cooking Demonstration "Snacking Can Be Nutritious and Fun!" Debbie DeRossitte, MS, BSE U. of A. Cooperative Extension Service	Tuesday, February 5th 2:00 p.m. U. of A. Cooperative Extension Office 611 E. Washington, Conference Room Jonesboro
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Nutritious snacks are important for any age. Attend this fun, hands on, demonstration about purchasing and preparing nutritious snacks. **The number of attendees is limited to 20.**

Women's Heart Advantage: Screening and Heart Health Inventory	Thursday, February 7th 8:00 -11:00 a.m. Center on Aging-Northeast 303 E. Matthews Jonesboro
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Heart disease is the number one killer of women. This health screening is a call to action for heart disease prevention in women. Participants should be **fasting** for the free screening on **Feb. 7.** and come between **8:00 - 11:00 a.m.** Results will be given out at a free counseling session on **February 14 at 10:00 a.m.** or **2:00 p.m.** (your choice of times). Make this your start for cardiovascular health improvement. Co-sponsored by St. Bernards Women's Heart Advantage.

Reverse Mortgages: Know the Facts Michelle Gibson, The Mortgage Source	Thursday, February 28th 1:00 p.m. Ozarka College Conference Room Ash Flat	2 LOCATIONS! 3:30 p.m. N. E. AR Educational Co-op 918 SW 2nd Walnut Ridge
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Attend one of these programs to discover options on tapping the equity in your home. Be wise about your financial options to avoid costly mistakes.

Taking Control: Diabetes Self-Management Patricia Theilemier, RD/LD, CDE Marlene Brengard, APN St. Bernards Diabetes Management Center	Friday, March 7th 1:30 - 3:30 p.m. Technical Center of the Delta 1190 Falls Blvd. Wynne
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Diabetes experts will update you on various ways to improve blood sugar control - from meal planning to new therapies.

Keep Your Identity to Yourself Jimmie Lou Fisher, Consumer Education Instructor Arkansas Attorney General's Office	Friday March 14th 2:00 p.m. St. Bernards Auditorium 505 E. Washington Jonesboro
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Opportunities for fraud and abuse are common. Come hear the latest information on consumer issues, and protect yourself by being more aware.

Statin Drugs: A Cholesterol Cure-all or Just a Costly Medication Mark Levinson, M.D., Cardiologist	Thursday, March 20th 2:00 p.m. Center on Aging-Northeast 303 E. Matthews Jonesboro
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Are statin drugs such as Lipitor, Zocor and Crestor wonder drugs for cholesterol control? Do health benefits outweigh the cost, and if so, are there less costly alternatives? Come hear this presentation and be informed!

Early Alzheimer's: Dealing With the Diagnosis Mark Pippenger, M.D., Behavioral Neurologist Penny Rogers, LCSW St. Bernards Senior Health Clinic	Thursday, March 20th & 27th 4:00 - 5:30 p.m. Center on Aging-Northeast 303 E. Matthews Jonesboro
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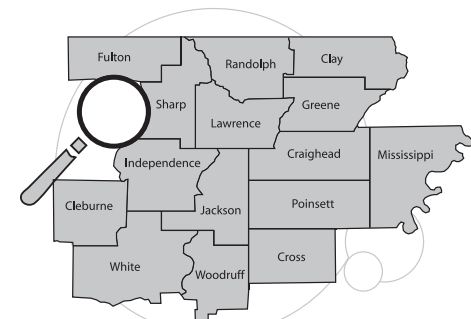
Dr. Mark Pippenger, Behavioral Neurologist, will kick off this 2-part series for family members of those newly diagnosed with cognitive impairment. Don't miss this special program!

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

Seniority

is a publication of the
Center on Aging-Northeast

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Visit our website!
www.centeronagingne.com

Announcements

The Brain Teasers Club meets on the 2nd Wednesday of each month at 2:00 p.m. at the Center on Aging-Northeast.

Active Living Everyday is a program designed to help sedentary adults adopt and maintain a physically active lifestyle. Classes begin on Wednesday, February 6th at 1:30 p.m. at St. Bernards Senior Life Center. Registration is limited to 20. Call 935-7282 to register.

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.

FAMILY DYNAMICS AND CAREGIVING

Are you the principle caregiver for an aging family member? Here are a few suggestions about what to expect and how to seek assistance or moral support from siblings or other family members.

Remember that caregiving can bring about tension among families, rivalries can rekindle, and old patterns of competition and resentment can reoccur. For instance, one sibling may refuse to accept the parent's condition. Avoiding this reality protects the adult child from dealing with the parent's illness and eventual death. This denial can cause hostility and anger for the family caregiver leading to more stress.

Seek help by requesting a family meeting to discuss how responsibilities can be shared. If some members aren't at ease with "hands-on" care, maybe they can take a financial role or perform errands for you. Be specific when you request help. For instance, say, "Can you pick up Dad's prescription tomorrow morning?"

If family members say no to a direct request, accept it. Find other resources such as adult day-care centers. Understand that siblings who choose not to be involved may have unresolved family issues which only they can work through.

By Robin Banks, RN

Resource: Family Caregiver Alliance



Did you know?
...that Medicare D will pay for the stop smoking drug Chantrix? Call the Center on Aging-Northeast for more information.

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Winter 2008

IDENTITY THEFT: A GROWING CONCERN

Identity theft is a growing concern among older adults. Identity theft occurs when someone obtains such personal information as your Social Security number, driver's license number, bank account and credit card numbers, PIN numbers and any other key information

WAYS TO AVOID IDENTITY THEFT

1. Do not carry Social Security cards, birth certificates, extra credit cards, Medicare, Medicaid or insurance cards in your wallet or purse.
2. Cut down amount of information on your personal checks
3. Never give out personal information over the telephone.
4. Shred documents containing personal information, even credit card applications.

that can be used to gain access to personal resources. By using this information, thieves can assume your identity and create financial difficulties.

To combat this problem, the Center on Aging-Northeast will present

"Keep Your Identity to Yourself," featuring special guest speaker Jimmie Lou Fisher, consumer education instructor for Attorney General Dustin McDaniel. Known in Northeast Arkansas as Jimmie Lou, the Paragould native will also speak about other consumer issues such

as insurance fraud. Ms. Fisher formerly served as Arkansas' state auditor and treasurer and ran for governor in 2002.

Identity thieves work by opening credit accounts in your name, charging a great deal of merchandise and then not paying the accounts. Most people who have been a victim of identity theft do not find out about the crime until it is too late and their credit is in trouble.

Ms. Fisher's program will be held on **Friday, March 14th at 2:00 p.m.** in **St. Bernards Auditorium, 505 E. Washington in Jonesboro.** For more information about the program, call the Center on Aging-Northeast at **930-9900** or **1-800-745-0557.**

For answers concerning identity theft and other types of consumer issues, attend Ms. Fisher's program or contact the Attorney General's Consumer Protection Division at 501-682-2341 or 1-800-482-8982.

Resource: Office of Arkansas Attorney General Dustin McDaniel



Jimmie Lou Fisher

This Issue

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Working Off the Holiday Cheer

The holiday season is behind us, and we need to control our portions once again. Do you really know what a serving of cereal looks like? Here are a few examples of recommended servings:

ONE SERVING
3 oz. meat/poultry



LOOKS LIKE
Deck of cards

1 oz. hard cheese



4 dice

1 med. apple/peach



Baseball

1 cup potatoes/broccoli



A tight fist

1/2 cup ice cream



Tennis ball

Source: American Dietetic Association

“How to Find a Good Nursing Home”

A PHYSICIAN'S PERSPECTIVE



THOMAS MULLIGAN, M.D.

No one really wants to go to a nursing home. Unfortunately, as we age, almost all of us develop high blood pressure, arthritis, heart disease, or some other ailment. Many of us will suffer a broken hip, stroke, or some illness that makes us unable to live at home. In fact, 50% of us will spend at least some time in a nursing home.

When faced with this unpleasant reality, how do we find a good nursing home? When I need to go into a nursing home, I want one that will take good care of me. I want nursing staff that smile and help me deal with this difficult time in my life. I want them to treat me with respect, even when I'm embarrassed by my inability to control my bowels or bladder. I need them to take good care of me because I can no longer take care of myself. After all, I'm not just a number on the payment sheet. I'm my mother's son and my wife's husband.

The question is, how do we find a good nursing home? As a physician, prior nursing home medical director, and guardian for a handicapped family member who has been in many nursing homes, I understand the challenge of finding a good nursing home. A good place to begin is with Medicare's website, www.medicare.gov and look at the long term care information, especially the Nursing Home Compare option. This will give you objective comparisons of how good a particular nursing home may be.

After doing your homework on the web, try calling the nursing home. Your call should be answered

promptly and pleasantly. If the nursing home passes this first test, don't make an appointment but do visit the facility in person.

When you arrive, you should be greeted with a smile and offered assistance. If no one greets you and you are instead permitted to wander freely and without question, there may be a problem.

If you are greeted with a smile and offered a tour, be sure to look, listen and smell. Are the residents clean and reasonably happy? Are the residents comfortable or are they crying out for help (ringing bells often means someone needs help). Does the nursing home smell good or is there an offensive odor? The widespread odor of urine or feces is a bad sign.

If the nursing home passes the test, then it's time to look at the quality of the medical care. Will your doctor or another doctor you trust be caring for you or your family member in the nursing home? If not, find out who the doctor will be and ask a few trusted friends in health care (doctors, nurses, pharmacists, etc.) if he/she is a good doctor. Ideally, you want this doctor to be either a family physician or an internist with experience or certification in geriatrics.

If the nursing home passes all these tests, you've likely found a home that will provide good care. Going into a nursing home is difficult for all patients and their families. Finding a good nursing home may not be easy but it is possible.

Women's Heart Advantage

Heart disease is the #1 killer of American women, claiming more than 500,000 lives each year, and killing more than all cancers combined. St. Bernards Medical Center has taken the lead in making a difference for women and heart disease with its



Women's Heart Advantage program.

While 81% of women 40 to 70 years of age in Northeast Arkansas are at risk for heart disease, only 25% have been diagnosed or see themselves at risk. Without action, medical statistics indicate that one in three will die from heart disease. Women's Heart Advantage is intended to make a difference by helping save lives.

St. Bernards Women's Heart Advantage and the Center on Aging-Northeast are reaching out to women in Northeast Arkansas who are at risk for this highly prevalent – yet preventable- killer. The campaign will co-sponsor a **heart health screening on February 7th from 8:00 - 11:00 a.m. at the Center on Aging-Northeast.** Participants will complete a heart risk inventory and receive free testing for lipid levels, anemia and blood sugar etc. Results of tests and the heart inventory will be available on February 14th at 10:00 a.m. or 2:00 p.m. The goal of this campaign is to help women understand more about their risks and actions to take to be heart healthy. **Please pre-register** by calling the Center on Aging -Northeast at **870-930- 9900.**



FREE INCOME TAX HELP!

April 15th will soon be here. Fortunately, filing your taxes can be simple and easy with free help through Tax Counseling for the Elderly (TCE) which is administered by AARP.

The Tax Counseling for the Elderly program offers free tax assistance to people age 60 and older who are low to moderate income. Trained and certified AARP Tax-Aide volunteers provide tax return preparation. **All sites require that appointments be made in advance.** There are three tax aide locations in the Northeast Arkansas area:

1. Cathedral Baptist Church
2706 Alexander Drive
Jonesboro, AR 72401
Phone: 870-761-4499
Site coordinator: Larry Adams (phone: 870-932-4499 for special appointments or information)
Hours of operation: Tuesday, Thursday, and Saturday, 9:00 a.m. to 4:00 p.m.
2. Koinonia Christian Fellowship
1 mile west of Imboden on Hwy 412
Imboden, AR 72434
Phone: 870-869-2039
Hours of operation: Mondays 9:00 a.m. to 1:00 p.m.

Bring This With You!

- * Copy of last years tax return
- * All W-2 and 1099 forms
- * Unemployment forms (if applicable)
- * All receipts or canceled checks (if itemizing)
- * Social Security numbers for all dependents.

3. Horseshoe Bend Library
9 Club Rd.
Horseshoe Bend, AR
Phone: 870-670-5784
Hours of operation: Mondays 10:00 a.m. to 3:30 p.m. or call ahead for a Tuesday appointment.

All returns will be prepared through an electronic filing system. There is no income limit, but those who are low to middle income will be given appointment preference. All offices will begin tax aide during the first week of February. For more information on the TCE program call the Center on Aging-Northeast at 930-9900 or 1-800-745-0557, or call AARP at 1-888-227-6669.

By Cynthia Abel, MA, BSE

Resources: www.irs.gov
www.aarp.org

Diabetes and Hypertension: What's the Connection?

If you have diabetes, you already know about the need to control your blood sugar. Tight blood sugar control helps ward off unwanted complications of the disease such as vision loss and kidney disease. But do you know about the need for tight control

of blood pressure? Over half of the 16 million Americans with diabetes also have high blood pressure or hypertension. This "one-two" punch " is one of the reasons that those with diabetes have a greater risk of heart disease.

The latest national recommendations for control of hypertension (JNC7) specified a target blood pressure for those with diabetes or chronic kidney disease as ideally, equal to or less than 130/80. In fact, the Hypertension Optimal Treatment study found that the risk of major cardiovascular events like heart attack or stroke were cut in half in diabetic patients who achieved a target diastolic blood pressure of 80 or lower as opposed to those who had a target diastolic pressure of 90. Diastolic blood pressure is represented by the bottom number.

In summary, controlling blood sugar is the major goal of those with diabetes but it appears that controlling blood pressure levels is crucial to maintaining a life free of heart disease and stroke.

By Beverly Parker, MS, BSN, RN

Resources: Johns Hopkins, "Health After 50," Feb. 2004

7th report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure.

Event	Date, Time & Location
Medication Use and Misuse in the Older Adult *• Δ (1 hrs. CE) Heather Dickson, Pharm.D, AHEC-NE	Thursday, February 7th 12:00 - 1:00 p.m. St. Bernards Imaging Center 1144 E. Matthews Jonesboro
Inappropriate medication use contributes to falls, confusion and hospitalizations. This program will identify interventions and recognize preventive measures. Co-sponsored by HMG. Lunch provided if pre-registered by Feb. 5th.	
Improving Outcomes in Patients with Diabetes *• Δ (1 hrs. CE) Patricia Theilemier, RD,LD, CDE St. Bernards Diabetes Management Center	Thursday February 14th 12:00 - 1:00 p.m. Ozarka College, Lecture Hall 64 College Dr. Ash Flat
The program will cover the Four M's of Diabetes Management- Monitor, Medications, Meals and Move. Lunch provided by Byram Healthcare.	
Advances in Wound Healing *• (4 hrs. CE) James Fletcher, M.D. Director of St. Bernards Wound Healing Center (Other Speakers TBA)	Wednesday, February 27th 12:00 - 4:30 p.m. St. Bernards Auditorium 505 E. Washington Jonesboro
Wound care experts will share tips and techniques for better wound healing using current protocols. Lunch provided by St. Bernards Wound Healing Center.	
St. Bernards Brown Bag Lunch Series *• Δ (1 hrs. CE) Medication Use and Misuse in the Older Adult Heather Dickson, Pharm.D., AHEC-NE	Friday, February 29th 12:00 p.m. St. Bernards Annex, Stroud Hall 223 E. Jackson Jonesboro
This program will present Beers List drugs and the implication for care of the hospitalized elderly.	
Strategies to Achieve Nursing Home Quality Improvement *• (3.5 hrs. CE)	8:15 a.m. - 12:00 p.m. 5 PROGRAMS!
Tues., March 4th ASU Beebe/Heber Springs 101 River Crest Dr. Heber Springs	Wed., March 5th White Co. Med. Center S. Campus Porter Rogers Room Searcy
Thurs., March 6th 1st Community Bank 710 St. Louis Batesville	Wed., March 12th St. Bernards Aud. 505 E. Washington Jonesboro
Thurs., March 13th Great River Med. Conference Rm. Blytheville	

* 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.

According to the January 2008 issue of Consumer Reports, many older drugs, such as those for diabetes, are just as effective and safe as newer ones, and usually cost much less. In some cases, such as with heartburn or gastric reflux medications, nonprescription drugs work just as well as prescription ones.

Approximately 45% of American adults take at least one prescription drug, with 18% taking 3 or more. It is important that these consumers, especially seniors on Medicare Part D, keep their drug costs down. Remember that drugs from the same class, such as heart medications, are usually not that different. Also remember that some drugs are less effective than you may think. A good example would be Alzheimer's drugs. Studies show that these expensive medications are only effective in about 20% of patients, but generally cost about \$150 a month.

You can save hundreds of dollars a year just by choosing generics or over the counter alternatives. Here are a few examples to consider:

Name Brand	Cost per month	Alternative Drug	Cost per month	Est. Monthly savings
Lipitor	\$98.00	Lovastatin	\$34.00	\$64.00
Nexium	\$210.00	Prilosec OTC	\$26.00	\$184.00
Lexapro	\$108.00	Fluoxetine	\$42.00	\$66.00



For information on saving money, ask your doctor to prescribe, or pharmacist to recommend other less costly drug alternatives.