



CARE FOR THE CAREGIVER

Tips for self-care and other resources

Caregivers are essential for our loved ones to live their best lives for as long as possible. Unfortunately, many times the caregiver will forsake his or her own care. It is very easy to get caught up in the needs of others so that we forget that you must first care for yourself. Just like on an airplane, when an oxygen mask descends, the first rule is to put on your own mask before assisting anyone else.

Here are 8 self-care tools from the Family Caregiver Alliance to help you on your way to good self-care. For more on this topic and other resources visit caregiver.org.

1. Reduce Personal Stress

It is important to remember that stress is not only the result of a situation but also your perception of it – Is the glass half-full or half-empty? You are not alone in your experiences. There will be

times of stress for all caregivers.

Steps to Managing Stress

1. Recognize warning signs early. These might include irritability, sleep problems, and forgetfulness. Know your own warning signs, and act to make changes. Don't wait until you are overwhelmed.

2. Identify sources of stress.

3. Identify what you can and cannot change. Remember, we can only change ourselves; we cannot change another person. When you try to change things over which you have no control, you will only increase your sense of frustration.

2. Set Goals

Setting short and long-term goals can give you a sense of accomplishment and also give you something to strive for. Try setting goals for taking breaks from caregiving, getting help with caregiving tasks, and engaging in activities that will make you feel healthier. If you find a goal to be too large, try breaking it down into achievable steps or short-term goals.

3. Seek Solutions

There will be difficult situations. Once you have identified a problem, taking action to find a solution or solve the problem

See CAREGIVER, page 3

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CHOOSING BETWEEN ORIGINAL MEDICARE AND ADVANTAGE PLANS

INFORMATION TAKEN FROM AUGUST MEDICARE MINUTES PROVIDED BY MEDICARE RIGHTS CENTER, SHIP, AND SMP

People with Medicare can get their health coverage through either Original Medicare or a Medicare Advantage (MA) Plan (also known as a Medicare private health plan or Medicare Part C).

It is important to understand your Medicare coverage choices and to pick your coverage carefully. How you choose to get your benefits and who you can get them from can affect your out-of-pocket costs and where you can get your care.

Talk to your physician and trusted family members before making a decision. Ask your primary doctor and any specialists you see on a regular basis if they accept that plan.

If you have Original Medicare, you can see any provider who accepts Medicare payment. If you have a Medicare Advantage Plan, you may be restricted to a network of providers in order to pay the least amount for your care. Each type of Medicare Advantage Plan has different network rules.

Remember that there are several different kinds of Medicare Advantage Plans. If you sign up for Original Medicare and later decide you would like to try a Medicare Advantage Plan, or vice versa, be aware that there are certain enrollment periods when you are allowed to make these changes.

Find out more by visiting [medicare.gov](https://www.medicare.gov).

Be aware of marketing violations and enrollment fraud

Medicare Advantage Plans and Part D plans are administered, marketed, and sold by private insurance companies. Plan representatives, agents, and brokers must follow federal guidelines when marketing to you. These guidelines protect you from manipulative and deceptive sales and enrollment tactics. A fundamental principle is that marketing cannot be conducted

under the guise of education.

When comparing or enrolling in plans, here are some red flags to look for:

- You signed up for a plan after being told by a company that certain services or prescriptions are covered, but after enrolling, you discover they are not covered
- A company represents itself as coming from

See FRAUD, page 6

ORIGINAL MEDICARE

The traditional Medicare program offered directly through the federal government.

Original Medicare includes Part A (inpatient/hospital coverage) and Part B (outpatient/medical coverage).

You will receive a red, white, and blue card to show to your providers when receiving care.

Accepted everywhere! Medicare limits how much you can be charged if you visit providers who accept Original Medicare.

Each year the Medicare Part B premium, deductible, and coinsurance rates are determined according to the Social Security Act. The **standard monthly premium for Medicare Part B enrollees will be \$164.90 for 2023**, a decrease of \$5.20 from \$170.10 in 2022. The **annual deductible for all Medicare Part B beneficiaries is \$226 in 2023**, a decrease of \$7 from the annual deductible of \$233 in 2022.

Visit [cms.gov](https://www.cms.gov) for more info.

Private plans that contract with the federal government to provide Medicare benefits.

Medicare Advantage (MA) Plans are also known as Medicare private health plans or Part C.

Instead of showing the red, white, and blue Medicare card, members show the membership card from their plan to providers.

Plans must provide the same benefits offered by Original Medicare, but they may apply different rules, costs, and restrictions. They also may offer certain benefits that Medicare does not cover.

MEDICARE ADVANTAGE

5 TYPES OF ELDER ABUSE

According to the Department of Justice, "At least 10% of adults age 60 and older will experience some form of elder abuse in a given year, with some older adults simultaneously experiencing more than one type of abuse."

The results of elder abuse can be devastating for the victim and their loved ones. Listed below are the five types of elder abuse and red flags to be aware of.

PHYSICAL ABUSE

- Bruises, black eyes, welts, lacerations, or rope marks
- Bone fractures, broken bones, or skull fractures
- Open wounds, cuts, punctures, untreated injuries in various stages of healing
- Sprains, dislocations, or internal injuries/bleeding
- Broken eyeglasses/frames, physical signs of being subjected to punishment, or signs of being restrained
- Laboratory findings of medication overdose or under-utilization of prescribed drugs
- An older adult's sudden change in behavior
- The caregiver's refusal to allow visitors to see an older adult alone
- An older adult's report of being hit, slapped, kicked, or mistreated

EMOTIONAL/PSYCHOLOGICAL ABUSE

- Being emotionally upset or agitated
- Being extremely withdrawn, non-communicative or non-responsive
- Unusual behavior, such as sucking, biting, rocking
- Witnessing a caregiver controlling or isolating an older adult
- Exhibiting a change in sleeping patterns or eating habits
- Personality changes, such as apologizing excessively
- Depression or anxiety
- An older adult's report of being verbally or emotionally mistreated

FINANCIAL EXPLOITATION

- Sudden changes in bank accounts or banking practices, including an unexplained withdrawal of large sums of money by a person accompanying the older adult
- The inclusion of additional names on an older adult's bank signature card

See ABUSE, page 6

CAREGIVER Continued from page 1

can bring about a more positive environment for everyone involved.

When identifying the problem, look at the situation with an open mind. Then list possible solutions. You might try a different perspective or reach out to local resources like a local support group. After that, select a solution and give it a shot. If that one doesn't work, try something else, but don't give up on the first try. Think about what works and what doesn't. If nothing seems to help, then perhaps accept that the problem may not have a solution right now, and you can revisit it.

4. Communicate Constructively

When caregivers are effective communicators, they are heard and in a better position to get the help and support they need. Make a point to use "I" messages rather than "you" messages to claim your actions and emotions. Respect others' feelings and recognize their right to express them. Be clear and specific, speaking directly to the person to avoid confusion. And be a good listener. Good communication requires listening to the other side of the conversation.

5. Ask for and Accept Help

Many caregivers have a hard time accepting help and may not wish to "burden" others or admit that they cannot handle everything on their

own. No one can handle everything on their own. Everyone needs help sometimes.

Consider ways others might lend a hand, big or small. Maybe someone could take your loved one on a walk or play a card game with them while you take a moment for self-care. A family member or neighbor could pick up a few groceries.

Be prepared for hesitance or refusal. It is not the worst thing if someone is unable or unwilling. If the person seems hesitant, simply say "Why don't you think about it."

6. Talk to the Physician

Part of caregiving often includes

Caregiver Support Groups Near You

Support groups are listed on page 4. Additional support may be available either online or in-person.

For more information contact Nancy Bailey at 870-626-3089 or email nbailey@aaaswa.net.

medical treatments to some degree for the person they are caring for. This means communicating with physicians on a regular basis. Despite how frequently the caregiver talks with the physician about their loved one, caregivers seldom talk about their own health. Make the time to talk with your physician about your health needs as well.

7. Start to Exercise

This may seem easier said than done, but you can start small. Exercise really does promote better sleep, reduces depression, increases energy and many more things. Maybe find some light physical activity to do with your loved one or start walking. Walking is a great way to get started with many benefits, and you can get those steps in anywhere.

8. Learn from Your Emotions

Caregiving often involves a roller coaster

of emotions. Listen to your emotions.

The Family Caregiver Alliance reminds us

"However negative or

painful, our feelings are useful tools for understanding what is happening to us. Even feelings such as guilt, anger, and resentment contain important messages. Learn from them, then take appropriate action."

In addition to these steps you can take on your own, there are resources available in our area. Contact our Community Support Specialist, Nancy Bailey or the case manager for your county.

**CLASSIC TOYS
WORD SEARCH**

BALLOON
BARBIE
BEACH BALL
BOP BAG
CAP GUN
CHATTY CATHY
EASY BAKE OVEN
ETCH A SKETCH
FINGER PAINT
FLATSY DOLL
FRISBEE
G.I. JOE
GUMBY
GYROSCOPE
HOT WHEELS
JACKS
KALEIDOSCOPE
KAZOO
KEN
LEGO
LITE BRITE
LITTLE PEOPLE
MATCHBOX CAR
MECCANO
MR POTATO HEAD
NERF BALL
PADDLE BALL
PLAY-DOH

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E	A	S	Y	B	A	K	E	O	V	E	N	A	N	P	N	S	O	T	A	L	L
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PLAYMOBIL
POGO STICK
POKEY
POP GUN
RADIO FLYER
RUBIK'S CUBE
SILLY PUTTY
SIZZLERS

SKIPPING ROPE
SLINKY
SOCK MONKEY
SOMA CUBE
spacer SPIROGRAPH
SUPER BALL
TEDDY BEAR
TINKERTOY

TIN SOLDIERS
TONKA TRUCK
VIEWMASTER
WATER PISTOL
WEEBLES
WIFFLE BALL
WIZZER
YO-YO

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.
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 Recreation Center, 1 Legion 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.*

Clip-n-Cook SINGLE SERVING
CHEESY CHICKEN & BROCCOLI MUG

Prep: 5 Minutes Cook: 5 Minutes or less

INGREDIENTS

- 1 cup frozen broccoli florets
- 1/2 cup frozen riced cauliflower
- 3 tbsp. whipped cream cheese
- 2 tbsp. shredded reduced-fat cheddar cheese
- 1/4 tsp. garlic and onion powder
- 1/8 tsp. salt
- 3 oz. cooked and chopped skinless chicken breast



DIRECTIONS

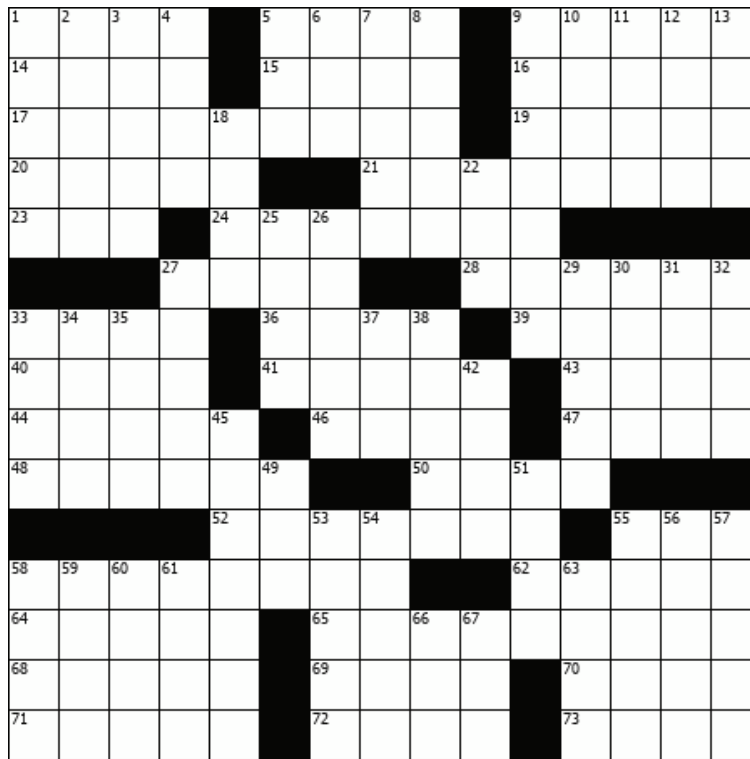
- Place broccoli and cauliflower in a large microwave-safe mug. Cover and microwave for 1 1/2 minutes, or until thawed.
- Drain excess liquid. Add cream cheese, 1 tbsp. shredded cheese, garlic powder, onion powder, and salt. Mix until uniform.
- Add chicken. Mix well. Microwave for 1 minute, or until hot.
- Top with remaining 1 tbsp. shredded cheese. Microwave for 30 seconds, or until melted.

TIPS: Anyone who is looking for a quicker prep can substitute canned chicken or prepared rotisserie chicken.

Nutrition Facts:
Entire recipe: 307 calories, 12.5g total fat (6.5g sat. fat), 618mg sodium, 12g carbs, 3.5g fiber, 5.5g sugars, 34g protein

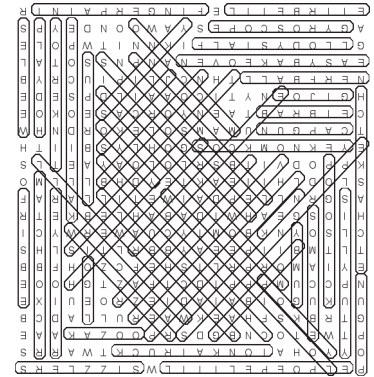
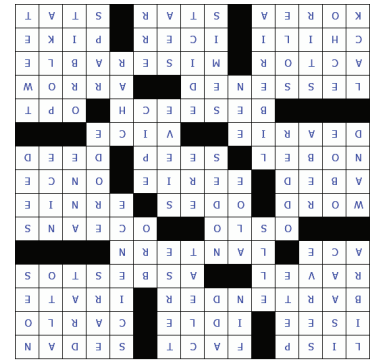
Across

- 1. Speech problem
- 5. True statement
- 9. Auto type
- 14. Words of understanding (2 wds.)
- 15. Not active
- 16. Monte ____
- 17. Drink mixer
- 19. Wrathful
- 20. Fray
- 21. Fireproof material
- 23. Top card
- 24. Camper's lamp
- 27. Norway's capital
- 28. Seas
- 33. Dictionary entry
- 36. Keats poems
- 39. "Sesame Street" character
- 40. Asleep
- 41. Uncanny
- 43. ____ in a while
- 44. ____ Prize
- 46. Soak through
- 47. Legal paper
- 48. Sweetie
- 50. Immoral habit
- 52. Implore
- 55. Make a choice
- 58. Decreased
- 62. Pointer
- 64. Performer
- 65. Unhappy
- 68. Hot pepper
- 69. Cake decorator
- 70. Toll road
- 71. "M*A*S*H" locale
- 72. Heavenly light
- 73. EMT's word



Down

- 1. Heavenly scales
- 2. Author ____ Asimov
- 3. Dish out
- 4. ____ Sampras of tennis
- 5. Shark feature
- 6. Tack on
- 7. Shoe spike
- 8. To the point
- 9. Biology, e.g.
- 10. Corn units
- 11. Mild expletive
- 12. Choir member
- 13. Refusals
- 18. Building extensions
- 22. Sis's sibling
- 25. ____ vera
- 26. Lymph ____
- 27. Weirder
- 29. Corrode
- 30. English princess
- 31. Pleasant
- 32. Plant's beginning
- 33. Wizard's rod
- 34. Double-reed instrument
- 35. Country singer ____ McEntire
- 37. Before, poetically
- 38. Colander
- 42. Long tale
- 45. African country
- 51. Burn
- 53. Large trucks
- 54. Proclamation
- 55. Planet's path
- 56. ____ dot
- 57. Bird sound
- 58. Shortcoming
- 59. Canyon effect
- 60. Recipe verb
- 61. Lone
- 63. Knocks
- 66. Ocean
- 67. Goof



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[covidtests.gov](https://www.covidtests.gov)

Can I get my COVID-19 booster and flu shot at the same time?



YES. If it's time for your COVID-19 booster, you can get your flu shot the same day!



Not eligible for a COVID-19 booster yet? You can still protect yourself from the flu.

While each flu season differs in severity, during most seasons, people 65 years and older bear the greatest burden of disease. - National Council on Aging



- Unauthorized withdrawal of the older adult's funds using their ATM card
- Abrupt changes in a will or other financial documents
- Unexplained disappearance of funds or valuable possessions
- Provision of substandard care or bills left unpaid despite the availability of adequate financial resources
- Discovery of a forged signature for financial transactions or for the titles of the older adult's possessions
- Sudden appearance of previously uninvolved relatives claiming their rights to an older adult's property or possessions
- Unexplained sudden transfer of assets to a family member or someone outside the family
- The provision of services that are not necessary
- An older adult's report of financial exploitation

NEGLECT AND ABANDONMENT

- Dehydration, malnutrition, untreated bed sores, and poor personal hygiene
- Unattended or untreated health problems
- Hazardous or unsafe living conditions/arrangements (e.g., improper wiring, no heat, or no running water)
- Unsanitary and unclean living condition (e.g., dirt, fleas, lice on person, soiled bedding, fecal/urine smell, inadequate clothing)
- The desertion of an older adult at a hospital, a nursing facility, or other similar institution, or a shopping center or other public location
- An older adult's report of being neglected or abandoned

SEXUAL ABUSE

- Bruises around the breasts or genital area
- Unexplained venereal disease or genital infections
- Unexplained vaginal or anal bleeding
- Changes in an older adult's demeanor, such as showing fear or becoming withdrawn when a specific person is around
- Evidence of pornographic material being shown to an older adult with diminished capacity
- Blood found on sheets, linens or an older adult's clothing
- An older adult's report of being sexually assaulted or raped

You can explore more resources and information on elder abuse at www.elderjustice.gov. Suspected elder abuse can be anonymously reported to Arkansas Adult Protective Services at 1-800-482-8049 or contact your local ombudsman.

Medicare, Social Security, or Medicaid

- You receive an unsolicited phone call or text from a plan with which you have no prior relationship or have asked not to contact you
- An agent discusses other insurance products during a meeting that was scheduled to only discuss a Part D or Medicare Advantage product
- A plan agent returns uninvited to your residence after missing an earlier meeting
- You signed up for a plan after being told by a company that certain prescriptions or services were covered, but after reviewing your EOB, you found they were not covered by the plan and you received a bill instead

You should report these red flags to your Senior Medicare Patrol (SMP) at 866-726-2916. If you enrolled in a plan because of misleading information, you may be able to change your plan by calling 1-800-MEDICARE. Your SMP, State Health Insurance Assistance Program (SHIP), or the Area Agency on Aging of Southwest Arkansas, Inc. can also help. Case managers and SHIP counselors in your area are here to help.



Outreach Activities in Your Region

Community support specialists and case managers have been out and about this past quarter. Above left, Cadee Davis hands out information at the drive-thru health fair at Healthworks in El Dorado. Above right, case managers Myrtis Hooks (left) and Deloris Biddle attended a senior day event hosted by David Boone Ministries, Inc. at the Fordyce Senior Center in Dallas County. Pictured below, Nancy Bailey and Cadee Davis hold a blue ribbon for their display at the Columbia County Fair.





PRESCRIPTION FOR A ⁷ HEALTHY HOLIDAY

TIPS FROM ACL TO SAFEGUARD YOUR MEDICINES

For many people, the holiday season means extra visits with family and friends, creating fun memories, sharing traditions, and enjoying the warm glow of family.

With all the decorating and activities, it's easy to let safety slip off your To Do list. But this is an excellent time to make sure powerful medicines don't fall into the wrong hands.

Prescriptions and over-the-counter remedies we rely on can be dangerous to others, and not just to children. It is true that about 60,000 young children are taken to the emergency room each year because they got into medicines left within easy reach. Unfortunately, older kids and teens often experiment with drugs they find in someone else's medicine cabinet.

A surprising number of heroin users started abusing drugs by taking opioid pain killers stolen from a family member. In fact, drug addiction crosses ALL age groups, and it often starts with prescription medicines.

Six ways to safeguard your prescription drugs – and your loved ones:

1. Keep all medicines and over-the-counter items – especially cough syrup, sleep aids, and motion sickness medicine – locked up, or move them to a place where they won't be easily found.

2. Sort through all your medicines and get rid of old or unused ones. The label will tell you how to dispose of them. Before you put them in the trash, mix them with something that tastes bad, like cat litter or old coffee grounds, and then put them in a sealed bag or old container and place it in the trash. (Most medicine should not be flushed because it gets into creeks and rivers.) Ask the pharmacy or police department about "drug take-back" programs for an even safer method of disposal.

3. Keep track of your medicines on a regular basis (weekly), especially opioids or other pain killers, including how many pills you should have.

4. Check around your home for old medicines. Purses, coat pockets, kitchen cupboards, bureau drawers, and hall closets are common places to find old medicines.

5. If you take prescriptions with you when staying in someone else's home, quietly ask your host or another trusted adult to lock them up or find a secure place to store them. Suitcases and purses are not safe places to keep powerful prescriptions.

6. Keep the Poison Help number handy in case of emergencies: (800) 222-1222.

More information on how to avoid becoming an "unwitting supplier" of prescription medications is available from the Food and Drug Administration.

Successful Silver Haired Legislative Session

Pictured left, Area Agency on Aging of Southwest Arkansas, Inc. (AAASWA) staff are all smiles as they enter the capital to attend the first Silver Haired Legislative Session since the COVID-19 pandemic began. At right, delegate for AAASWA, Elbert Bradley, from Ashdown, AR is pictured on the house floor leading the invocation.



Magnolia Quota Club Donates Fans

The Magnolia Quota Club donated 26 fans to the Area Agency on Aging of Southwest Arkansas, Inc. (AAASWA) this summer. Seniors over the age of 60 who are without air conditioning are eligible to receive a free fan. If you or a loved one is in need of a fan, contact your local case manager or contact the AAASWA. Please be aware that some documentation may be required.

Although the AAASWA mostly distributes fans in the summer months, fan donations or monetary donations for fans are welcome year-round.

THANK YOU TO OUR SPONSORS

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LANDMARK
 CERTIFIED PUBLIC ACCOUNTANTS
 501.375.2025 | landmarkcpas.com

Mitchell's Paints & Flooring, Inc.
 870.234.5972 | mitchellpaintinc@gmail.com



870.234.8990 | handf75@gmail.com

SCOTT'S PLUMBING, INC.
 870.234.8999 | scottsplumbinginc@att.net

W
 WALLER WEALTH
 MANAGEMENT
 870.234.7155 | wallerwealthmgmt.com

TOTAL
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 870.670.1120 | tmscares.com



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870.234.5540 | magnoliahousingauthority.com

Mature Living
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 Kim Smith, AAASWA Board Member

SIGN UP FOR OUR NEWSLETTER



LEC Mature Living is 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.*

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