



LELIA ENRICHMENT COMPLEX

Mature *Living*

Spring 2022

AREA AGENCY ON AGING OF SOUTHWEST ARKANSAS, INC.

870.234.7410

AGEWITHDIGNITY.COM

AGE MY WAY

Celebrating Older Americans Month

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

In many ways this has always been the mission of the Area Agency on Aging of Southwest Arkansas, Inc. (AAASWA). We strive to provide resources and assist older adults and persons with disabilities in our region to live at their maximum levels of independence for as long as possible.

While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

See OAM, page 3

Return Service Requested

Magnolia, AR 71753
600 Lelia Street

AREA AGENCY ON AGING
OF SOUTHWEST ARKANSAS



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MAGNOLIA, AR
PERMIT NO. 14

FACTS ABOUT FREE COVID-19 TESTS 2

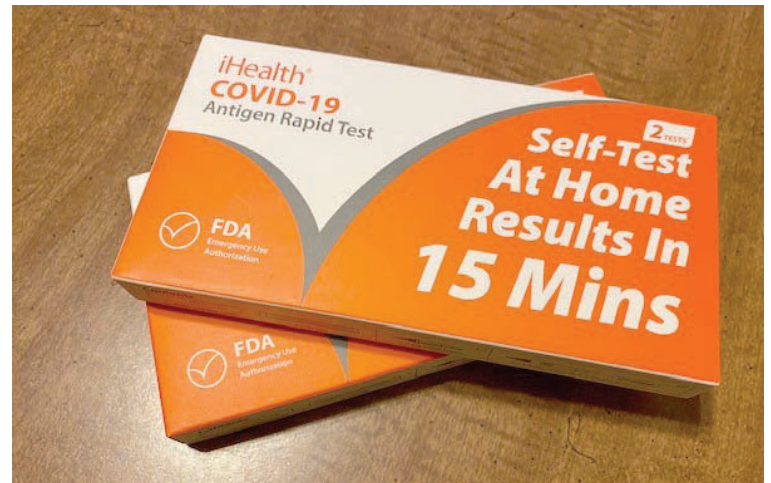
Covid-19 tests at clinics are free for Medicare beneficiaries. Medicare Part B (Medical Insurance) covers FDA-authorized COVID-19 diagnostic tests. Medicare also covers COVID-19 antibody tests, COVID-19 monoclonal antibody treatments, and COVID-19 vaccines. While Medicare Part B covers all these COVID-19 related expenses, additional fees such as copay for doctor visits may incur. Please be sure to reference individual plans and supplements. For more information visit [medicare.gov/medicare-coronavirus](https://www.medicare.gov/medicare-coronavirus).

At-home tests are ideal for those who would prefer to take a COVID-19 test from the comfort of their own home. Free at-home tests are available for everyone in the U.S. including the uninsured and allow an easy way to test for the virus without potentially exposing others. Every home is eligible to order two sets of four at-home test.

You can place an order online by visiting covidtests.gov or by calling 1-800-232-0233 (TTY 1-888-720-7489). Orders will ship free as tests are received from manufacturers.

According to covidtest.gov, the at-home tests available:

- Are rapid antigen at-home tests, not PCR
- Can be taken anywhere
- Give results within 30 minutes (no lab drop-off required)
- Work whether or not you have COVID-19 symptoms
- Work whether or not you are up to date on your

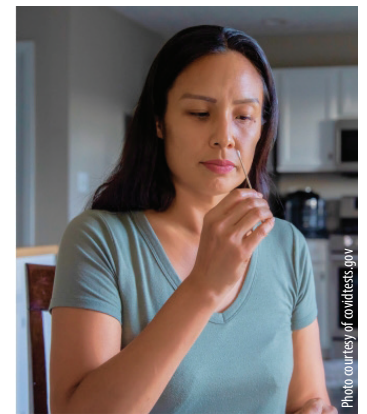


COVID-19 vaccines

- Are also referred to as self-tests or over-the-counter (OTC) tests

Since it may take four to six weeks for at-home tests ordered via the federal government to be delivered, consumers may find it necessary to purchase a test.

See COVID-19 Tests, page 7



6 OFFICES READY TO RENT

Area Agency on Aging of Southwest Arkansas, Inc. has recently completed renovations on B Hallway. This Hallway consists of 6 offices, lobby and an ADA compliant restroom.

Each office comes furnished with a filing cabinet and desk. Offices also feature individual restrooms, heating/air units, and sliding patio doors.

These offices are currently available for rent, either individually or as a suite. Please contact Pam Schulz at pschulz@aaaswa.net or 870-626-3090.



- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

During OAM in May, the agency is excited to participate in the Magnolia Blossom Festival Health Fair with a booth on the Columbia County Courthouse lawn and AR SHIIP days. There will be various AR SHIIP day events around the state, but there will be two events held in our region. Case Managers and SHIIP Counselors from AAASWA will be participating in an

AR SHIIP Day event at Hempstead Hall in Hope on May 24. Another AR SHIIP Day opportunity will be held at the El Dorado Conference Center on May 10 with El Dorado Connections.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. The AAASWA is grateful to our volunteers and providers for joining us in strengthening our community.

AR SHIIP DAY EVENT MAY 24TH

Join us at Hempstead Hall in Hope, 10 am – 2 pm



Senior Health Insurance
Information Program



AREA AGENCY ON AGING
OF SOUTHWEST ARKANSAS

Offering free in person information and guidance for Medicare eligible individuals.
Hempstead Hall - 2500 S Main Street, Hope, AR 71801 | For more info call 1-800-224-6330

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 GOOD TIMES
 GREEN ACRES
 GREEN HORNET
 HOWDY DOODY
 I SPY
 IRONSIDE
 JETSONS
 KOJAK
 L.A. LAW
 LASSIE
 LOVE BOAT
 MAD ABOUT YOU
 MAUDE
 MEDICAL CENTER
 MIAMI VICE
 MOD SQUAD
 MOONLIGHTING
 MURPHY BROWN

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Clip-n-Cook SPRING SNACKS!

CRISPY KALE CHIPS



INGREDIENTS

- 1 bunch kale, washed
- 2 tablespoons olive oil
- 1 to 3 teaspoons Old Bay Seasoning
- Sea salt, to taste

DIRECTIONS

1. Preheat oven to 300°. Remove tough stems from kale and tear leaves into large pieces. Place in a large bowl. Toss with olive oil and seasonings. Arrange leaves in a single layer on greased baking sheets.
2. Bake, uncovered, 10 minutes and then rotate pans. Continue baking until crisp and just starting to brown, about 15 minutes longer. Let stand at least 5 minutes before serving.

Nutrition Facts:

1 serving: 101 calories, 7g fat (1g saturated fat), 0 cholesterol, 202mg sodium, 8g carbohydrate (0 sugars, 2g fiber), 3g protein. Diabetic Exchanges: 1-1/2 fat, 1 vegetable.

MINI ZUCCHINI PIZZAS



INGREDIENTS

- 1 large zucchini (about 11 ounces), cut diagonally into 1/4-inch slices
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup pizza sauce
- 3/4 cup shredded part-skim mozzarella cheese
- 1/2 cup miniature pepperoni slices
- Minced fresh basil

DIRECTIONS

1. Preheat broiler. Arrange zucchini in a single layer on a greased baking sheet. Broil 3-4 in. from heat just until crisp-tender, 1-2 minutes per side.
2. Sprinkle zucchini with salt and pepper; top with sauce, cheese and pepperoni. Broil until cheese is melted, about 1 minute. Sprinkle with basil.

Nutrition Facts:

1 appetizer: 29 calories, 2g fat (1g saturated fat), 5mg cholesterol, 108mg sodium, 1g carbohydrate (1g sugars, 0 fiber), 2g protein.

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 EL 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.

870-626-3089 or email nbailey@aaaswa.net

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)

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 HEMPSTEAD COUNTY PARKINSON'S & CAREPARTNER SUPPORT GROUPS

Will meet the first Thursday of each month

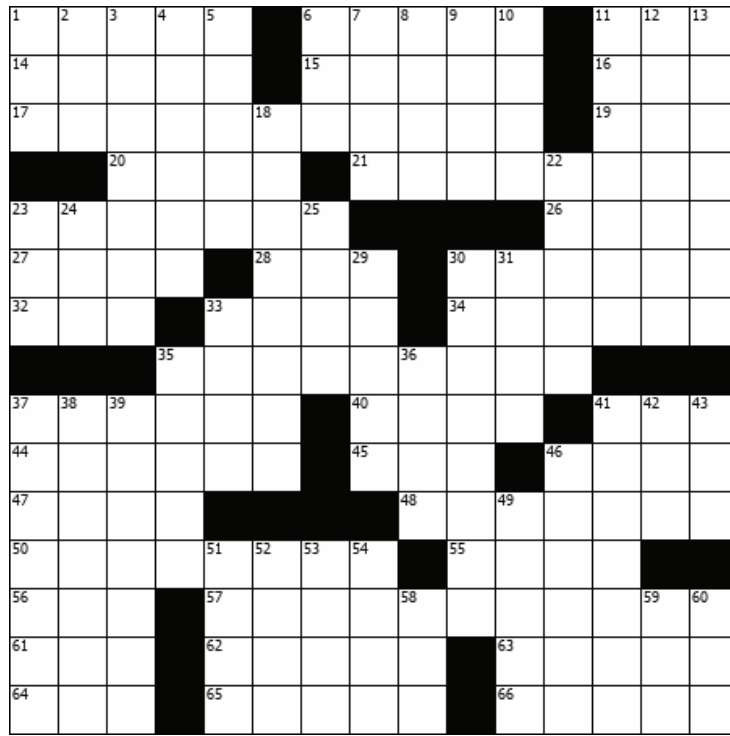
2:00 pm

Community Room at the Hempstead County Library, 500 S. Elm Street in Hope

For more information, call Kasandra Guilbeau with the Texarkana Regional Center on Aging at 870-773-2030 or Nancy Bailey with Area Agency on Aging of Southwest Arkansas, 870-626-3089, or toll free, 1-800-272-2127, Ext. 105.

Across

- 1. Not illuminated
- 6. The Brothers __: fairy tale tellers
- 11. Consumed
- 14. Crete-born Spanish painter El __
- 15. Book before Joel
- 16. Dizzy Gillespie's genre
- 17. Authors in it for the money
- 19. __ generis: unique
- 20. "__ yellow ribbon ..."
- 21. Bleachers razzers
- 23. The "C" in ASPCA
- 26. __ Domini
- 27. Contented cat's sound
- 28. Way cool
- 30. Did the cha-cha
- 32. Civil War nickname
- 33. Agent Scully of "The X-Files"
- 34. Cyclops feature
- 35. Backwoods burgers
- 40. Coffee servers
- 41. Yucky stuff
- 44. Sudden gushes
- 45. Prefix with demeanor or direction
- 46. Put ammo in
- 47. Somewhat, in music
- 48. Long-necked mammal
- 50. Pawnbroker's place
- 55. Nothing
- 56. Darker-than-beer brew
- 57. Finn of fiction
- 61. "__ Misérables"
- 62. Mirror phenomenon
- 63. Nincompoop
- 64. Goal-line crossings: Abbr.
- 65. "Steppenwolf" author Hermann
- 66. Fussed over, with "on"

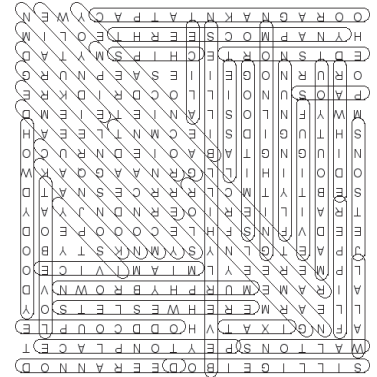
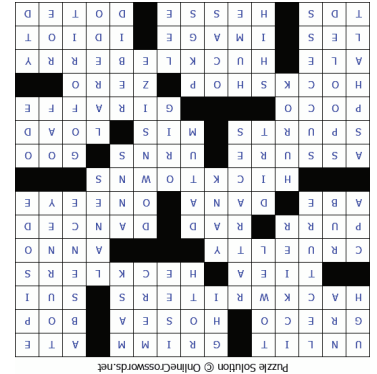


Down

- 1. "That's yucky!"
- 2. Gun lobby org.
- 3. Professor's talk
- 4. More disgusting
- 5. Shower user's need
- 6. Letters after F
- 7. Kind of IRA
- 8. "Now it makes sense"
- 9. Sable automaker, briefly
- 10. Superhero's face covering
- 11. Failure to show up
- 12. Competition
- 13. Sitcom unit
- 18. Pressurized work routines
- 22. Penny and Lois
- 23. Tax prep. expert
- 24. Massage
- 25. Reb's rival
- 29. Number on a spreadsheet
- 30. Reduce the staff
- 31. Landers and Lee
- 33. Detergent's target
- 35. Impresario Sol
- 36. Not a copy: Abbr.
- 37. Paving material
- 38. Wound on a cylinder, like thread

- 39. Triumph
- 41. "Take a chance!"
- 42. Doofus
- 43. Keats work
- 46. Texas city known for its streets?
- 49. Bridge response
- 51. __ Tzu: small dog
- 52. Actor Cronyn
- 53. Andean tubers
- 54. FedEx shpts.
- 58. Grant's opponent
- 59. __ v. Wade
- 60. Since Jan. 1, in financials

Solutions



FREE
at home
Covid-19 tests
delivered to you
1-800-232-0233
covidtests.gov

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



Benefits of Basil

Basil is a mint leaf that is composed of magnesium, iron, potassium, calcium, and vitamins a, k, and c. Basil can act as an antioxidant and help the body get rid of fever, colds, arthritis and reduce risks of heart attacks. Not only physical properties, but it can also help with your cognitive health as well. Here are a few different ways you can use Basil in your kitchen:

Watermelon Basil Infused Water:

- 2 cups fresh watermelon
- About 15 leaves
- Mixed in a gallon size jar
- Fridge for 4 hours

Homemade Italian Dressing Recipe

- 3 tbsp white wine vinegar
- 1 tsp Dijon mustard

- ¼ cup olive oil
- ½ tsp onion powder
- 2 cloves garlic (minced)
- ½ tsp thyme
- ½ tsp basil
- ½ tsp oregano
- ½ tsp salt
- ½ tsp pepper

Combine all ingredients together and serve immediately. You can store the dressing in the fridge for a week. Also, if it hardens up this is perfectly fine. Just remove it from the fridge and let warm.

Also if you need stress reduction, adding 2 cups of strong basil leaf tea to a hot bath helps with relaxation and one half of teaspoon of basil leaves in water can help with indigestion.

Dementia and the Caregiver: Strategies for Understanding

Wednesday, April 6, 2022
10:00 a.m. - 11:00 a.m.

Join in person

Area Agency on Aging of Southwest Arkansas

Lelia Enrichment Complex
600 Lelia St.
Magnolia, AR 71753

Call 1-800-272-3900 to join virtual via Zoom

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

alzheimer's  association®



Annual Legal Workshop held

The Area Agency on Aging of Southwest Arkansas, Inc. would like to thank the attorneys at Ross & Shoalmire for another great annual legal workshop.

As Estate Planning and Elder Law Attorneys, their services help you and your loved ones plan for the unforeseen future.



You're Invited!

Open House at Lelia Enrichment Complex

Please join the Area Agency on Aging of Southwest Arkansas, Inc. on April 28, at 600 Lelia Street in Magnolia, starting at 10:00 am to celebrate accomplished goals and preview the renovations to come.

The AAASWA looks forward to the opportunity to showcase their complex and partner with the community to ensure older adults remain involved and included.

AAASWA purchased this property

(former Meadowbrook Lodge Nursing Home) in December 2019. Renovations began in January 2020 and the offices were moved to the new location in October 2020. Now that COVID-19 restrictions have lifted, AAASWA invites the public to come and see the transformations to date.

Interested vendors should contact Pam Schulz at (870) 626-3090 or email pschulz@aaaswa.net to reserve a table.



COVID-19 Tests Continued from page 2

If a test is purchased, be sure to keep the receipt as insurance companies are now required to reimburse clients for up to eight tests a month. Contact your plan for more details on reimbursement.

"Currently, Original Medicare doesn't pay for over-the-counter COVID-19 tests." According to [medicare.gov](https://www.medicare.gov), "You can pick up free at-home tests from community health centers and Medicare-certified health clinics."

As an additional benefit, some Medicare Advantage Plans may cover, pay for, and/or reimburse at-home over-the-counter COVID-19 test. Remember that Medicare Advantage Plans are PPO, and it is always best to check your plan details.

Furthermore, according to the Arkansas Attorney General, "...there are still COVID-19 testing sites located all across the state. All of the county health units in Arkansas, as well as several Arkansas hospitals and local independent pharmacies, offer testing for COVID-19 to Arkansans at no cost."

No matter your financial or insurance situation, COVID-19 testing is available.

Protect yourself from COVID-19 Test Scams

According to the U.S. Department of Health and Human Services Office of Inspector General, Individuals are using testing sites, telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

Scammers are offering services in exchange for personal information.

Ways you can protect yourself include:

- Be cautious of any COVID-19 testing site that requires your financial or medical information in order to receive a free test.
- Be mindful of advertisements for COVID-19 testing or treatments on social media platforms. If you make an appointment for a COVID-19 test online, make sure the location is an approved testing site.

Please check that your chosen site is approved.

- Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits in exchange for your personal or medical information. Make sure to purchase FDA approved COVID-19 test kits from

legitimate providers.

Again, visit [covidtests.gov](https://www.covidtests.gov) to purchase tests and find more information.

- Be mindful of how you dispose of COVID-19 materials such as syringes, vials, vial container boxes, vaccination record cards, and shipment or tracking records. Improper disposal of these items could be used by bad actors to commit fraud.
- Beneficiaries should be cautious of unsolicited requests for their personal, medical, and financial information. Medicare will not call beneficiaries to offer COVID-19 related products, services, or benefit review.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately.
- Contact your plan or Medicare if you have any questions about COVID-19 tests or charges.
- If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS-TIPS (800-447-8477).

THANK YOU TO OUR SPONSORS

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 Ruthie Langston

Contact us today to become a sponsor
 at 870.626.3088 or email jmerritt@aaaswa.net

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

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

Name _____

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