



## SENIOR CENTERS OPEN

Senior centers in our area closed last spring when the governor proclaimed a state of emergency due to the outbreak of COVID-19.

Area agencies in the state took immediate action to protect against the spread of COVID-19 and continued to provide support for older adults.

In response, the centers were closed to the public and funds were diverted to the meals programs where possible. Congregate meals continued in drive-thru form.

As of July 1 the senior centers are, once again, open to the public and have returned to "normal routine."

See Open, page 3



*In appreciation of their staff, the David E. Boone Ministries, Inc. held a staff retreat to gear up for the reopening of their senior centers in 10 counties.*



## Vaccine for Homebound Seniors

Homebound seniors in Arkansas can now schedule an appointment for the COVID-19 vaccine to be DELIVERED TO them.

Call the Arkansas Health Department vaccine clinic at 1-800-985-6030 and tell the customer service person that you want to schedule a “homebound” appointment.

They will ask you a series of questions to identify you as homebound and get your information to schedule an appointment.

Remember to identify yourself or a loved one as “homebound.”

Be patient, appointments for homebound folks take a little longer to schedule.

*(Visit the Arkansas Health Department website for more information)*

## Vaccine for People with Disabilities

The Disability Information and Access Line (DIAL) is available to help people with disabilities find vaccination locations in their communities, assist callers with making vaccination appointments, and connect callers to local services – such as accessible transportation. The hotline can also address concerns about the vaccines and connect callers with additional resources.

Call 888-677-1199 Monday-Friday from 9 a.m. to 8 p.m. (Eastern) - or - email

DIAL@n4a.org

*(Visit the Administration on Community Living website for more information)*

*Be watching for upcoming announcements from the Area Agency on Aging of Southwest Arkansas, Inc., as plans for a Covid Clinic are in the works.*

## Continue Precautions

According to the CDC, “Older unvaccinated adults are more likely to be hospitalized or die from COVID-19.” The CDC

recommends older adults get vaccinated as soon as possible.

Fully vaccinated individuals can “resume activities that you did prior to the pandemic without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.”

However, “if you are fully vaccinated and have a condition

or are taking medications that weaken your immune system, you may need to keep taking steps to protect yourself, like wearing a mask.”

Many older adults should continue to wear masks, wash their hands, and limit in-person interactions with other people.

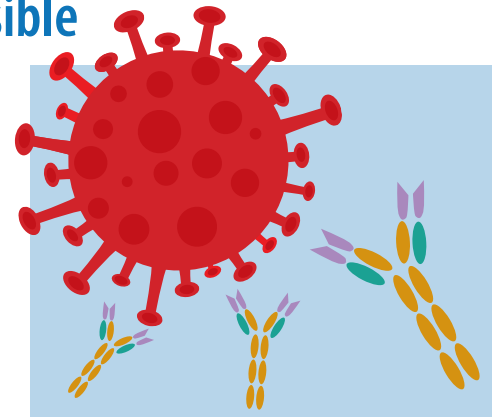
Protocols may vary among residential communities for older adults. These communities, whether it be nursing, assisted living, or independent living, may face different risks and may decide to put in place protocols to less restrictive or more restrictive protocols. These protocols are subject to change based upon the need and/or percentage of COVID-19 cases in the region.

So, be courteous. Remember, as protocols change and facilities reopen, some older adults and their loved ones still need to take precautions.

## Fever Temperatures in Older Adults

**If you are an older adult (aged 65 or older) or caring for an older adult, be aware that a single temperature reading higher than 100°F (37.8°C), multiple readings above 99°F (37.2°C), or a rise in temperature greater than 2°F (1.1°C) above the person’s normal (baseline) temperature may be a sign of infection. In older adults, normal body temperatures can be lower than in younger adults. For this reason, fever temperatures can also be lower.**

- Centers for Disease Control and Prevention



## HIGH RISK FOR COVID-19?

If so, Monoclonal Antibody Treatment may be an option for you to discuss with your physician to help avoid hospitalization if you have tested positive for covid.

Monoclonal antibodies work like your body’s own antibodies and treatments are approved by the FDA. They help your immune system fight the virus thus preventing or slowing the severity of the disease in High Risk COVID-19 patients which may help them avoid hospitalization.

According to [CombatCOVID.hhs.gov](https://www.combatcovid.hhs.gov), “The U.S. Food and Drug Administration has authorized (mAb) treatment for emergency use for eligible patients. If you are over age 65 and you test positive for COVID-19, or if you have experienced the onset of mild to moderate symptoms of COVID-19 in the last 10 days, you may qualify for monoclonal antibody (mAb) treatment. **Talk to your healthcare provider right away.** This treatment must be given as soon as possible within 10 days of showing symptoms. These treatments are given through a one-time IV infusion.”

**According to the CDC, if you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, you should wait 90 days before getting a COVID-19 vaccine.**

Medicare Part B covers a COVID-19 (mAb) treatment. Health care providers can only administer the infusions consistent with the FDA’s requirements in settings with certain capabilities. Medicare also covers COVID-19 tests, COVID-19 antibody tests, and COVID-19 vaccines.

For more information, visit  
[CombatCOVID.hhs.gov](https://www.combatcovid.hhs.gov)

English: 1-877-332-6585 • Spanish: 1-877-366-0310



COMBATCOVID

What does “normal routine” mean?

First, it means a return to congregate meals. If you or a loved one has been receiving weekly meals and are NOT on the homebound program, you will need to come to the senior center for the congregate meals.

The Congregate Nutrition program serves individuals age 60 and older, and in some cases, their caregivers, spouses, and/or persons with disabilities in a group setting. The program works to keep older adults healthy and prevent the need for more costly medical interventions.

Nutrition/malnutrition have a tremendous impact on the overall health

of older adults. Congregate meal sites provide more than nutrition.

Socialization is vital for people of all ages, but is especially important for older adults who are more likely to experience isolation.

According to a recent study, before the COVID-19 pandemic, 24 percent of older adults were experiencing social isolation and 43 percent reported feelings of loneliness. These numbers have increased throughout the pandemic due to social distancing guidelines.

Socializing as little as 30 minutes per day has been shown to increase brain health and cognitive ability which

decreases the likelihood of brain diseases such as Alzheimer’s and dementia.

With the return of congregate meals and other socialization opportunities, transportation services have also resumed.

Transportation services include pick-up and drop-off to and from the senior center and with stops for errand enroute.

Masks are still required on public transportation. Mask mandate has never been lifted on transportation.

Special programs and outreach have resumed. These vary among centers.

Drop by your local center to participate. Hours of operation are listed below:

Site	Phone #	HOURS OF OPERATION	DAYS OF OPERATION
MAGNOLIA SENIOR CENTER	870-562-2048	8:00 am -2:00 pm	MONDAY-THURSDAY
EMERSON SENIOR CENTER	temporally closed	For Home Delivered Meals call 870--562-2048	
TAYLOR SENIOR CENTER	870-694-1272	10:00 am - 1:00 pm	MONDAY-FRIDAY
NASHVILLE SENIOR CENTER	870-455-5070	8:00 am - 1:00 pm	MONDAY-THURSDAY
OPPORTUNITIES SENIOR CENTER	903-791-2297	8:00 am - 4:00 pm	MONDAY-FRIDAY
MAGNOLIA HOUSING SENIOR C	870-234-2334	8:00 am - 2:00 pm	MONDAY-FRIDAY
SAM JONES SENIOR CENTER	870-798-3098	7:00 am - 3:00 pm	MONDAY-FRIDAY
CHAMPAGNOLLE LANDING	870-881-4660	8:0 am - 6:00 pm	MONDAY-FRIDAY
DIERKS SENIOR CENTER	870-286-8272	9:30 am -12:00 pm	MONDAY-THURSDAY
STAMPS SENIOR CENTER	870-533-6009	8:00 am -2:00 pm	MONDAY-THURSDAY
ASHDOWN SENIOR CENTER	870-667-7117	8:00 am -2:00 pm	MONDAY-THURSDAY
FOREMAN SENIOR CENTER	870-542-6253	10:00 am - 1:00 pm	MONDAY-WEDNESDAY
DEQUEEN SENIOR CENTER	870-642-6046	8:00 am -2:00 pm	MONDAY-THURSDAY
HORATIO SENIOR CENTER	870-832-3640	8:00 am -1:00 pm	MONDAY-THURSDAY
MILLER COUNTY SENIOR CENTER	870-330-7898	8:00 am -2:00 pm	MONDAY-FRIDAY
FOUKE SENIOR CENTER	870-653-2409	8:00 am -1:00 pm	MONDAY-FRIDAY
SAN FLAT-GLENDALE	888-978-8441	9:00 am - 1:00 pm	Call center for schedule
HOPE SENIOR CENTER	870-777-1345	8:00 am -2:00 pm	MONDAY-THURSDAY
PRESCOTT SENIOR CENTER	870-887-5119	8:00 am -2:00 pm	MONDAY-THURSDAY
CAMDEN SENIOR CENTER	870-836-6314	8:00 am -2:30 pm	MONDAY-THURSDAY
CHIDESTER SENIOR CENTER	870-685-2969	9:30 am -12:30 pm	MONDAY-THURSDAY
FORDYCE SENIOR CENTER	870-352-3214	8:00 am -2:00 pm	MONDAY-THURSDAY

# Drums Alive

**COMING TO A SENIOR CENTER NEAR YOU!**



*What is good for the body is also good for the brain- John Ratey*

Drums Alive Golden Beats is a fun, effective exercise using exercise balls and drum sticks or pool noodles that will assist in slowing down the aging process. It is Brain-Body Training (BBT) which is based on scientific studies to help people maintain a continual level of mental fitness, strength and flexibility throughout their lives.

**GARDENING  
WORD  
SEARCH**

- ANNUALS
- BEANS
- BEETS
- BIENNIAL
- BROCCOLI
- CARROTS
- COMPOST
- CULTIVATE
- DAISIES
- DIGGING
- FERTILIZER
- FLOWERS
- FUCHSIA
- GARDEN
- GERANIUMS
- GLOVES
- GNOME
- GREENHOUSE
- GROW
- HOES
- HORTICULTURE
- HOSE
- HYDRANGEA
- LILACS
- LILIES
- MARIGOLDS
- ORGANIC
- PEAS
- PERENNIAL
- PETUNIAS

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- |            |          |          |             |
|------------|----------|----------|-------------|
| PINWHEEL   | RELAXING | SOIL     | TULIPS      |
| PITCH FORK | ROSES    | SPADE    | VEGETABLES  |
| PLANTING   | ROWS     | SUNSHINE | WATER       |
| RAIN       | SEEDS    | TOMATOES | WEEDS       |
| RAKE       | SHOVEL   | TROWEL   | WHEELBARROW |

**Clip-n-Cook**

**13 MINUTE MEATLOAF**

**INGREDIENTS**

- 1.25 lb ground turkey or beef
- ½ cup bread crumbs
- ¼ cup ketchup
- 1 egg
- salt and pepper to taste
- 2 T Worcestershire Sauce

**DIRECTIONS**

Mix all ingredients in a covered microwave safe casserole. After all ingredients are mixed, shape into a loaf. Put cover on casserole and microwave for 13 minutes. Cooking time may vary depending on the amount of meat and size/power of the microwave.



**\*\*Consider cooking in the oven using a muffin tin for individual serving sizes that can be frozen and served later.**

**HEALTHY TIP:**

**3 ingredient Breakfast: Banana Oatmeal**

Add ¼ cup old-fashioned oats and 1 cup milk to a small saucepan. Use a ripe banana and slice it thinly, then whisk it into the oats as they cook. Enjoy.

This is a lower sugar alternative to instant oatmeal. Benefits include fiber and potassium. Potassium loss comes from some blood pressure medications.

**What Does Love Look Like - Mother's Love**

*By Ruthie Langston, Executive Director of AAASWA*

My family and I moved to Arkansas shortly after I turned three years old. We moved into an old wooden frame house on a gravel road that was about eight-ten miles from the main highway. In this house was an open fireplace that faced the kitchen and living area.

My sister that was 22 months older than me started to school while we lived in that house, she was five years old at the time. An older sister was enrolled in high school.

One day while they were at school, Mama, a cousin's wife and I were in the kitchen. I was playing all around the kitchen and mama told me to go sit down. I did as I was told and sat down by the open fireplace.

I clearly remember looking down and seeing that my dress was on fire---I looked up and said one word "Mama." I don't know if it was the way I said the word or a mother's intuition that caused Mama to look at me and assess my situation.

It seems that Mama flew across the kitchen and pulled my face close to her tummy. She wrapped her skirt around me and hugged me real tight. I did not know for sure what was going on. I began to get scared. Mama released me for a moment and suddenly she began to beat me on the back. By this time, I was crying loudly.

I had no idea that when Mama released me, the fire that she had endeavored to smother with her skirt had "flared-up" and my dress was afire again. As she began to beat at the fire to smother the flames with her bare hands, I thought she was beating me because I was bad.

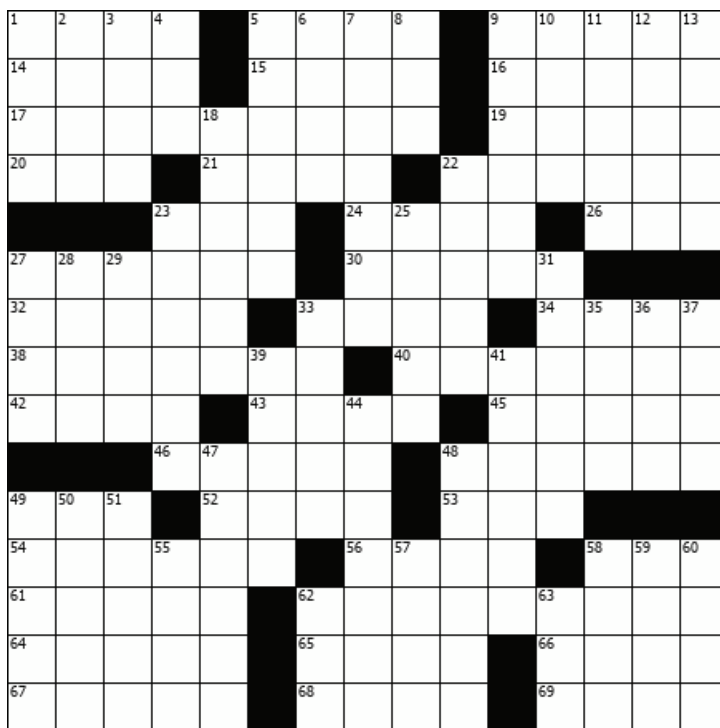
Little did I know at the time that she was saving me from a lifetime of pain and taking that pain upon herself. As she put the fire out with her hands, I received not even a blister, but Mama's hands became severely burned.

My cousin's wife, who was there at the time, walked about eight miles to find someone who could take Mama into Hope to a doctor. When Mama came home from the doctor, both of her hands were in bandages. She wore those bandages for quite some time and I knew that it was all my fault for getting mama hurt. Of course, as mamas do, she assured me that it was just an accident and that she was alright.

Mama wore those scars on her hands and had reduced feeling in her hands for the rest of her life. Mama was never one to say "I love you" very often (just the way it was back then) but all I had to do was look at her hands to know that I was truly loved by my Mama.

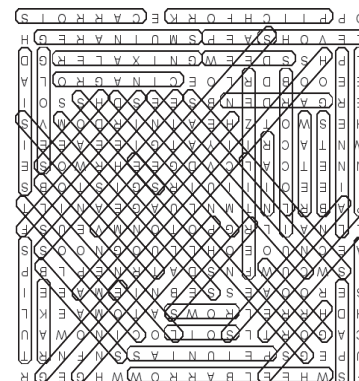
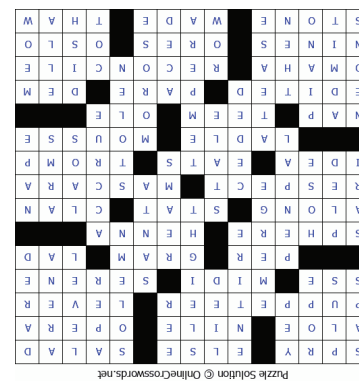
**Across**

- 1. Peppy
- 5. Alternative word
- 9. Mixed greens
- 14. Sunburn remedy
- 15. African river
- 16. Soap \_\_\_\_
- 17. Jim Henson, e.g.
- 19. Prying bar
- 20. Compass direction (abbr.)
- 21. Average skirt
- 22. Peaceful
- 23. Part of mph
- 24. Metric weight
- 26. Lass's mate
- 27. Globe
- 30. Hair coloring
- 32. Beside
- 33. EMT's word
- 34. Family group
- 38. Admiration
- 40. Lash thickener
- 42. Brainstorm
- 43. Dines
- 45. Walk heavily
- 46. Large spoon
- 48. Whipped dessert
- 49. Short sleep
- 52. Abound
- 53. Bullfight cheer
- 54. Revised
- 56. Whittle down
- 58. Carter's party (abbr.)
- 61. Nebraska metropolis
- 62. Make up
- 64. Dressed to the \_\_\_\_
- 65. Unrefined metals
- 66. Nordic capital
- 67. Large pebble
- 68. Walk in water
- 69. Melt



**Down**

- 1. Tree juices
- 2. In addition
- 3. Heavy cord
- 4. Uh-huh
- 5. Complete
- 6. Fibbed
- 7. \_\_\_\_ of hand (magic trick)
- 8. Always, in verse
- 9. Serious
- 10. Imitator
- 11. Smooth
- 12. Sports site
- 13. Ventured
- 18. Come out
- 22. Christmas visitor
- 23. Mail friend (2 wds.)
- 25. Paper quantities
- 27. Indian robe
- 28. Begged
- 29. Stockings
- 31. Accumulate over time
- 33. Not fresh
- 35. Thailand's neighbor
- 36. Upper limbs
- 37. Neck region
- 39. Surrendered
- 41. Obtained illegally
- 44. Type of paint
- 47. Relaxed (2 wds.)
- 48. Sullen
- 49. Broadway lights
- 50. Confess
- 51. Liberace's instrument
- 55. At that time
- 57. Served perfectly
- 58. Plate
- 59. \_\_\_\_ Fitzgerald of jazz
- 60. Cat's cry
- 62. Aisle
- 63. Camp bed



OnlineCrosswords.net

# DEEP™ Did you Know?

Diabetes Education Empowerment Program

We are posting a series of brief blogs from DEEP Educator, Jennifer Ellis, on [agewithdignity.com](http://agewithdignity.com). Keep an eye on our website for educational information, charts, and other tools to help prevent and manage diabetes.

Helping Arkansians age with dignity, providing resources for the older community

AREA AGENCY ON AGING OF SOUTHWEST ARKANSAS

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Uncategorized

### Did you know? Pre-diabetes ...

By webdator | July 6, 2021 | No Comments | 688

Pre-diabetes occurs before the onset of diabetes. During pre-diabetes, blood glucose levels are not high enough to be considered diabetes, but they are higher than a normal level. This puts you at a much higher risk of developing type 2 diabetes. A healthy diet and weight, in addition to regular (5 times weekly for 30 minutes) can keep those blood glucose levels normal and prevent a diabetes diagnosis.

### How to Check Your Blood Sugar

- 1 Wash your hands with soap and warm water. Rinse well.
- 2 Gently rub your hands to warm them.

# Helping our seniors stay cool

## Agency seeks fan donations for older adults

Older adults have a harder time dealing with heat and humidity. They are more likely to take prescription drugs that may affect the body's ability to control its temperature and/or have a chronic condition that alters normal body responses to heat. The temperature inside or outside does not have to reach 100°F (38°C) to put them at risk for a heat-related illness.



Every year, we at the AAASWA distribute fans to those members of the community who are 60 and over without central heat and air. Unfortunately, due to insufficient donations last year, we were unable to supply the much needed fans to our seniors in this region. Please join us in striving to fulfilling this need.

We cover the following counties: Calhoun, Columbia, Dallas, Hempstead, Howard, Lafayette, Little River, Miller, Nevada, Ouachita, Sevier, and Union.

Either fans or monetary donations for fans will be accepted. Donations are tax deductible and a donation receipt will be available upon request.



**Monetary donations can be made via PayPal at any time.**

**Please enter 'fans' into special instructions if you wish for your donation to go directly to providing fans for older adults.**

**[Link available at \[agewithdignity.com\]\(https://www.paypal.com\).](https://www.paypal.com)**

## Local Ombudsmen continue to serve

*Ombudsman (woman or man) -investigates complaints, reports findings, mediates fair settlements between aggrieved parties.*

The Area Agency on Aging of Southwest Arkansas, Inc. (AAASWA) has two Ombudsmen to serve the Long-Term Care Facilities (LTCF) in the 12 counties of southwest Arkansas. The following information is taken from an interview with James Lollies, Regional Ombudsman in southwest Arkansas, documenting the changes in service provisions due to the COVID-19 Pandemic of 2020.

Shortly before Governor Asa Hutchinson declared a "State of Emergency" for the State of Arkansas, a few isolated cases of COVID-19 were noted, and the State Ombudsman issued guidelines to local Ombudsmen around the state to begin wearing masks and gloves when visiting LTCF.

In March 2020, when Governor Hutchinson declared that Arkansas

was in a "State of Emergency", Ruthie Langston, Executive Director of AAASWA, and Charlotte Bishop, State Ombudsman Administrator, immediately conferred and Ms. Langston notified the local Ombudsmen in Region VII to discontinue visits to LTCF. Ms. Langston also issued guidelines to all of AAASWA staff to cease visits to facilities and homes, lockdown the offices, and find another way via technology to provide for the needs of all seniors in their region. AAASWA also began providing personal protective equipment (PPE) for their staff and making arrangements to work from home.

Local Ombudsmen were given guidelines on how they could monitor the LTCF residents, staff and activity. They could do a drive-thru (i.e., drive up to the facility, sit in the vehicle and observe at lunch, shift change, and in the middle of the afternoon) to observe if staff were wearing PPE and following protocols.

Ms. Bishop collaborated with all local Ombudsmen across the state to find a workable means to have access to the LTCF. The solution was to have the LTCF provide iPads, through the Cares Act, thus giving the local Ombudsmen and other state agencies the ability to Skype or Facetime the facility staff or residents. In order to be HIPPA compliant and protect confidentiality, permission was granted to assign individuals within the LTCF to do a walk-thru within the facility with the iPad. Additionally, this gave the local Ombudsmen the presence they needed in the LTCF. They were able to check on the state of the facility and equipment, as well as the residents and staff. As numbers continued to spike and loved ones expressed concerns, the local Ombudsmen could, via the iPad, reach out to administrators, directors of nursing, activity personnel, and social workers, depending upon who was available, and request copies of sign-in

**See Ombudsman, page 7**

If you have heat stroke, you need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at most risk. Signs of heat stroke are:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot

## Who Is at Risk?

Each year, most people who die from hyperthermia are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems
- Poorly working sweat glands or changes in your skin caused by normal aging
- Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever
- Conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines; they may make it harder for your body to cool itself
- Taking several prescription drugs; ask your doctor if any of your medications make you more likely to become overheated.
- Being very overweight or underweight

- Drinking alcoholic beverages

## How Can I Lower My Risk?

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

- National Institute on Aging

## Ombudsman Continued from page 6

sheets and census on every shift.

The local Ombudsmen continued to make rounds, work complaints and incidents, monitor census, collect data on deaths and COVID-19 cases which was reported to the State Ombudsman. (The local ombudsmen were allowed to cover for each other so that tracking of information continued even if there was a possibility of quarantine). DHS and Arkansas Department of Health (ADH) tracked cases and deaths, and their data was cross referenced with the data obtained by the local Ombudsmen.

When the disbursement of vaccines began, the AAASWA, DHS and the state Ombudsman approved local Ombudsmen to resume entering LTCF contingent upon the facility having no active COVID-19 cases in the building. Entrance into a facility is still at the discretion of the Ombudsmen due to isolated cases and individual health concerns.

Currently, COVID-19 testing of facility staff is varied based on the percentage of active cases in the county. If the local Ombudsman enters a facility, dressed in PPE, and is informed

that anyone in the building recently received a positive test, he/she will immediately exit the building and conduct business in a more secure manner until it is safe to return. (2 weeks with no positive COVID-19 cases)

If entry was not feasible, the local Ombudsman could schedule to meet with administrators outside the facilities. Both parties were in full PPE to safely exchange documentation and necessary information.

Through all of the COVID-19 lockdown, the LTC Ombudsmen in southwest Arkansas continued to investigate, report and mediate all cases reported. The Pandemic has given us a new appreciation of the freedom to come-and-go as needed and helped us to embrace the use of technology for change. It has also given us the confidence to face what may come in the future.

It is important for members of the community to see local Ombudsmen in/at the LTCFs and to recognize that the local Ombudsmen are advocating for the residents -- their loved ones.

# THANK YOU TO OUR SPONSORS

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# SIGN UP FOR OUR NEWSLETTER



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