



SERVING OUR SENIORS Meal Programs Continue During Pandemic

The Area Agency on Aging of Southwest Arkansas, Inc. along with providers, David Boone Ministries, Inc., Calhoun County, and Community Living Arrangement (CLA) continue to offer congregate, and home delivered meal programs throughout 12 counties in southwest Arkansas. These programs are a part of The National Senior Nutrition Program under the Older Americans Act (OAA).

Additionally, Magnolia Housing Authority and Opportunities, Inc. provide a noon meal exclusively to their residents. New Hope Missionary Baptist Church is a provider of home-delivered meals for

Doddridge/Miller and Lafayette Counties.

According to Alison Barkoff, Acting Administrator and Assistant Secretary for Aging, "Since March of 1972, the [National Senior Nutrition] program has provided millions of meals, created opportunities for older people to connect with others and stay engaged in the community, and has helped connect older adults to other health and wellness programs offered in the community."

This time last year, the Area Agency moved emergency funds into the meal programs in response to the COVID-19

See Meals, page 3



As the pandemic continues, developments in vaccines and other safety issues continue to evolve. Here are a few things you should know.

More and more older adults are being vaccinated. "As the number of people getting one of the COVID-19 vaccines continues to increase, new estimates show that 65 percent of adults over age 65 have received at least one shot and 36 percent of Americans in that age group are fully vaccinated," according to AARP. "People in that age group represent 80 percent of the deaths from the virus."

What vaccines are available?

In January doses of the Pfizer-BioNTech and Moderna vaccines became available to older adults in Arkansas, however in limited quantities. The Pfizer-BioNTech vaccine requires two shots, 21 days apart. Moderna vaccine also requires two shots, but 28 days apart. Now there is another vaccine available. The Johnson & Johnson vaccine only requires one shot given in the muscle of the upper arm.

Another vaccine by AstraZeneca is currently undergoing trials but has not been authorized in the U.S.

How are the vaccines being distributed?

Although the federal government is overseeing the distribution of vaccines, it is up to individual states to prioritize who gets the vaccine. To see which pharmacy in your area has the vaccine available, you can visit www.healthy.arkansas.gov/programs-services/topics/covid-19-map-of-1-a-pharmacy-locations. Due to limited supply, you will still need to call the pharmacy and make an appointment.

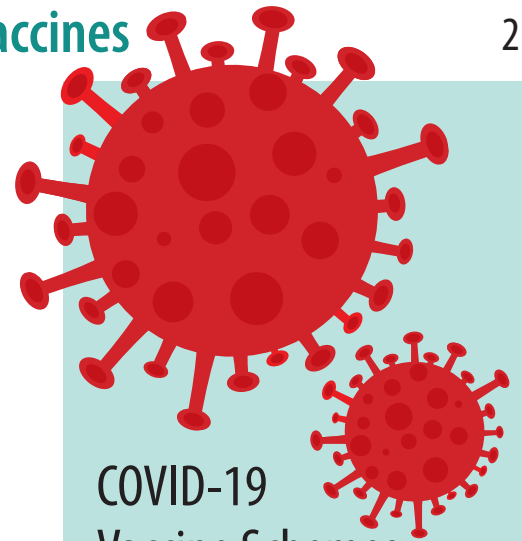
Are both doses really necessary?

The short answer is yes. Both the Pfizer-BioNTech and Moderna vaccines require two doses to ensure the vaccine is effective. The J&J vaccine only requires one dose.

Can I get vaccinated against COVID-19 while I am currently sick with COVID-19?

No. "People with COVID-19 who have symptoms should wait to be vaccinated

See Stay Informed, page 8



COVID-19 Vaccine Schemes

SchemesScammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting beneficiaries. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatments. Here are things you need to know about the COVID-19 vaccine:

- You will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access

See Schemes, page 4



Stay Active with Tai Chi

Classes and Lessons available

Staying physically and mentally active is key to healthy aging, especially during the pandemic. The Area Agency on Aging of Southwest Arkansas, Inc. offers Tai Chi classes on a variety of platforms and times. Those interested in participating can contact Nancy Bailey at (870) 626-3089 or email nbailey@aaaswa.net.

A Tai Chi for Arthritis for Fall Prevention in-person class is held at 10 a.m. every Monday in the Community Room at Lelia Enrichment Complex, 600 Lelia St., Magnolia. The room is large enough to accommodate social distancing with a small group. Additionally, another in-person class is held on Tuesday afternoons, from 3 - 4 p.m. A Zoom class will also be held from 2:30-3:30 p.m. on Wednesday afternoons.

One can absorb the movements by merely watching others do Tai Chi, so if you tune in to a Zoom class, you can leave your video off, and just watch and follow along as you feel comfortable, but know this: the benefits come from doing the movements, so you will want to follow along as you can.

Five lesson videos for Tai Chi for Arthritis for Fall Prevention are available on our Facebook page, as well, in order for those interested to practice in the comfort of their homes. Dr. Paul Lam has instructional videos on YouTube as well. Just type in Dr. Paul Lam's Tai Chi for Arthritis for Fall Prevention in the YouTube search bar.



pandemic and has continued to support these programs to the best of their ability. With more people than ever isolated in their homes due to COVID-19, these programs have become vital. Our providers have met the challenges head-on, overcoming the difficulties to meet the altered and increased needs of older adults in our rural communities.

As meal programs monitor and adjust to the pandemic, the congregate meals program continues in the form of a drive-thru, pick-up. Home-delivered meals have continued as before with increased numbers. Disbursement

dates, however, vary among senior centers and are subject to change, again, due to the pandemic.

An individual over the age of 60, may qualify for meal programs based on certain criteria. The senior center team will assess the client for approval for home delivered meal status. For your convenience, you can complete and submit your application online on the bottom half of our contact page by visiting agewithdignity.com/contact-2/.

Another option is to contact the case manager for your county. You may also find them listed on our website at the bottom of our about page.

You may also contact your local senior center at the numbers listed below.

Calhoun County

Sam Jones Senior Center – Cheryl Furr
870-798-3095

Columbia County

Magnolia Senior Center – Renee Ware
870-562-2048

Taylor Senior Center – Pansy Farr
870-694-1272

Emerson Senior Center
870-547-2200

Dallas County

Fordyce Senior Center – Katlin Cornelius
870-352-3214

Hempstead County

Hope Senior Center – Amy Sweat
870-777-1345

Howard County

Nashville Senior Center – Marcille Dallas
870-455-5070

Dierks Senior Center – Linda Ward
870-286-8272

Lafayette County

Stamps Senior Center – Devin Hart
870-533-6009

Little River County

Ashdown Senior Center – Renetta Hill-Rowe
870-667-7117

Foreman Senior Center

870-667-7117

Miller County

Miller County Senior Center – Peggy Sharp
870-330-7898

Fouke Senior Center – Debbie Smith
870-653-2409

Nevada County

Hamilton Blakely Senior Center – Anita Jones
870-887-5119

Ouachita County

Camden Senior Center – Julie Kimbrell
870-836-6314

Chidester Senior Center – Freda (Betty) Hunter
870-685-2969

Sevier County

DeQueen Senior Center – Joyce Short
870-642-6046

Horatio Senior Center – Sandra Ridge
870-832-3640

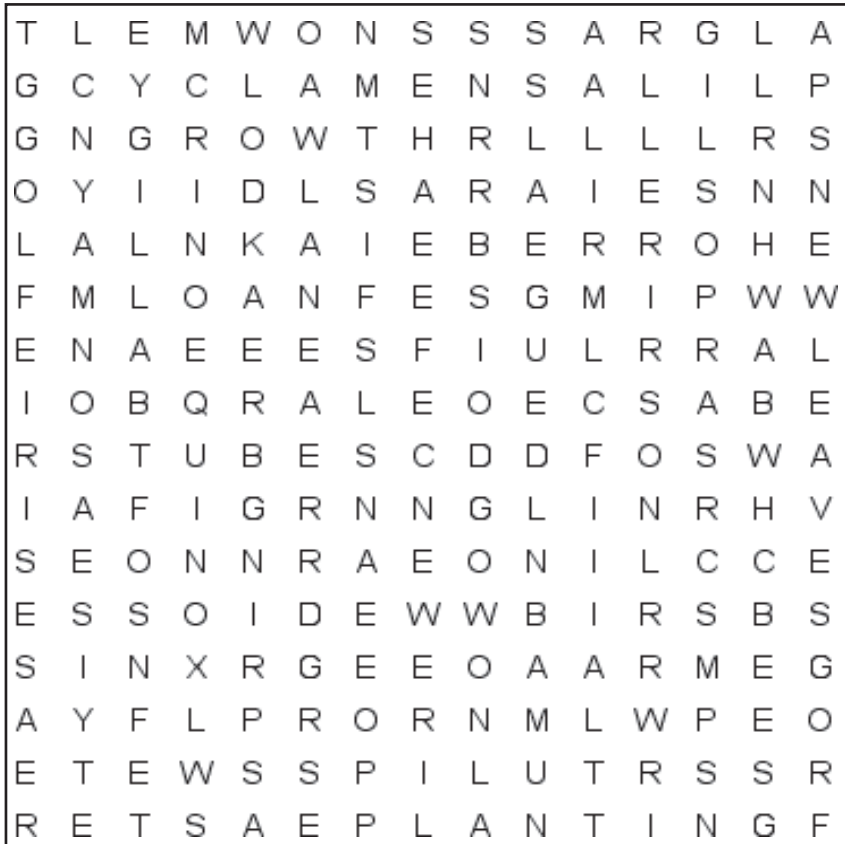
Union County

Champagnolle Landing - Barbara Warrick
870-881-4660

New Hope Missionary Church – Perry Williams
870-691-2872

**SPRING
WORD
SEARCH**

- Allergies
- April
- Baseball
- Bees
- Crocuses
- Cyclamens
- Daffodil
- Dandelions
- Easter
- Equinox
- Flowers
- Frogs
- Golf
- Grass
- Green
- Growth
- Irises
- March
- May
- New leaves
- Planting
- Rain
- Renewal



- Robins
- Season
- Snow melt

- Softball
- Spring break
- Spring cleaning

- Tulips
- Warmer
- Wet


- to the vaccine.
- You will not be solicited door to door to receive the vaccine.
- No one from Medicare or the Health Department with contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

What Can You Do to Stop COVID-19 Fraud?

- Do not give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Don't post on social media that you are getting tested for COVID-19. Scammers can use this to provide false reports and request your Medicare information.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card, or wire transfer.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email – or even someone knocking on your door – claiming they can get you early access to the vaccine, STOP. That's a scam.

– SMP, www.smpresource.org



Mask Up





**COMPLETELY COVER NOSE
AND MOUTH WITH MASK**

**ENSURE MASK FITS
SNUGLY AGAINST FACE**

FEDERAL LAW REQUIRES THE WEARING OF FACE MASKS ON PLANES,
BUSES, TRAINS AND OTHER FORMS OF PUBLIC TRANSPORTATION.



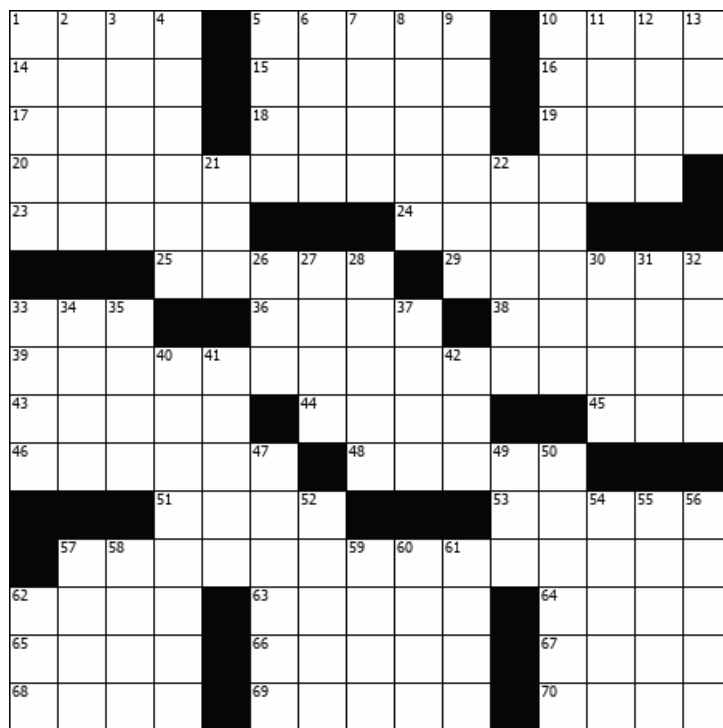


U.S. Department of Transportation

www.transportation.gov/MaskUp

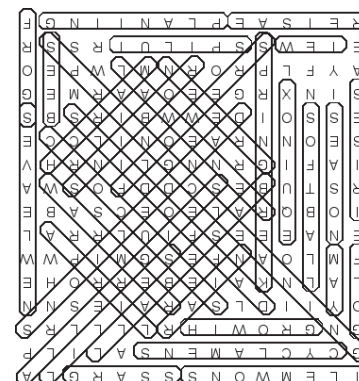
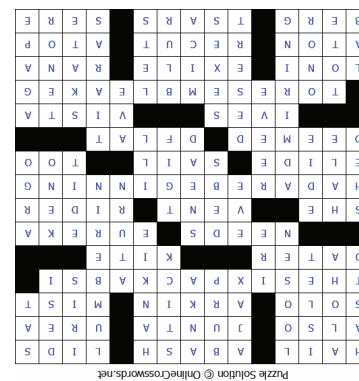
Across

- 1. Salute with enthusiasm
- 5. Embarrass
- 10. These may be flipped
- 14. Not to mention
- 15. Coup group
- 16. Component used as fertilizer
- 17. Recital highlight
- 18. "Jakob the Liar" actor Alan
- 19. Niagara's veil
- 20. Start of an unhealthy quip
- 23. Many a John Wayne flick
- 24. Benjamin Franklin experiment prop
- 25. Base negotiating amounts
- 29. Discoverer's cry
- 33. Seashell seller
- 36. Blow off steam
- 38. Bill attachment
- 39. Unhealthy quip (Part 2)
- 43. Skip a syllable
- 44. Harness the wind
- 45. Word with little or late
- 46. Considered
- 48. Note above C
- 51. Carrier's partner
- 53. Panoramic view
- 57. Unhealthy quip (Part 3)
- 62. Acting Anderson
- 63. Greece's Constantine II was one
- 64. Words with tab or temperature
- 65. Fell like ___ of bricks
- 66. Split the cards again
- 67. At the apex
- 68. Titanic's undoing
- 69. Ivans IV and V (Var.)
- 70. Parched



Down

- 1. Can't help but
- 2. Hi hi
- 3. Spot of land
- 4. Give some slack
- 5. Trojan War hero
- 6. Tupperware sound
- 7. "Lonely Boy" singer
- 8. Rover's retrieval
- 9. Monogram bearer, perhaps
- 10. Enter clumsily
- 11. Part of the eye
- 12. He loved Lucy
- 13. Gained a lap
- 21. Incense
- 22. Took ___ for the worse
- 26. Serpent's mark?
- 27. Belles of the ball
- 28. Golf's "Slammin' Sammy"
- 30. Make readable
- 31. Game like bingo
- 32. Jason's vessel
- 33. Tool repository
- 34. Revolutionary with a regret
- 35. Peter Gunn's girlfriend
- 37. End-of-the-week letters
- 40. Looking up to
- 41. Screen Superman
- 42. Green around the gills
- 47. Storm in Kuwait?
- 49. "___ Maria"
- 50. Pageant prizes
- 52. Famous battle participants
- 54. Cheap attachment
- 55. Enrico Caruso, for one
- 56. In awe
- 57. Carry
- 58. ___ about
- 59. Flaky mineral
- 60. Visual image, to an astigmatic
- 61. "___ Make a Deal"
- 62. Part of science class



OnlineCrosswords.net

Make a Difference!

DONATE

As the weather gets warmer, the Area Agency on Aging will begin accepting fan donations for senior adults. Fans can be dropped off at 600 Lelia in Magnolia. Call us at (870) 243-7410 for more info.





The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN) launched the first World Elder Abuse Awareness Day (WEAAD) on June 15, 2006 in an effort to unite communities around the world in raising awareness about elder abuse.

Elder abuse is widespread. Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that elder abuse is significantly under-reported, in part because so many of our communities lack the social supports that would make it easier for those who experience abuse to report it. Research suggests that as few as 1 in 14 cases of elder abuse come to the attention of authorities.

The good news is that we can prevent and address the issue of elder abuse.

What to Do If You Suspect Elder Abuse

As with other forms of abuse, older adults who have experienced abuse tend to blame themselves. If you observe any warning signs and are concerned that an older adult shows signs of abuse, take the following actions:

- **Talk to the person you suspect is being abused.** NCEA recommends asking if elder abuse has occurred, whether the older adult is afraid of anyone or if they are being harmed by anyone. It is important to remind them that it is not their fault.

- **Contact 911.** If it appears that an older adult is in immediate danger due to suspected elder abuse, contact the police right away.

- **Contact Adult Protective Services.** Each state's Adult Protective Services office has the authority to conduct an investigation of any suspected cases of elder abuse. Arkansas Adult Protective Services Hotline: 1-800-482-8049

- **Contact your state's Long-Term Care**

Ombudsman. For older adults residing in a licensed nursing home or assisted living facility, a state's Long-Term Care Ombudsman will act as an advocate for suspected victims of elder abuse and can provide information about the appropriate licensing, monitoring and regulatory agencies.

- **Call the Eldercare Locator.** The Eldercare Locator's trained staff can connect older adults and concerned caregivers with local reporting organizations.

1 (800) 677-1116 Monday–Friday, 9:00 a.m. – 8:00 p.m. ET
www.eldercare.acl.gov



Connecting You to Community Services



Administration for Community Living



advocacy | action | answers on aging

Your Local Long-Term Care Ombudsman

A Long-Term Care Ombudsman (LTCO) is a resident advocate making sure residents at long-term care facilities have a good quality of life and get the care they need and deserve.

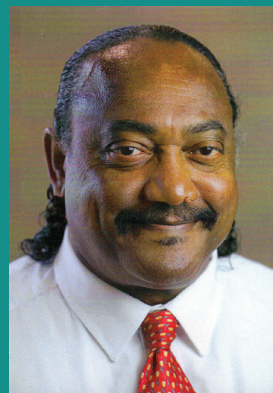
Our local Ombudsmen continue to resolve complaints, protect rights, and promote access to services for residents during the COVID-19 pandemic despite the challenges.

The Area Agency on Aging of Southwest Arkansas, Inc. employs two full-time

Ombudsmen, James Lollies and Doris Chaney.

James covers Ouachita County, Union County, Calhoun County, Dallas County, Columbia County except for Taylor, Pleasant Manor in Little River County, and Windsor Cottage in Miller County.

Doris covers Howard County, Sevier County, Hempstead County, Lafayette County, Miller County, Nevada County, Taylor in Columbia County, and Little River except for Pleasant Manor.



James Lollies

870-648-3259 Ext. 134

870-904-1536 – Cell

jlollies@aaaswa.net



Doris Chaney

870-648-3259 Ext. 134

870-904-9152 – Cell

dchaney@aaaswa.net

SUPPORT GROUPS

CO-HOSTED BY AREA AGENCY ON AGING OF SOUTHWEST ARKANSAS, INC.

In partnership with Texarkana Regional Center on Aging, Area Agency on Aging of Southwest Arkansas co-hosts the **Miller County Parkinson's and Caregiver Support Group** which meets at 2:00 pm, the second Wednesday of each month on Zoom due to the COVID-19 pandemic.

In partnership with South Arkansas Center on Aging in El Dorado, Agency on Aging of Southwest Arkansas co-hosts the **El Dorado Area Parkinson's and Caregiver Support Group** which meets at 2:00 pm, the third Thursday of each month on Zoom, again, due to the COVID -19 pandemic.

These support groups offer patients and care partners companionship which helps ease the feelings of isolation and loneliness, and help support and nurture a positive attitude. They provide information and education, both in exchanging information and sharing practical tips for daily living, as well as learning about new research and techniques from a variety of speakers in the professional field. They offer encouragement through drawing strength from each other, and allow the person with Parkinson's to relax from self-consciousness about dyskinesia and other problems associated with Parkinson's.

During the group meeting, attendees can discuss the "good and bad" with those who understand. It provides a much needed emotional and psychological outlet for both the people with PD and their care partners.

Area Agency on Aging provides private groups for each support group on their Facebook group page. Individuals merely need to ask for admission to the group of their choice.

The **Columbia County Area Alzheimer's Support Group** is co-facilitated by Area Agency on Aging of Southwest Arkansas, Inc., and The Caring Place of Magnolia, a respite care program for people with dementia/Alzheimer's.

This group, which is strictly for the caregiver, meets via Zoom, the first Wednesday of each month, from 3:30-4:30p.

The **Ouachita County Caregiver Support Group**

is co-facilitated by Area Agency on Aging and Kindred at Home. Before the pandemic, the meeting was held the third Wednesday of each month at Kindred At Home, Camden. There are no Zoom meetings being held at this time.

Although the group is suspended at this time, Zoom support is available upon request by emailing nbailey@aaaswa.net

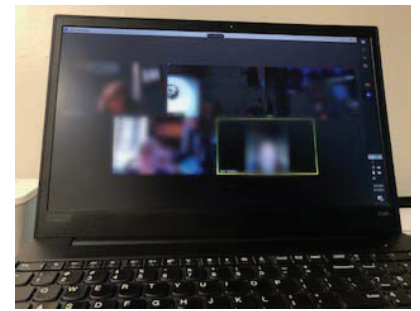
The **El Dorado Area Alzheimer's Support Group** is co-facilitated by Area Agency on Aging of Southwest Arkansas, Inc., and South Arkansas Center on Aging. Again, it is for the caregiver, and meets via Zoom, the third Thursday of each month from 12:00- 1:00p.

The **El Dorado Area Parkinson's & Caregiver Support Group** is co-facilitated by Area Agency on Aging of Southwest Arkansas, Inc., and South Arkansas Center on Aging. This group is for both the individual with Parkinson's and the care partner. Monthly meetings are held on Zoom, the Third Thursday of each month from 2:00-3:00p.

The **Hempstead County Parkinson's & Caregiver Support Group** was newly organized at the first of 2020. Co-facilitated by Area Agency on Aging and Texarkana Regional Center on Aging, meetings were to be held the first Thursday of each month from 2:00-3:00p, in the Community Room at the Hempstead County Library. Although the group is suspended at this time, Zoom support is available upon request by emailing nbailey@aaaswa.net

During Zoom meetings, as in the regular in-person meetings, the caregiver will learn about resources, organizations and websites that can help with specific needs. Here, too, they are able to interact with other caregivers, learn healthy coping skills, get a better understanding of what to expect in the future, and gain a sense of empowerment and control. These benefits will lead to less anxiety and help reduce depression, and enhance their ability to care for their loved one.

For more information, contact Nancy Bailey at nbailey@aaaswa.net or call (870) 626-3089



until they have recovered from their illness and have met the criteria for discontinuing isolation," according to the CDC. "Those without symptoms should also wait until they meet the criteria before getting vaccinated."

The same applies if you were to contract COVID-19 after receiving the first dose of the vaccine.

Please note that some

immunocompromised persons with COVID-19 may continue to be infectious beyond 20 days of their initial symptoms.

What are possible side effects?

Most common side effects include pain at the injection sight, and some might experience symptoms such as fever and chills. These sides effects are often mild to moderate

and go away quickly. It is rare for an individual to have serious side effects. However, if you or a loved one is experiencing more serious side effects, notify your healthcare provider.

For more information and continued updates, visit www.cdc.gov/vaccines/covid-19

FREE

Diabetes Education Empowerment Program

DEEP™ FREE Classes for Seniors with Diabetes

This is an 8-week course/ one session per week, every Wednesday

April 28 – June 23

1:00 - 2:00 pm

Area Agency on Aging of Southwest Arkansas

600 Lelia Street Magnolia, AR

All CDC Guidelines followed including health screenings, facemasks and social distancing

Registration Required

Call 870-881-8969 to sign up or email ampagan@uams.edu

UAMScentersonaging.org | [Facebook/UAMScaregiving](https://www.facebook.com/UAMScaregiving)

DEEP™ was developed at the University of Illinois-Chicago by the Midwest Latino Health Research, Training and Policy Center.

UAMS | Donald W. Reynolds
Institute on Aging

**SOUTH ARKANSAS
CENTER ON AGING**



SIGN UP FOR OUR NEWSLETTER



LEC Mature Living will be published quarterly, both in print and online.

To sign-up return this form to 600 Lelia, Magnolia, AR 71753 or Fax to 870-234-6804.

You may also sign-up online.

Visit us at agewithdignity.com

Name _____

Mailing Address _____

Phone _____ Alt _____

Email _____