



## TOP 10 THINGS a CASE MANAGER could do for YOU



Case managers (CM) assists adults 60 years and older connect to and apply for available community resources such as:

### 1. Enrolling in Medicare

Navigating all the parts of Medicare can be confusing. Whether you are turning 65, retiring, or going on disability case managers are here to help guide you through the process. Please

note, while they do not sell Medigap (supplemental) policies, they can provide valuable information about the policies and procedures.

### 2. Application assistance

Case managers can help with the application and renewal process for Extra Help, Medicaid, Medicare Savings Program, and other assistance programs for which you might be eligible for.

### 3. Provide information and assistance

When you or a loved one needs assistance, a case manager can refer you to the appropriate programs, help determine eligibility for public benefits, and provide information for other resources.

### 4. Personal Emergency Response Systems

A Personal Emergency Response System(PERS) by ConnectAmerica is an

See Case Managers, page 3

Return Service Requested

Magnolia, AR 71753  
600 Lelia Street

AREA AGENCY ON AGING  
OF SOUTHWEST ARKANSAS



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# Annual Open Enrollment is about to begin

It is that time of year again – open enrollment occurs annually from October 15 to December 7.

Your health needs can change from year to year—so do Medicare plan costs and coverage. This is the time to compare prescription drug coverage and see if you can find lower costs or better coverage, or just make sure your current plan is still the best way to go.

Case Managers and SHIP Counselors at the Area Agency on Aging of Southwest Arkansas are ready to help you review and compare your current Part D plan with new options. To find a case manager for your area, you can

visit our about page at [www.agewithdignity.com/about-me/](http://www.agewithdignity.com/about-me/) or call us at 870-234-7410/1-800-272-2127 and let our receptionist know in what county you reside.

We will also be accepting walk-ins as time allows from 9 a.m.– 3 p.m., on Tuesdays and Thursdays at the Lelia Enrichment Complex located at 600 Lelia Street in Magnolia.

At AAASWA we treat you and your loved ones like we would our own family.

If you have questions when comparing plans during Medicare Open Enrollment, it's good to know that free, unbiased, reliable information is within reach.



**IT'S OPEN ENROLLMENT. GUARD YOUR CARD.**

## Help fight Medicare fraud

Open enrollment is the time for many to review, compare, and make changes to their coverage.

For scammers though, it may also be open season on Medicare beneficiaries.

Unknown callers may contact you during Medicare Open Enrollment. Don't fall for their promises of free offers or gifts— and NEVER give out your Medicare Number over the phone or email.

Guard your Medicare card like it's a credit card. Remember according to [medicare.gov](http://medicare.gov):

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

In order to safely navigate through changes be aware of the marketing guidelines for the plans. Medicare plans cannot:

- Call you if they have no prior relationship with you.
  - Send emails to you if you have not agreed to receive emails from them.
  - Mail or call you if you have opted out of receiving communications from them.
  - Claim they come from or were sent by Medicare, Medicaid or Social Security.
  - Make uninvited visits to your home – door-to-door sales.
  - Leave information such as leaflets, flyers or door hangers on your car or at your home unless you were a "no show" for an appointment.
  - Talk about other insurance products, such as life insurance annuities, during a visit or meeting about prescription drug coverage or Medicare Advantage.
- Return uninvited to your home after an earlier "no show."

For more information visit [medicare.gov/forms-help-resources](http://medicare.gov/forms-help-resources)



**Health Fair was a Success**  
The Area Agency on Aging of Southwest Arkansas participated in a drive-thru health fair where over 100 older adults eagerly made their way through at Champagnolle Landing Senior Center in mid-September.  
The AAASWA would like to thank the South Arkansas Center on Aging for coordinating this event again this year.

## Understanding Your Medicine Label

Before you leave the pharmacy, be sure to:

- Make sure the label has your name on it.
- Make sure you can read and understand the directions on the bottle.
- Make sure the directions are the same as your doctor said. If not, tell the pharmacist.
- Ask for an easy-open cap if you have trouble opening the bottle. Be sure to keep all medicines out of reach of children.
- Find out if the medicine needs be stored in a special place, such as the refrigerator.
- Should I take this medicine with food? Is there anything I should not eat or drink when taking this medicine?
- Is there a generic (non-brand name) version of the drug I can take?
- Is it safe for me to drive while taking this medicine?
- What does “as needed” mean?



All prescription medication labels may not include all the information above. Some labels may have a different layout than the one shown. If you have any questions, ask the pharmacist or your doctor.

## Case Managers Continued from page 1 3

advanced two-way voice communication system that provides a hands-free, two-way communication link between an individual in distress and a 24-hour Response Center. Case Managers employed by AAASWA install, assess, and replace the units of their clients as needed.

### 5. Medicare Part D Counseling

During annual Open Enrollment – October 15 through December 7 – case managers are here to help you understand and compare your drug costs and coverage.

### 6. Caregiver Respite

When eligible and if funds allow, case managers can assess for respite. They can often provide a temporary service in order to give a brief reprieve between programs.

### 7. Homemaker

In certain instances, case managers can help with household tasks. These services vary and are subject to eligibility screenings.

### 8. Outreach Activities

Although COVID-19 restrictions have affected this, case managers might attend or speak at local events. They also hold informative presentations such as Medicare Maze.

### 9. Advocacy

When there are important decisions to be made, a case manager can speak with other agencies on your behalf or help facilitate communication between you and other service providers.

### 10. Meal Program Referral

Case managers work to connect seniors with a meal provider in their area.

Our case managers may be able to personalize services. There is a CM available in your county. Call us at 870-234-7410 and you will be directed to the one for your area.

## Compare Vaccination Rates

### CMS Launches New Medicare.gov Tool

Did you know that if you are searching for facilities for yourself or a loved one, you can find and compare Medicare-approved providers in your area? Simply visit [medicare.gov](https://www.medicare.gov) and click on ‘Find care providers.’ There you can find an abundance of data in a user-friendly format to help people make informed decisions.

Now, the Centers for Medicare & Medicaid Services (CMS) has announced a new feature, making it easier to check COVID-19 vaccination rates for nursing home staff and residents.

“CMS wants to empower nursing home residents, their families and caregivers with the information they need when choosing care providers for their loved ones. As we continue to work with our partners to monitor the spread of COVID-19 and keep

nursing home residents safe, we want to give people a new tool to visualize this data to help them make informed decisions,” said CMS Administrator Chiquita Brooks-LaSure. “CMS knows that nursing home staff want to protect their residents and is calling on them to get vaccinated now. The COVID-19 vaccine is safe, effective and accessible to all at no out-of-pocket cost.”

In a September press release, CMS said that Medicare and Medicaid-certified

	Nursing Home A (111) 123-4567	Nursing Home B (111) 123-4567	Nursing Home C (111) 123-4567
<b>COVID-19 vaccination rates</b>			
The percent of residents and staff who are vaccinated for COVID-19. <a href="#">Read more</a>			
<b>Resident vaccination</b> ↑ Higher percentages are better Virginia average: 78.6% National average: 82.3%	78.2%	50.3%	64.9%
<b>Staff vaccination</b> ↑ Higher percentages are better Virginia average: 73.0% National average: 83.3%	81.4%	19.3%	32.3%
<b>Fire safety inspections &amp; emergency preparedness</b>			
<b>Penalties</b>			

nursing homes have been required to report weekly COVID-19 vaccination data for both residents and staff since May, and CMS has been posting the information on the CMS COVID-19 Nursing Home Data website. The addition of this new consumer-friendly data feature is another valuable tool for patients, residents, and families to understand the quality of nursing homes when making health care decisions.

**AUTUMN  
WORD  
SEARCH**



- ACORN
- APPLE
- BIRD MIGRATION
- BLOWING LEAVES
- BLUSTERY DAY
- CANNING
- CHESTNUTS
- CHILLY
- COLD
- CROPS
- EQUINOX
- FALL
- FARMING
- FEAST
- FROST
- HALLOWEEN
- HARVEST
- HAYSTACK
- HICKORY NUTS
- LONGER
- NIGHTS
- NOVEMBER
- OCTOBER
- ORANGE LEAVES
- PIE
- PUMPKIN
- RAKE

- RED LEAVES
- SCARECROW
- SCHOOL
- SEASON

- SEPTEMBER
- SHORTER DAYS
- SQUASH
- SWEET POTATOES

- THANKSGIVING
- TURKEY
- WINDY
- YELLOW LEAVES

**Clip-n-Cook CHICKEN TORTILLA SOUP**

**INGREDIENTS**

- 1 pound boneless, skinless chicken breasts (all visible fat discarded, cut into 1/2-inch cubes)
- 2 cups frozen whole kernel corn (thawed)
- 2 cups fat-free, no-salt-added chicken broth
- 14.5 ounces canned, no-salt-added, diced tomatoes (undrained)
- 1/4 cup finely chopped onion
- 1 teaspoon sugar
- 1 teaspoon ancho powder
- 2 medium garlic cloves (minced)
- 1/4 teaspoon salt
- (2) 6- inch corn tortillas (cut into 1/4-inch-wide strips, plus)
- (1) 6- inch corn tortilla (torn into pieces)
- 2 to 4 tablespoon snipped, fresh cilantro
- 1/4 cup finely chopped avocado
- 1/4 medium red bell pepper (cut into matchstick-size strips)

**DIRECTIONS**

1. In a 3-4 1/2-quart round or oval slow cooker, stir together the chicken, corn, broth, tomatoes with liquid, onion, sugar, ancho powder, garlic, and salt. Cook, covered, on low for 6 to 8 hours or on high for 3 to 4 hours.
2. Meanwhile, preheat the oven to 350 degrees F.
3. Arrange the tortilla strips in a single layer on a baking sheet. Bake for 8 to 10 minutes, or until crisp. Transfer the baking sheet to a cooling rack. Let the strips stand for about 15 minutes, or until cool. Transfer to an airtight container and set aside.
4. When the soup is ready, transfer 1 cup to a food processor or blender. Stir in the tortilla pieces. Let the mixture stand for 1 minute so the tortilla pieces soften. Process until smooth. Stir the mixture into the soup. Stir in the cilantro.
5. Ladle the soup into bowls. Sprinkle with the avocado, bell pepper, and reserved baked tortilla strips.



*This recipe is reprinted with permission from Healthy Slow Cooker Cookbook, 2nd Edition. Copyright © 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House LLC. Available from booksellers everywhere.*

**QUICK TIP:** Adding the processed soup and tortilla mixture to the rest of the soup gives the finished product more body and distributes the tortilla flavor.



**SUPPORT GROUP  
CONNECTIONS**

**EL DORADO AREA  
ALZHEIMER'S SUPPORT GROUP**

**Will meet the third Thursday of each month**

**12:00**

**SIMMON'S FIRST BANK**

**Executive Conference Room ( 2nd floor )**

*A light lunch provided by various monthly sponsors will be served*

*Please call Nancy Bailey at 870-626-3089 or email nbailey@aaaswa.net*

**THE EI DORADO PARKINSON'S &  
CAREPARTNER SUPPORT GROUP**

**Will meet the third Thursday of each month**

**2:00 - 3:00 pm**

**SIMMON'S FIRST BANK**

**2nd Floor Conference Room**

*For more information call South Arkansas Center on Aging, 870-881-8969, or Nancy Bailey at the Area Agency on Aging of Southwest Arkansas, Inc., toll free 800-272-212, Ext.105.*

**THE COLUMBIA COUNTY AREA  
ALZHEIMER'S SUPPORT GROUP**

**Will meet the first Wednesday of each month**

**3:30 -4:30 pm**

**Lelia Enrichment Complex**

**600 Lelia St. Magnolia | In the Community Room**

*(When you enter the grounds, drive around the building until you see the Community Room sign and a "Slow" sign)*

**Social distancing and all health protocols will be observed.**

**THE MILLER COUNTY PARKINSON'S &  
CAREPARTNER SUPPORT GROUPS**

**Will meet the second Wednesday of each month**

**2:00 pm**

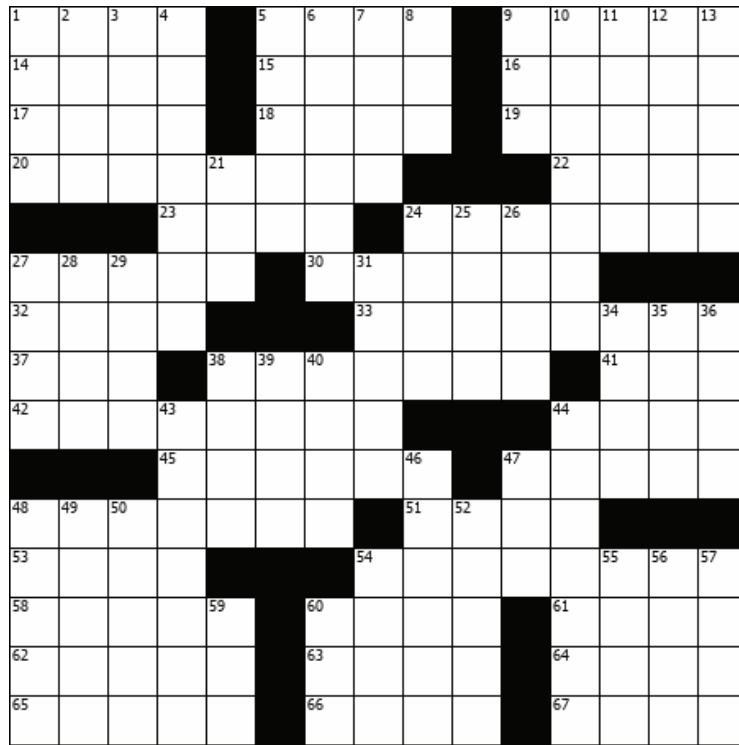
**at the Texarkana Library (600 W 3rd St. Texarkana, TX 75501**

*For more information, contact Kasandra Williams at the Texarkana Regional Center on Aging, 870-773-2030*

**THE HEAMPSTEAD COUNTY PARKINSON'S & CAREGIVER SUPPORT GROUP WILL RESUME REGULARLY SCHEDULED MEETINGS, THE FIRST THURSDAY OF EACH MONTH, BEGINNING AFTER THE NEW YEAR**

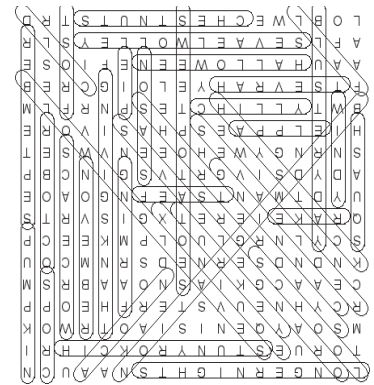
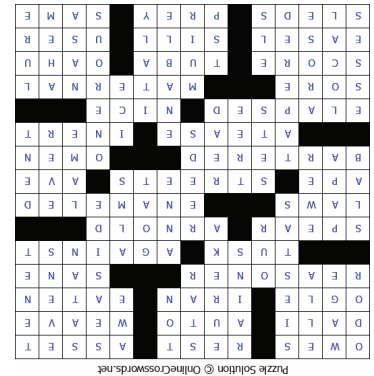
**Across**

- 1. Is indebted
- 5. Take a break
- 9. Item of value
- 14. Surrealist painter Salvador \_\_\_\_
- 15. Passenger vehicle
- 16. Use a loom
- 17. Look at amorously
- 18. Mideast nation
- 19. Consumed
- 20. Thinker
- 22. Rational
- 23. Elephant feature
- 24. Versus
- 27. Harpoon
- 30. Governor Schwarzenegger
- 32. Statutes
- 33. Painted
- 37. Imitate
- 38. Roads
- 41. "\_\_\_\_ Maria"
- 42. Traded goods
- 44. Portent
- 45. Military command (2 wds.)
- 47. Lethargic
- 48. Passed, as time
- 51. Kind
- 53. Bruised
- 54. Motherly
- 58. Orchestrate
- 60. Large brass instrument
- 61. Hawaiian island
- 62. Artist's tripod
- 63. Window ledge
- 64. Client
- 65. Toboggans
- 66. Hunted animal
- 67. Alike



**Down**

- 1. Aroma
- 2. Salary
- 3. She, in Madrid
- 4. Naps
- 5. Drizzles
- 6. Cry of discovery
- 7. Headliner
- 8. Coal measure
- 9. Astonish
- 10. Beach
- 11. The Devil
- 12. Levels
- 13. Dogma
- 21. Possessive pronoun
- 24. English princess
- 25. Bearded animal
- 26. Charity
- 27. Thick slice
- 28. Mama's husband
- 29. Water vessel
- 31. Marsh plants
- 34. Limping
- 35. At all times
- 36. Fender blemish
- 38. Gels
- 39. Sycamore or oak
- 40. Enjoy a book
- 43. Narrowed gradually
- 44. Burdensome
- 46. Empower
- 47. Skating surface
- 48. Highway curves
- 49. In the area
- 50. Ascended
- 52. Milan's land
- 54. Naturalist John \_\_\_\_
- 55. Space org.
- 56. Attention-getting sound
- 57. Bait
- 59. City railways
- 60. Chef's unit (abbr.)



**OnlineCrosswords.net**

## Homebound Seniors can get the COVID-19 Vaccine DELIVERED

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

November is National Family Caregivers Month (NFCM) which offers an opportunity to raise awareness of issues surrounding caregivers, educate, and increase support for caregivers.

According to the Administration on Community Living (ACL), Families are the primary source of support for older adults and people with disabilities in the U.S.

Many caregivers work and also provide care, experiencing conflicts between these competing responsibilities. Research indicates that caregiving also exacts a significant emotional, physical, and financial toll. With nearly half of all caregivers older than age 50, many are vulnerable to a decline in their own health. Studies have shown that coordinated support

services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care.

ACL programs, councils, and research projects help support and empower those caring for older adults and people with disabilities.

- The National Family Caregiver Support Program funds a variety of supports that help family and informal caregivers care for older adults in their homes for as long as possible.
- The Lifespan Respite Care Program works to improve the delivery and quality of respite services for caregivers

See Caregivers, page 7

## Top 5 ways to be proactive in preventing the leading cause of death for Parkinson's

*Note: This article shared from parkinsonsecrets.com*

Aspiration pneumonia (and pneumonia) has been cited by many papers and experts as the leading cause of death in Parkinson's disease. There is a nice recent article in Nature about aspiration and Parkinson's. What can you do to potentially prevent aspiration pneumonia in Parkinson's disease? These are the practical strategies that I (Dr. Okun) use in my clinical practice. I would like to note that there is currently no standardized approach to this issue, so these are not the only suggestions—these are just my blog thoughts.

### Tip #1:

Recognize the warning signs of potential aspiration pneumonia.

Coughing when eating or drinking is the biggest warning sign. Choking when eating is another big one! WebMD lists the following potential warning



signs of aspiration:

- Feel something stuck in your throat
- Hurt when you swallow, or it's hard to do
- Cough while or after you eat or drink
- Feel congested after you eat or drink

- Have a gurgling or "wet-sounding" voice when you eat
- Other signs are:
- Too much saliva in your mouth
  - Chest discomfort or heartburn
  - Shortness of breath or fatigue while eating
  - Fever within a half-hour of eating
  - Frequent pneumonia
  - Trouble chewing

### Tip #2:

Show off your cough at every clinic visit with your doctor.

For some unknown reason we do not frequently ask our persons with Parkinson's to cough during the clinical evaluation. If the cough is noticeably diminished it should prompt a referral to the speech and language pathologist.

### Tip #3:

Consider more frequent swallowing studies to screen for potential aspiration pneumonia.

Though not every person with Parkinson's disease will require a swallowing study every year, it is important to ask the question—and in "at risk" folks, we need to be more liberal in seeking this evaluation. Your doctor and speech language pathologist can assess your risk—and can initiate prevention strategies if an issue is uncovered.

### Tip #4:

Blow up a balloon. I learned this trick from Dr. Emily Plowman at the University of Florida



(and from one of the family members whose wife had ALS). This can be a great and easy way to both assess a person at risk for aspiration pneumonia, but also to exercise and strengthen the muscles needed to prevent aspiration pneumonia.

### Tip #5

Consider trying an Expiratory Muscle Strength Training Device (EMST).

There is class one evidence from a recent study by Drs Troche and Sapienza that daily use of this EMST device can potentially prevent aspiration pneumonia.

*To read more books and articles by Michael S. Okun MD check on Twitter @MichaelOkun and these websites with blogs and information on his books and <http://parkinsonsecrets.com/> #LivingwithParkinson's #EndingPD #Parkinsonsecrets #LessonsFromTheBedside*

*He also serves as the Medical Advisor for the Parkinson's Foundation.*

*To see more on Dr. Indu Subramanian she does live interviews of experts in Parkinson's for the PMD Alliance.*

of older adults and people with disabilities.

- University Centers for Excellence in Developmental Disabilities (UCEDDs) – Specific services and resources available through UCEDDs may vary, but many offer a variety of resources for families and caregivers including guides, videos, webinars, and trainings.
- RAISE Family Caregiving Advisory Council: The Council is charged with providing recommendations to the Secretary of Health and Human Services on effective models of family caregiving and support to family caregivers, as well as improving coordination across federal government programs.
- Advisory Council to Support Grandparents Raising Grandchildren: With input from the public, this Council will develop a report that includes best practices, resources, and other useful

information for grandparents and other older relatives raising children.

- The National Rehabilitation Research and Training Center on Family Support partners with government, academia, and the broad family support stakeholder community to translate state-of-the-art research and training into services and support programs to improve the care, health, and quality of life of all persons with disabilities and the families who support them.
- The RESILIENCE Rehabilitation Research and Training Center’s mission is to improve the health and function of people with disabilities and their caregivers by adapting and scaling two award winning evidence-based programs for children and older adults with disabilities (Chicago Parent Program and CAPABLE) and to design new



approaches using key attributes of effective and sustainable programs to ensure program effectiveness, relevance, utility, and scalability. For more information visit [acl.gov/programs/support-caregivers](https://acl.gov/programs/support-caregivers)

**We are all being exposed to a huge amount of COVID-19 information on a daily basis, and not all of it is reliable. Here are 7 tips for telling the difference and stopping the spread of misinformation.**

**Top tips for navigating the infodemic**



**1. Assess the source:**  
Who shared the information with you and where did they get it from? Even if it is friends or family, you still need to vet their source.



**2. Go beyond headlines:**  
Headlines may be intentionally sensational or provocative.



**3. Identify the author:**  
Search the author’s name online to see if they are real or credible.



**4. Check the date:**  
Is it up to date and relevant to current events? Has a headline, image or statistic been used out of context?



**5. Examine the supporting evidence:**  
Credible stories back up their claims with facts.



**6. Check your biases:**  
Think about whether your own biases could affect your judgment on what is or is not trustworthy.



**7. Turn to fact-checkers:**  
Consult trusted fact-checking organizations, such as the International Fact-Checking Network and global news outlets focused on debunking misinformation.

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 at 870.626.3088 or email [jmerritt@aaaswa.net](mailto:jmerritt@aaaswa.net)

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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](http://agewithdignity.com)

*\*There is no need to submit a sign-up form if you already received a newsletter in the mail.*

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