

STAY CONNECTED!



## CONTACT US

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**Address:** 600 Lelia Street  
Magnolia, AR 71753

**Phone:** 870-234-7410

**Toll-free:** 800-272-2127

**Fax:** 870-234-6804

**Website:** [agewithdignity.com](http://agewithdignity.com)

**AREA AGENCY  
ON AGING  
OF SOUTHWEST  
ARKANSAS, INC.**

## ABOUT US

We are a nonprofit organization serving adults age 60 or older, family caregivers, agencies, and organizations working with seniors as a part of national network of more than 650 Area Agencies on Aging throughout the United States.

**Our Mission:** The mission of Area Agency on Aging of Southwest Arkansas, Inc. is to serve as the visible regional focal point for older adults and persons with disabilities for advocacy for public policy, which effectively addresses their needs, the dissemination of pertinent information, planning, development, funding, implementation, operation, technical assistance and evaluation of a service system which is responsive to individual needs and assists service recipients to live at their maximum levels of independence in the least restrictive environment.

### ACTIVE AGING

includes evidence based Tai Chi classes by certified instructors. This includes Dr. Paul Lam's Tai Chi for Arthritis for Fall Prevention, Tai Chi for Diabetes, Tai Chi for Osteoporosis and Tai Chi for Life.

**SUPPORT GROUPS** are available through ZOOM due to COVID-19. This includes Alzheimer's Caregiver Support Groups, General Caregiver Support and Parkinson's Support.



**CASE MANAGEMENT** provides help to the frail elderly and their families in making long-term health care arrangements.

**SENIOR CENTERS** provide noon-time meals and socialization for older adults.

**INFORMATION & ASSISTANCE** provides free confidential and current information to older adults and their families on a variety of community programs and benefits.

**HEALTH PROMOTION & DISEASE PREVENTION** provides information and support to seniors, their families and caregivers with the intent to help the seniors improve their health and avoid illness. Diabetic Education Empowerment Program (DEEP) is an

evidence based program that is offered to educate those affected by diabetes.

**LONG TERM CARE OMBUDSMAN** works to protect the rights of older persons residing in nursing homes or residential care facilities.

**LEGAL ADVOCACY** provides information and help to seniors having conflicts over public benefit programs, consumer fraud and to seniors who are abused, neglected or financially exploited.

**PERSONAL EMERGENCY RESPONSE SYSTEM (PERS)** by ConnectAmerica is an advanced two-way voice communication system. It provides a hands-free, two-way communication link between an individual in distress and a 24-hour Response Center.

