

Health for Life



Senior Truth Series

Conversations about the issues affecting older adults

As part of Washington Regional’s partnership with the University of Arkansas for Medical Sciences, a series of free seminars will offer candid, truthful conversations about the unique and complex issues facing older adults and their families. The *Senior Truth Series* will be presented at Schmieding Center for Senior Health and Education, 2422 N. Thompson St. in Springdale. The presentations will last from 10:30 a.m. to noon on the third Thursday of January, February and March.

January 17 - The Truth about Choosing a Senior Living Community

Retirement communities are popping up all around Northwest Arkansas. What exactly are the differences? What do they offer? Where do I even begin? Learn about the many types of retirement communities available in the area and the questions you should be asking when considering your options. This is the perfect place to educate yourself so that you can make the right decisions for you or your family.

February 21 - The Truth about Paying for Retirement Living

Moving to a senior living community is sometimes desirable and sometimes necessary. The question most people have is how they will pay for it. Join us for a discussion related to financing options associated with assisted living costs such as: Medicaid and Medicare, Veteran Aid and Attendance, Long-Term Care Insurance. Learn about financing the assisted living care you or a loved one might need.

March 21 - The Truth about Avoiding Homeowner Scams

With all the unsolicited mail, email and phone calls, it is becoming more and more difficult to determine what is legitimate and what might be a scam! Scammers often utilize public information pertaining to home ownership to take advantage of responsible property owners. Learn how to detect and avoid homeowner related scams at this panel event featuring local experts.

For more information or to register for any of the series presentations, call the Schmieding Center at 479-751-1989.

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New Clinic Reminder

Washington Regional Senior Health Clinic now offers its patients an additional location, at the Schmieding Center in Springdale. The new clinic location, a partnership between Washington Regional and the University of Arkansas for Medical Sciences, is open 8 a.m. - 4 p.m. Monday through Thursday. The Senior Health Clinic at Schmieding Center, located at 2422 N. Thompson St., is accepting new patients age 65+. Information and appointments are available by calling 479-404-2050.

Available at Encompass

Encompass Health Rehabilitation Hospital, a partner of Washington Regional, offers stroke education and support groups:

New Beginnings

Support group for stroke survivors and their caregivers
First Thursday of each month at 2:15 p.m.

Restore and Revive

For those living with Parkinson's disease and their care partners
Third Thursday of each month at 2:15 p.m.

Call 479-444-2200 for more information.

Your Aging Health Matters

1st and 3rd Friday each month

Dance classes for people living with Parkinson's disease and their care partners; in Center for Exercise
11:30 a.m. - 12:30 p.m.

1st and 3rd Monday each month

Gaming: Canasta and others; in resource library
1 - 3 p.m.

Presentations and activities are free, open to the public and held in the Pat Walker Center for Seniors, 12 E. Appleby Road in Fayetteville, on the Washington Regional Medical Center campus. RSVP at 479-463-4438.

Family Caregiver Workshop *Alzheimer's disease and dementia*

Caring for someone with Alzheimer's disease or dementia can be especially challenging. Many families don't know how to care for their loved one; caregivers can become stressed, which creates an unhealthy situation for everyone. *Family Caregiver Workshop* will offer a better understanding of Alzheimer's disease and dementia. It will provide tips that will help you maintain respect, dignity and quality of life for the person in your care.

Family Caregiver Workshop

Jan. 25, 2019 9 a.m. – 1 p.m.

**Schmieding Center for Senior Health and Education
2422 N. Thompson St., Springdale**

To register, call 479-750-1989 or email SCInfo@uams.edu. Workshop is free. Workshop books will be available for purchase at the session.

HealthSouth now Encompass Health Rehabilitation Hospital

HealthSouth Rehabilitation Hospital, a partner with Washington Regional, is now known as Encompass Health Rehabilitation Hospital, a partner of Washington Regional. It will continue to provide the same high-quality, post-acute care for patients overcoming a variety of major illnesses and injuries.

An open community event will be held on Jan. 24 from 4 to 7 p.m. at the rehabilitation hospital, located at 153 E. Monte Painter Dr. in Fayetteville. The hospital will host a technology fair, hospital tours and a meet-and-greet with medical staff. Refreshments will be provided. RSVP by calling 479-444-2200 between the hours of 8:30 a.m. and 5 p.m.

Travel Opportunity

Exploring Scotland & Ireland

July 14 - 26, 2019

\$5,599 per person, based on double occupancy

\$6,249 per person, single occupancy



Highlights: Edinburgh, Whisky Distillery, Loch Ness, Urquhart Castle, Glasgow, Belfast, Titanic Experience, Giant's Causeway, The Causeway Coast Rail Journey, Derry, Glenveagh National Park, Dublin, Castle Stay, plus other options. Includes: Round-trip air from XNA and all tour features, plus 17 meals. Cancellation insurance available.

Make reservations by Feb. 1, 2019!

Call Jimmie Beauchamp at the Washington Regional 55Plus Club, 479-463-1085, for details.

Volunteer Openings

Washington Regional Medical Center has volunteer opportunities:

Main Lobby Information Desk

Monday – Friday 4:30 - 8:30 p.m.

Critical Care Waiting Room

Monday – Friday 8 a.m. - 12:30 p.m.

Monday – Friday 12:30 - 4:30 p.m.

Surgery Waiting Room

Monday – Friday 7 a.m. - Noon

Monday – Friday Noon - 4:30 p.m.

Training is provided. For details on these volunteer positions as well as others, contact Jimmie Beauchamp, Volunteer Services Director, at jbeauchamp@wregional.com or 479-463-1085.

Smart Driver Course

Safety and savings go hand in hand with the AARP Smart Driver™ Course.

Take the AARP Smart Driver Course and you can save money on your car insurance!

Refresh your driving skills and know the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel. Plus, there are no tests to pass!

When: Feb. 5, 10:30 a.m. - 4 p.m. Coffee will be served in the morning. A light lunch will be provided.

Where: Pat Walker Center for Seniors Auditorium at 12 E. Appleby Road.

Cost: \$15 for AARP members (must bring card for discount), \$20 for non-members.

Registration: Call the 55Plus office at 479-463-1178 for reservations. This class is limited to 30 people.

Call the 55Plus office at 479-463-1085 for travel opportunities and volunteer information.

Cancer Support

A cancer diagnosis can be very hard to understand and cope with. That's why Washington Regional Cancer Support Home offers a free comprehensive patient navigation program for breast and gynecologic cancers. Certified navigators offer specialized guidance, following patients through diagnosis and treatment into survivorship, linking to financial and support resources and serving as a patient advocate. Please call Washington Regional Cancer Support Home at 479-521-8024 to learn more about the patient navigation program.

Volunteer Opportunities

Faith in Action

Faith in Action volunteers provide free non-medical services to maintain the health and well-being of older adults who lack a local support system. Volunteers can customize how they help — they can assist clients by providing transportation, telephone reassurance, grocery shopping, friendly visits, chore assistance or yard work. Groups from churches, organizations, corporate offices and schools can serve by working on projects. For details, please call 479-463-7862 or send an email to lericksen@wregional.com.

Make 2019 Your Year for Fitness!



Washington Regional Center for Exercise, located on the medical center campus, can help you accomplish your New Year's resolutions for improved health and fitness. Call 479-463-3488 to learn more about what the Center for Exercise offers, such as:

- New Cybex and True Cardio Equipment
- Cybex Eagle VR3 Strength Line
- Free Weights
- Group Exercise Classes
- Heated Swimming Pool
- Heated Therapy Pool
- Personal Training
- Dietitian Counseling
- Much more!

Estate Plan Checkup

The beginning of a new year is a great time for an estate plan checkup. Having a current estate plan is one of the most important ways to take care of your family. Maybe you don't have a will or a plan, but would like to get something in place this year. We can help you get started.

A will is an effective way to set out your desires and intentions, and it's easier than you may imagine. Each family situation is different, but here are a few questions to consider as you think about your plan:

WHO depends on you for financial support? Are you married? Have children and/or grandchildren?

WHAT significant life changes have occurred with you or your family since you last updated your will or trust (marriages, divorces, births, deaths?)

HOW much is an appropriate amount of inheritance for each heir?

WHO do you want to receive your property and assets?

WHAT charitable causes are most important to you? Would you like to make a gift in your will to support charitable causes? Are you 70 1/2 years old and have an IRA?

Washington Regional Medical Foundation can provide you with a free Guide to Planning Your Will or Trust. Many of our supporters and friends have found this to be a useful tool to help them think through their goals. To obtain your copy, or if you have questions, please contact Nancy Cozart at 479-463-2111 or ncozart@wregional.com.

55Plus Merchant Discounts

ANGEL PET SITTERS 479-871-9092

3086 Barnett Lane, Springdale.

5% off pet sitting visits. Does not apply to other services.

Not valid with other offers.

ARKANSAS HOMETECH INSPECTIONS, INC. 479-927-3392

3805 Natalie Ave., Springdale.

10% off home inspection and mold testing services.

AUTO XPRESS LUBE 479-872-7827

112 N. Thompson, Springdale.

10% off any service.

DAVID BEAUCHAMP, C.P.A. 479-751-0606

2964 W. Huntsville, Suite A, Springdale.

25% off tax return for new clients.

BETTER HEARING AND BALANCE 479-657-6464

407 Town Center East, Bella Vista.

10% off hearing aid (better hearing care package included with purchase).

BRANDON EYE CLINIC 479-756-1234

1600 West Sunset, Springdale.

20% off frames, prescription lenses, tints, scratch coatings and ultraviolet coatings.

BRIGHTSTAR 479-443-0600

4264 N. Frontage Road, Fayetteville.

10% off first 40 hours. Non-medical in-home care with a full range of services. Free in-home assessment.

C & E LOCK & SAFE CO., INC. 479-521-5625

2350 W. Wedington Drive, Fayetteville.

20% off lock sales, services and installation.

DANNY'S APPLIANCE CENTER 479-751-6741

10% off trip charge and labor for in-home repair of major household appliances.

DOG PARTY USA, INC. 479-306-4660

912 S. Maestri Road, Springdale.

10% off boarding for dogs and cats and daycare for dogs.

Does not apply to grooming or training.

ELDIRECT IN-HOME SENIOR CARE 479-443-7173

1820 Shelby Lane, Fayetteville.

Non-medical in-home care for seniors offers 55Plus members free in-home evaluations and 10% off your first 40 hours of in-home care (a \$55 value). Please refer to this ad when calling.

FAYETTEVILLE EYECARE CLINIC 479-442-8961

1915 N. Green Acres Road, Fayetteville.

20% off eyeglass lenses and frames (not valid with other discounts).

FRIDAY'S FLOWERS & GIFTS OF FAYETTEVILLE 479-443-5060

3159 Mission Blvd., #2, Fayetteville.

10% off any fresh floral arrangement. Not applicable to wire service charges.

HAIR COUTURE 479-935-4852

1680 N. College Ave., Suite 4, Fayetteville.

10% off entire purchase.

HANDMADE 479-582-5731

1504 N. College Ave, Evelyn Hills, Fayetteville.

10% off all merchandise. Gourmet pantry, bath & body, gift baskets.

HENRY EYE CLINIC 479-442-5227

741 E. Van Asche Dr., Fayetteville.

20% off eyeglass lenses and frames. Not valid with other discounts. Medicare and Blue Cross/Blue Shield provider.

HOME INSTEAD SENIOR CARE 479-936-9885

100 N. Dixieland Rd., Suite A5, Rogers.

10% off first 40 hours. Non-medical in-home care that includes free in-home evaluation. Please refer to this offer when calling.

JOE HORTON FAMILY EYE CARE PA 479-521-6460

3061 Market Avenue, Fayetteville.

20% off complete pair of glasses. Medicare provider.

Not valid with other discounts.

LENS CRAFTERS 479-444-0231

Northwest Arkansas Mall, Fayetteville.

15% off all eyeglass lenses, frames & supplies.

LITTLE GUYS MOVERS 479-582-8782

2222 W. Martin Luther King Blvd., Fayetteville.

10% off any move. Free boxes when you use our packing service.

MID SOUTH AWARDS / CUSTOM EMBROIDERY 479-443-0665

1665 N. College Avenue, Fayetteville.

15% off all embroidery.

MYERS EYE CARE 479-756-6500

830-A East Robinson, Springdale.

20% off eyeglass lenses and frames. Accept most insurance and Medicare.

OFTEDAHL'S PHOTOGRAPHY 479-636-8059 / 877-636-8059

214 W. Walnut, Rogers.

Free portrait session and 10% off all portraits.

OZARK EYES 479-361-9933

4870 Elm Springs Road, Springdale. 20% off exam.

SENIOR HELPERS ARKANSAS 479-246-9000

2600 W. Hudson Rd, Suite B, Rogers.

10% off your first 40 hours of non-medical in-home care.

This includes a free in-home evaluation.

SENIOR RESOURCE ADVISORS 479-799-7399

1820 Shelby Lane, Fayetteville.

Free long-term care benefits assessment (\$50 value).

SWIFT'S JEWELRY 479-442-8062

27 North Block, Fayetteville.

10% off all merchandise. Does not apply to services.

THE EYE CENTER 479-442-2020

594 E. Millsap Fayetteville.

20% off optical services & products only.

ZU ZU'S PETALS FLORIST & GIFTS 479-443-5599

1206 N. College (next to Rick's Bakery), Fayetteville.

10% off all fresh floral and silk arrangements, plants and European Gardens and gift items.

Call the 55Plus office at 479-463-1178 for a free membership application.

Support Groups

Early-Stage Alzheimer's Support Group for patients and care partners meets each Thursday 10 a.m. - noon at Schmieding Center, 2422 N. Thompson St., Springdale. Call 479-751-3043, ext. 245.

Diabetes Support Group meets the first Thursday of every other month April through October noon - 1 p.m. at the William L. Bradley Medical Plaza, 3 E. Appleby Road, Suite 102. Call 479-404-1160.

Grief Support Groups at Willard Walker Hospice Home
325 E. Longview St., Fayetteville

Educational Group meets Mondays in 8-week sessions beginning in February, May and September. Pre-registration required. For information or to register, call 479-463-7385 or send email to hospice@wregional.com.

Expressive Arts Workshop is offered monthly. Come and create an image to express yourself as you honor your losses. All forms of loss and adjustment are recognized. The workshop is free, and no art experience is required. Call 479-463-7385 or send email to hospice@wregional.com.

Better Breathers Support Group meets the second Tuesday of each month noon - 1 p.m. in the Pat Walker Center for Seniors. Call 479-463-1113.

Support Groups at the Cancer Support Home

Survivors Circle, a support group for women with cancer, meets quarterly at the Fayetteville location. Call 479-521-8024 for more information and meeting details.

Coping and Conversation is a support group for all ages and meets every Wednesday at noon at the Fayetteville location. Call 479-521-8024.

Support for People with Oral, Head & Neck Cancer meets at 10 a.m. the third Saturday of the month at the Fayetteville location. Call Jack Igleburger at 479-876-1051.

This Point Forward offers free individual counseling for cancer patients and their families at the Fayetteville location. Call 479-521-8024 for more information or for an appointment.