



Mature Living

FUNDRAISING CONTINUES

Meeting goals; More to come

The Area Agency on Aging of Southwest Arkansas, Inc. (AAASWA) has partnered with local organizations to raise funds for the renovation of a hallway into the Senior Activity Center. The Senior Activity Center will include a walking track, exercise equipment, and dance floor. The goal is to have it completed within a year.

The fundraising goal is \$200,000. This year, with local partnerships and yard sale events, almost \$40,000 has been raised.

The yard sale is on hold for the summer, but will resume in the fall. Donations are still welcome. Check the agency's Facebook page for more updates.



Quota Club of Magnolia held a BBQ Fundraiser on April 14th to raise money for the future Senior Activity Center.

Quota was able to donate \$15,000 for the walking track.



Through the work of multiple fundraisers and community support, Leadership Magnolia surpassed their goal and presented AAASWA with \$20,251.53. The agency has been very excited and grateful to partner with them to help build our future Senior Activity Center.



Return Service Requested

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OF SOUTHWEST ARKANSAS
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Join us for... Seated Tai Chi Classes

Seated Tai Chi for Arthritis for Fall Prevention (STCAFP) is an adaptation of the standing form in which participants are seated and learn the upper body movements first. Once they are comfortable with the upper body movements, we add the lower body by having participants either press on the balls of the feet or tense their gluts while performing the upper body movements. This is what allows the participants to accomplish the same movements as the standing form only seated. Tensing the muscles of their legs actually tends to strengthen their legs, allowing those who wish, to ultimately do the standing form.

By performing both upper and lower body movements, participants enhance their balance, strengthen their immune system, and work both sides of their brain. It's actually a gentle whole-body workout.

Anyone interested in joining the current class or looking for more information can contact Nancy Bailey at 870-626-3089, or email nbailey@aaaswa.net.

MEDICAID BENEFICIARIES RENEWALS ARE COMING BACK!

Fill out the form and return it to Arkansas Medicaid right away to avoid losing coverage if you are eligible.

Visit access.arkansas.gov and create an account to update your information and keep track of your benefits.

Pathways to Wellness Workshop

Lavana Kindle, LAC (left) presented "A Beautiful Mind," discussing brains, deep breathing and EFT. Representing the Criminal Justice Institute, Terry Fuller (bottom photo) conducted a lesson on Naloxone. A cardio session and EFT tapping rounded out the workshop.



Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



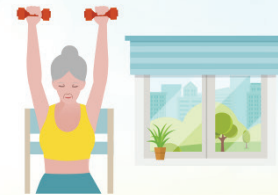
Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

TAPPING 101: Simple exercise with multiple benefits³

– By Lauren Cross, Community Advocate and Guest Writer

In Chinese theories, Qi, pronounced “chee,” is the life force that flows through our bodies and makes us who we are. This energy flows through channels within our bodies, like highways, called meridians. But, just like on highways, what happens when there’s a traffic jam and that energy isn’t flowing as smoothly as it should be?

EFT (Emotional Freedom Technique) Tapping is a process based in acupunctural histories, targeting meridian points along the body to release and redirect the flow of energies, thus relieving our energy “traffic jams” that manifest physically as anxiety, stress and even pain.

Tapping meditations combine sequential, rhythmic finger taps along nine main points on the head and upper body with affirmations spoken aloud to direct the desired outcomes. The process focuses on mindfulness of current feelings, the release of worry or uncertainty, and speaking into existence one’s desired outcomes.

The popularity of the technique is expanding as celebrities and members of the media begin to explore its benefits, but there have also been studies to back up its effectiveness in reducing stress.

In “Clinical EFT Improves Multiple Physiological Markers of Health,” an article posted by the National Institute of Health in the National Library of Medicine database, authors claim that more than 100 studies tout the effectiveness of the method.

Though many people claim that the process is helpful, actual physical evidence recorded through measurable means has been limited. This team set out to study actual increases and decline in the body’s hormones, heart rate and blood pressure, among other factors, to prove EFT’s impact.

The team analyzed 203 individuals, screening for depression, anxiety, PTSD, and even food cravings. After completing the EFT therapies, the results were averaged

See Tapping, page 7

5 Things You Need to Know About Shingles

Shingles is a disease that causes a painful skin rash.

About 1 in 3 people will get shingles, and your risk increases as you age. It comes from the same virus that causes chickenpox. Although there is no cure, shingles can be prevented and treated.

Here are 5 things you need to know about shingles:

- 1. Anyone** who has recovered from chickenpox, and even children, can get shingles.
- 2. Symptoms** of shingles include burning or shooting pain, tingling or itching, chills, fever, headache, upset stomach, and rashes or blisters that develop on one side of the body, usually on your face or around your waist. **There are medicines that may help.**
- 3.** Healthy adults age 50 and older should talk to their healthcare professional about getting the **shingles vaccine** to reduce their risk.
- 4.** Generally shingles is not contagious, but a person with active shingles can spread the virus when the rash is in the blister phase. It’s important to **keep the rash covered.**
- 5.** Most cases of shingles last **3-5 weeks.** Most people get shingles only one time, but, it is possible to have it more than once.

If you think you might have shingles, talk to your doctor as soon as possible. Visit <https://www.nia.nih.gov/health/shingles> to learn more.

Annual Legal Workshop

The Area Agency on Aging of Southwest Arkansas, Inc. would like to thank John Ross from Ross & Shoalmire, PLLC 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.

Topics covered included Powers of Attorney, End of Life Issues, Competency and Guardianship, VA Benefits and Medicaid Qualifications, and Estate Planning.



- BALD EAGLE
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- BETSY ROSS
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- CARNIVAL
- CELEBRATION
- COLONIES
- CONCERTS
- DECORATIONS
- DEMOCRACY
- FIREWORKS
- FLAG
- FLOATS
- FREEDOM
- GREAT BRITAIN
- HAMBURGERS
- HISTORY spacer
- HOLIDAY
- HOT DOGS
- INDEPENDENCE
- JOHN ADAMS
- LIBERTY
- NATIONHOOD



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PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS

THOMAS JEFFERSON
USA
WHITE HOUSE
NATIONAL ANTHEM

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

Clip-n-Cook

Makes 1

ALL-AMERICAN OPEN-FACED BREAKFAST BURRITO

INGREDIENTS

- 1 low-carb flour tortilla with 100 calories or less
- 1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
- 2 tbsp. shredded reduced-fat cheddar cheese
- 1 tbsp. precooked real crumbled bacon
- 1 tbsp. whipped cream cheese
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- Optional topping: chopped scallions



DIRECTIONS

1. Place a tortilla in a wide microwave-safe mug or bowl, allowing it to naturally fold to fit the shape. Carefully pour egg whites/substitute into the center of the tortilla.
2. Add all remaining ingredients. Gently stir. Microwave for 1 1/2 minutes.
3. Gently stir. Microwave for 45 seconds, or until set.
4. Eat it right out of the mug/bowl or transfer it to a plate.

Nutrition Facts:

Entire recipe: 263 calories, 10g total fat (5.5g sat. fat), 810mg sodium, 22.5g carbs, 7.5g fiber, 1.5g sugars, 24g protein

This recipe can be found on hungry-girl.com.

THE COLUMBIA COUNTY AREA ALZHEIMER'S SUPPORT GROUP

Will meet the first Wednesday of each month

Noon every 4th Wednesday of the month

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 NEVADA COUNTY PARKINSON'S & CAREPARTNER SUPPORT GROUPS

Will meet the second Thursday of each month

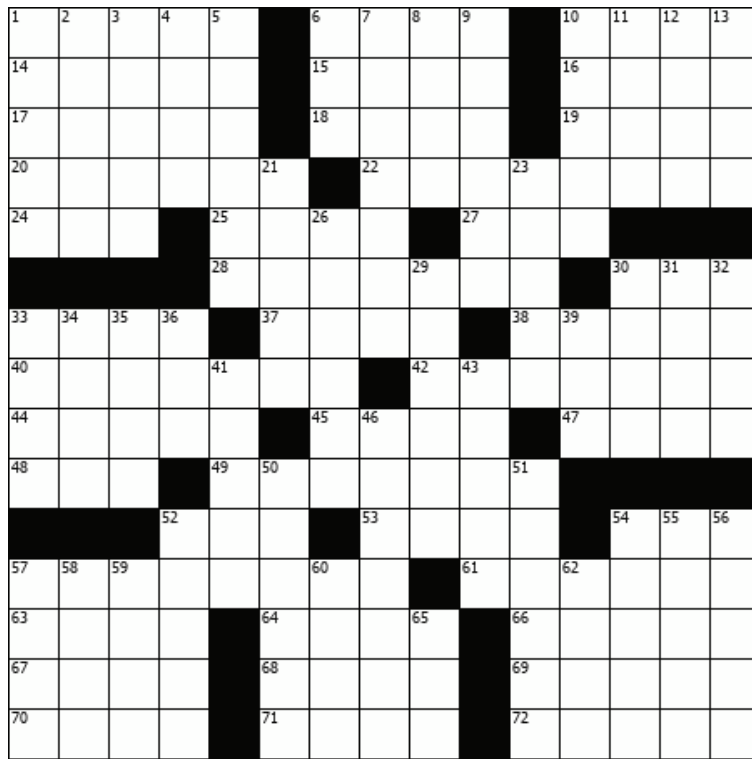
2:00 pm

Conference Room at the Prescott-Nevada County Library, 121 W. Main St. in Prescott

For more information, call Nancy Bailey with Area Agency on Aging of Southwest Arkansas, 870-626-3089, or toll free, 1-800-272-2127, Ext. 105.

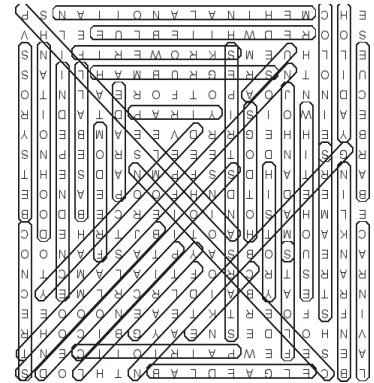
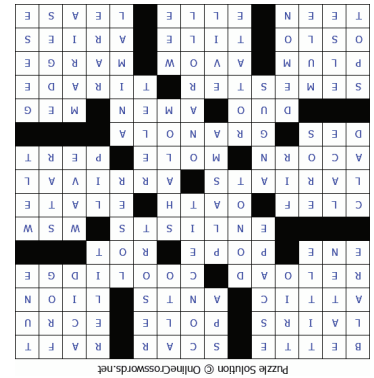
Across

- 1. Midler or Davis
- 6. Blemish
- 10. Log float
- 14. Animals' homes
- 15. ___ vault
- 16. Beige
- 17. Garret
- 18. Colony insects
- 19. MGM's symbol
- 20. Fill again
- 22. President Calvin ___
- 24. Wind direction (abbr.)
- 25. Vatican leader
- 27. Go bad
- 28. Registers
- 30. Compass pt.
- 33. Musical symbol
- 37. Vow
- 38. Make happy
- 40. Cowboys' ropes
- 42. Part of ETA
- 44. Oak nut
- 45. Double agent
- 47. Cheeky
- 48. ___ Moines, Iowa
- 49. Breakfast food
- 52. Twosome
- 53. Church word
- 54. ___ Ryan of "Sleepless in Seattle"
- 57. College term
- 61. Ranting speech
- 63. Purple fruit
- 64. Assert
- 66. Homer Simpson's wife
- 67. Scandinavian capital
- 68. Flooring square
- 69. Zodiac sign
- 70. Adolescent
- 71. She, to Pierre
- 72. Rent



Down

- 1. Sound loudly
- 2. Consumed
- 3. Name
- 4. Threesome
- 5. Flee
- 6. Health resort
- 7. Vanity
- 8. Female voice
- 9. Vacation spot
- 10. Ignited again
- 11. Sour
- 12. Pond amphibian
- 13. Melody
- 21. "___ disturb" (2 wds.)
- 23. Defeated candidate
- 26. Blood component
- 29. Hebrew greeting
- 30. Hand gesture
- 31. "A ___ is Born"
- 32. Bruise
- 33. Attired
- 34. Shoe fastener
- 35. Love god
- 36. Evergreen tree
- 39. Cup edge
- 41. Cattle breed
- 43. Rented again
- 46. Enjoying continual success (3 wds.)
- 50. Spin
- 51. Zoo resident
- 52. Evil spirit
- 54. Diva ___ Callas
- 55. Margins
- 56. Gaggle members
- 57. Blot
- 58. Besides
- 59. Army mascot
- 60. Corrupt
- 62. Seldom seen
- 65. Miniature



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Make a Difference!

DONATE

The Area Agency on Aging is now accepting fan donations for older adults. Fans and/or monetary donations can be dropped off at 600 Lelia in Magnolia. Call us at (870) 234-7410 or 1-800-272-2127 for more info.

Seniors, 60+ with no a/c, are eligible to receive a FREE fan.
Contact your local case manager or call AAASWA. Some documentation required.



Coming this Fall: FDA-approved RSV Vaccine for Older Adults

– Taken from *ACLUpdates Policy Roundup* by Vicki Gottlich, Director, Center for Policy and Evaluation

The Food and Drug Administration (FDA) has approved the first respiratory syncytial virus (RSV) vaccine, Arexvy, for use by people 60 and older in the United States.

RSV is a highly contagious virus that causes infections of the lungs and breathing passages. While anyone can get RSV, older adults — particularly those with underlying health conditions — are at high risk for becoming severely ill from RSV.

In older adults, RSV is a common cause of lower respiratory tract disease (LRTD), which affects the lungs and can cause life-threatening pneumonia and bronchiolitis (swelling of the small airway passages in the lungs). In a clinical trial, the vaccine reduced the risk of developing RSV-associated LRTD by 82.6% and the risk of developing severe RSV-associated LRTD by 94.1%.

RSV is seasonal, typically starting during the fall and peaking in the winter. While the vaccine is not yet available, it is expected by the fall, before the start of the next RSV season.

Alzheimer's Treatment Approved

The U.S. Food and Drug Administration (FDA) granted traditional approval of lecanemab, sold under the brand name Leqembi® (lecanemab, Eisai/Biogen), for the treatment of early-stage Alzheimer's disease.

This is the first traditional approval granted for an Alzheimer's treatment that changes the underlying course of the disease. Additionally, the Centers for Medicare & Medicaid Services (CMS) announced it will cover the treatment through Medicare.

"This treatment, while not a cure, gives people in the early stages of Alzheimer's disease more time to maintain their independence and do the things they love," said Joanne Pike, DrPH, Alzheimer's Association president and CEO. "While we continue efforts to discover new targets and test new treatments, people living with this fatal disease deserve the opportunity to discuss and make the choice with their doctor if an FDA-approved treatment is right for them."

You can find additional information at alz.org or their 24/7 Helpline (800.272.3900).

GETTING YOUR AFFAIRS IN ORDER: Advance Care Planning

6

Making health care decisions for yourself or someone who is no longer able to do so can be overwhelming. That's why it's important to get a clear idea about preferences and arrangements while you can make decisions and participate in legal and financial planning together.

Use this checklist to ensure health care and financial arrangements are in place before serious illness or a health care crisis.

- ✓ **Start discussions** early with your loved one while everyone can still help make decisions.
- ✓ **Create documents** that communicate health care, financial management, and end of life wishes for yourself and the people you care for, with legal advice as needed.
- ✓ **Review plans regularly**, and update documents as circumstances change.
- ✓ **Put important papers in one place.** Make sure a trusted family member or friend knows the location and any instructions.
- ✓ **Make copies** of **health care directives** to be placed in all medical files, including information on every doctor seen.
- ✓ **Give permission** in advance for a doctor or lawyer to talk directly with a caregiver as needed.
- ✓ **Reduce anxiety** about funeral and burial arrangements by planning ahead.

Visit <https://www.nia.nih.gov/health/caregiving/advance-care-planning> to learn more about advance care planning.

and compared to the numbers before the process.

“Between the pre- and posttest time points, participants experienced significant decreases in anxiety, depression, PTSD, pain, and cravings, and a significant increase in happiness,” the study said. Measurable factors like resting heart rate, blood pressure and cortisol (the body’s stress hormone) also decreased.

This research also claims that improved immune function and improved cardiovascular health could also be major benefits of such a simple exercise.

Resources about EFT tapping can be found through a simple Internet search, and guided meditations are available through audio services like iTunes, Amazon Music and Spotify.

How to do EFT tapping – Taken from Medical News Today, www.medicalnewstoday.com/articles/326434

People often use EFT tapping when they are feeling anxious or stressed or when they have a specific issue that they would like to resolve. However, it may also be beneficial for a person before an event that they expect to cause stress or anxiety.

To use EFT tapping, follow these five steps:

1. Identify the issue

During this step, the person thinks about the problem that they wish to resolve. They should only choose one issue to focus on at a time.

2. Test the initial intensity

A person should rank the intensity of the issue on a scale of 0–10, with 10 being the worst the issue has ever been. This ranking system allows the person to assess the effectiveness of the tapping at the end of the treatment.

3. The setup

Before beginning each round of tapping, the person should decide on a simple reminder phrase to repeat while tapping the karate chop point. This point is at the center of the fleshy part of the outer hand.

The reminder phrase should acknowledge the issue and convey self-acceptance in spite of it. For example, a person might choose to say: “Even though I have [issue], I deeply and completely accept myself.”

4. The sequence

During this step, the individual taps on specific points on the body while repeating the phrase that they have chosen. If a practitioner is performing the treatment, they will carry out the tapping.

The tapping points, in sequence, are as follows:

- top of the head (TOH) — directly in the center of the top of the head
- beginning of the eyebrow (EB) — the beginning of the brow, just above and to the side of the nose
- side of the eye (SE) — on the bone at the outside corner of the eye
- under the eye (UE) — on the bone under the eye, approximately 1 inch (in) below the pupil
- under the nose (UN) — the point

between the nose and upper lip

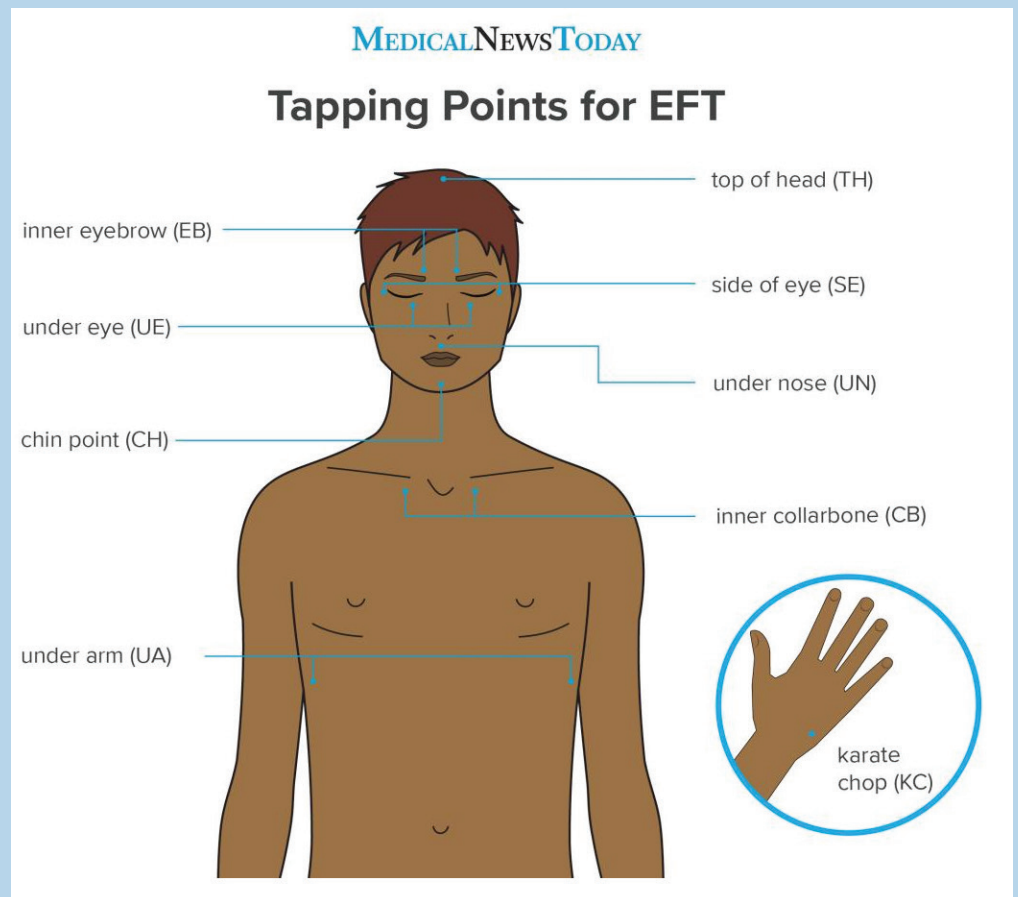
- chin point (CH) — halfway between the underside of the lower lip and the bottom of the chin
- beginning of the collarbone (CB) — the point where the breastbone (sternum), collarbone, and first rib intersect
- under the arm (UA) — at the side of the body, approximately 4 in below the armpit

When tapping, use two or more fingertips and repeat the tap approximately five times on each point.

While some points — for example, the EB, SE, and UE — have a “twin point” on the other side of the body, it is only necessary to tap on one side. However, individuals can tap these points on both sides if both of their hands are free.

5. Test the intensity again

Again, rank the intensity of the issue on a scale of 0–10. Ideally, this will have improved. Repeat the process until the intensity reaches 0 or plateaus.



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 Kim Smith, AAASWA Board Member

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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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