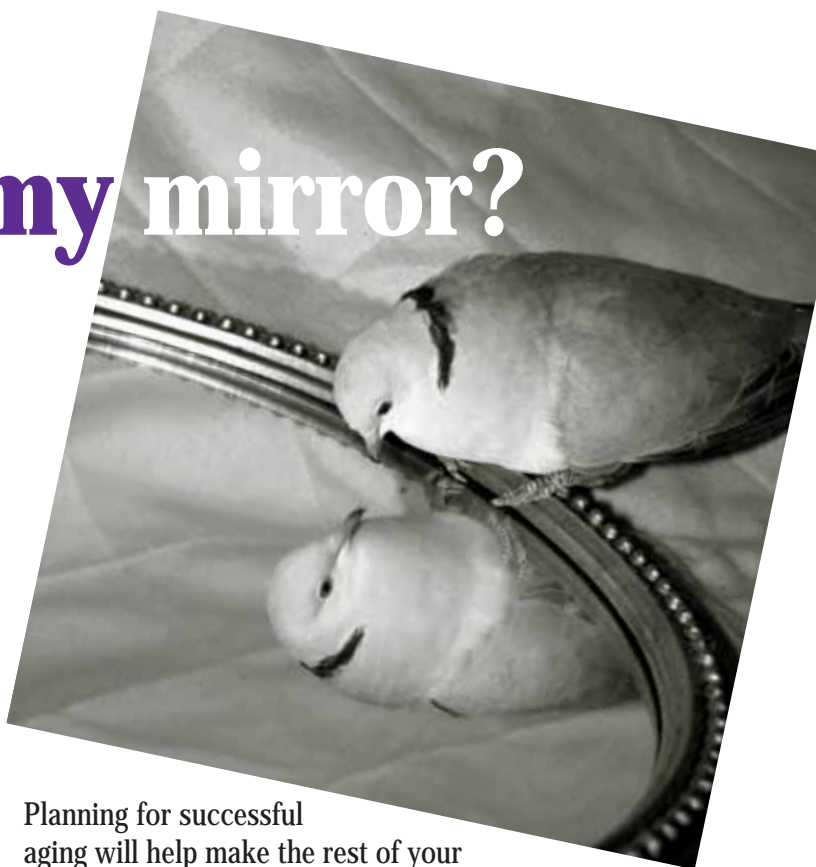


Successful Aging Today

Who's that in my mirror?



America is aging rapidly and the signs are all around us—just check your mirror!

It may be old news that the aging of America includes you, but the new ways in which Americans are aging are going to have a big impact on the rest of your life and all the generations of your family in surprising ways.

It's vital for today's seniors to reflect on the changes in the ways we are aging. It's equally important for our children, the Baby Boomers, and our grandchildren, who are growing up in the middle of our society's transition to an older America.

Among the changes are our views of retirement and retirement planning, according to the "12 Signs of the Retirement Revolution," an essay by James Weil in The LifeCare Connection. This is an on-line newsletter from LifeCare, Inc., one of the largest privately owned employee benefits organizations in the U.S.

Weil says, "The old models of retirement and retirement planning, which have been linear and financially based, are being replaced by new models that are holistic and meaning-based. Instead of focusing on the question, 'Do you have enough money to retire,' the focus is quickly shifting to, 'What are your passions? What is your purpose? How will you use your 25 to 30 'bonus years' of good health? How will you transform your life with meaningful work (paid and unpaid), significant relationships (marriage, friendships, grandparenthood), and spiritual development?'"

These are great questions for thinking about your future, if you desire successful and vital aging. The fact is, most of us are not planning on retiring from work at 65, and just as important, we have a lot more to look forward to if we don't decide to "retire" from life either.

Planning for successful aging will help make the rest of your life more meaningful and help you understand deeply how important it is to find ways to remain independent. You may soon realize, as we advocate at the Schmieding Center, that you are much better off staying at home for life and, paradoxically, that one of the key strategies for living more independently is to embrace help from family and professional home caregivers as your needs keep evolving over time. *(cont. on page 2)*

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(cont. from page 1) As you think about your own aging, you will become aware of tremendous opportunities for longevity and successful aging. As Weil says, "What an exciting period this is! Life, health, finances, housing, social services, employment (and more) are merging to form a more integrated approach to the third age of life. This is only the beginning of the revolution!" ❖

12 Signs of the Retirement Revolution*

- 1. Language**—The word "retirement" is being replaced by "my time," "rewirement," "third age."
- 2. Scientific Research**—New research studies are confirming that vitality in later life is determined by the interplay among social, mental, physical, and spiritual domains.
- 3. Popular Books**—A steady stream of new books are coming out which frame success in later life in terms of engagement and personal development.
- 4. New websites**—Aging websites now abound, providing optimistic views, resources, and tools.
- 5. Magazines & Newspapers**—New magazines and stories are focusing on positive aging.
- 6. Advertising & Public Relations**—Contents are shifting from "fear-based" to "positive-oriented" advertising.
- 7. Life Coaching**—New types of third-age coaching are being developed.
- 8. Financial Services Industry**—This industry is now beginning to expand beyond traditional "financial planning" into the area of "life planning."
- 9. Job Placement Organizations**—Many job bulletin boards and older worker employment agencies are springing up.
- 10. Employers**—Major companies are beginning to offer programs to retain and support older workers rather than squeezing them out.
- 11. Health Plans**—Many health plans are being redesigned to promote healthy aging.
- 12. Grass Roots Community Organizations**—New groups are emerging to help third-agers find new and meaningful work.

*Adapted from "12 Signs of the Retirement Revolution," by James Weil in *The LifeCare Connection*, Spring 2005. To read the entire article: http://lifecare.com/connection/2q05_9.html



1100 Visitors Agree – *Your Health Matters!*

The Schmieding-organized Bella Vista Health Fair held August 25 in Bella Vista had over 1100 visitors and 65 vendors from all over NWA. The theme of the fair was "Your Health Matters" and the focus was on senior health education. Over 25 different screenings were available to the public at no charge, as well as interactive exercise demonstrations and lectures on topics including Hypertension, Diabetes, Dementia and Depression, the Aging Heart, and the new Medicare Drug Program. ❖

Schmieding Star

Bella Vista resident Sandy Hansen is a Schmieding Star. After working with the Schmieding Center for Senior Education-Bella Vista as a VISTA volunteer for a year, Sandy decided to continue volunteering her time, taking on the coordination of the Bella Vista Health Fair as her pet project. "Volunteering just comes naturally to me," said Sandy. Our success is in the hands of people like Sandy who choose to make a difference in the lives of others every day. ❖



continue volunteering her time, taking on the coordination of the Bella Vista Health Fair as her pet project. "Volunteering just comes naturally to me," said Sandy. Our success is in the hands of people like Sandy who choose to make a difference in the lives of others every day. ❖

Answer: Assuming her plane is on time, Amy will arrive at Kennedy Airport at 7 am on Friday.



Holiday Shopping for Seniors!

If you know or care for an older adult, what better gift than one that makes everyday living easier and safer? The holidays will be here in no time, so why not try shopping a little off the beaten path—at your local medical supply company. There are many helpful products that make tasks easier and enable people to be more independent in their activities of daily living.

Your older friends or family members will think of you each time they use the item and you will gain the satisfaction of knowing your gift is used and appreciated.

Websites for information on specialty items:

www.disabilityproducts.com
www.searshealthandwellness.com
www.beabletodo.com
www.buckandbuck.com
www.caregiverproducts.com 🚩



Brain Teasers Club

Want a challenge? Stay sharp and have some fun! Use your problem solving skills to figure out this brain bender!

Zoned Out – Amy is about to get on her flight to return home from Manila, and she wants to tell her boyfriend, Sheldon, when to pick her up at Kennedy Airport. It is Thursday and her flight leaves at 4 pm.

If New York is 11 hours behind the Philippines and Amy's flight time is 18 hours, plus an eight-hour layover in Hawaii, what day and time should Sheldon be waiting for her in New York?

(You'll find the answer on page 2)

What: Brain Teasers Club

When: 2nd Monday of the month, 11:00 am – 12 noon- Bella Vista
 2nd Thursday of the month, 11:00 am – 12 noon, Springdale

Who: Open to public and facilitated by Sherry White, ADN, RN, C

Where: Schmieding Center

Why: *Use it, don't lose it!*

Source: Fernandes, M.J., Poniachik, J., Poniachik, L., Lole, T., & Marshall, R., et al. *Giant Book of Mensa Mind Challenges*. New York: Sterling Publishing, 2003. ISBN1-4027-1049-6

10 Ways to Celebrate National Family Caregivers Month!

November is National Family Caregivers Month. Here are the Top 10 ways to celebrate and support those who give so much:

1. Offer a few hours of respite.
2. Send a card of appreciation or a bouquet.
3. Give a gift certificate to a beauty salon or spa for a massage or manicure.
4. Help decorate their home for the holidays or offer to address envelopes for their holiday cards.
5. Offer comic relief! Purchase tickets to a local comedy club, give your favorite funny movie, or provide them with a book on tape.
6. With 12 special family photos, have a copy center create a 2006 calendar.
7. Prepare Thanksgiving dinner, so they can relax and enjoy the holiday.
8. Write a letter encouraging your mayor, county executive, or governor to issue a local proclamation establishing November as National Family Caregivers Month. Contact www.firstgov.gov.
9. Become a part of the National Family Caregivers Story Project at www.thefamilycaregiver.org.
10. Join the National Family Caregivers Association at www.thefamilycaregiver.org 🚩



Who are the successful agers?

Plan for Less Stress in Your Life

By **Beth Vaughan-Wrobel, EdD, RN, FAAN**



Dr. Beth Vaughan-Wrobel, Associate Director, SCSHE

Why do some people beat the odds to live longer and live in good health? New aging research is revealing some big surprises.

“The Secrets of Successful Aging: What Science Tells Us about Growing Older—and Staying Healthy,” an engaging article by Tara Parker-Pope in the June 20, 2005, edition of The

Wall Street Journal, says the latest research indicates that “how well we age may be intrinsically tied to our most basic personality traits, the social relationships we have formed and—perhaps most important—our ability to cope with stress.”

“We now know that aging is about a body that doesn’t deal well with stress anymore,” says Robert Sapolsky, Stanford University.

Our own Dr. Larry Wright says that a “universal theme of aging is our increasing vulnerability to stress as we lose our reserve capacity.” He



repeatedly tells elders and their families how to improve the quality of their lives—stop doing those “energy-depleting” activities and increase the number of “energy-repleting” activities.

You’ll experience less stress and age better if you take control of those things you can control. For example, you’ll lower your stress if you have a doctor who understands the special needs of seniors and who spends enough time with you to help you

stop depleting your energy and start improving the quality of your life.

You’ll have less stress if you seek accurate information and education about aging. You stress less if you know what to expect. That’s why aging education, caregiver training, and support groups provided at the Schmieding Center are so important.

You’ll experience less stress when you decide now to remain independent and stay at “home” for life. “Home” is any positive living environment where you can achieve and maintain an optimal level of independence and

Successful STRESS Management Strategies!*

- **Cover the Basics**—eat well, manage your weight, and exercise.
- **Seek Control When You Can**—Successful agers feel in control of their day-to-day lives, and they don’t fret about issues they can’t control.
- **Information Can Relieve Stress**—Stress doesn’t take as much of a toll if we can predict it. If you know what to expect, you stress less.
- **Keep Friends and Family Close**—Social support makes a big difference in how we cope with stress and how we age.
- **Exercise You Hate Won’t Help as Much as Exercise You Like**—Exercise is good for almost any health problem, but especially valuable for stress. Exercise you like produces fewer stress hormones.
- **Get More Sleep**—Sleep longer (more than 8 hours) to reduce stress.
- **Pick and Choose Your Stress Relief**—Pick the activities that reduce your stress—stress-management classes, meditation, massage, yoga, religious services—all can relieve or cause stress. Choose what works for you.

*Adapted from “The Secrets of Successful Aging,” The Wall Street Journal, June 20, 2005.



health—body, mind, and spirit—and where you feel “at home.”

Paradoxically, one of the best ways to age successfully is to retain all the independence you can, and at the same time accept assistance when the need for it evolves. Those who resent or refuse assistance can make life more difficult, but those who graciously accept help from well-trained family and/or professional home caregivers reduce the tension and stress they experience.

At the Schmieding Center we talk about home caregiving so much we think everyone does—but they don't. In fact, most people avoid thinking about caregiving as long as they possibly can. But remember this: professionally-trained home caregivers may well be your best answer to continuing to live a life of meaning and purpose at home...for life – with less stress. ▀

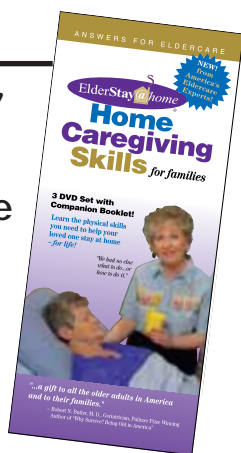
Available Now!

Created For Family Home Caregivers

Do you know what to do when an older adult needs help to stay at home?

The unique ElderStay@home® Home Caregiving Skills DVDs and companion booklet show you what you need to know. Better for the older adult and much easier for you!

For a **FREE BROCHURE** or to order DVDs, call 479-751-3043 or 888-866-8991



Must-Reads

By **Marjorie Hart**

Aging Resource Center Clerk, SCSHE

The Aging Resource Center is

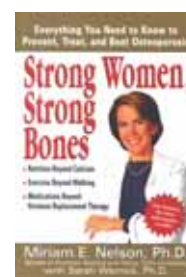
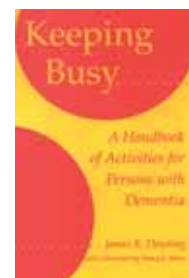


available to assist you with resource materials on home care and aging issues through Internet access, CD-ROMs, printed literature, books, and videotapes. New books include:



Keeping Busy – James R. Dowling

describes a variety of activities to bring meaning and enjoyment to the lives of persons with dementia. The largest section of the book deals with communication and includes word games that help people make the most of their remaining verbal skills.



Strong Women, Strong Bones – Miriam E. Nelson, Ph.D. explains information needed to prevent, treat, and beat osteoporosis.

Dr. Nelson explores the need for good nutrition, proper exercise, and, when necessary, medication management to help women and MEN achieve optimal bone health.

For assistance, contact Marjorie Hart at resource@scshe.uams.edu or 479-751-3043. ▀

Caregiver Tea

In honor of National Family Caregivers Month the Schmieding Center for Senior Education-Bella Vista in collaboration with the Area Agency on Aging, the Alzheimer's Association, and the Village House Adult Day Care is having a Caregiver Tea at 1:30 pm on Thursday, November 3rd at the Highlands Crossing Community Center to recognize family caregivers.

The public is invited to attend. ▀



NORA'S BOOK

By Stephen P. Byers © 2004

**The ART
OF
Caregiving**

Hidden away in a safe place, a school child's scribbler has stories exposing the life of a wonderful woman who knew no fame and asked no glory, but she walked in the footsteps of a saint.

Two years ago, the director of a home for the aged asked me to lead a Life Writing group. At the first meeting, despite the scornful greeting my lecture received, I persuaded seven ladies to enlist. Nora, age 82, was among them; an attractive woman of slight stature with a generous smile, a bright face, and a charming personality. Only later did I learn she suffered from terminal cancer.

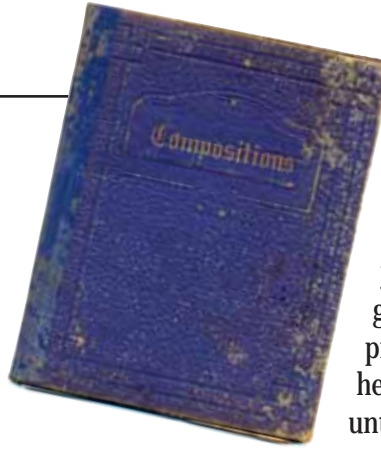
My Life Writing classes have three rules: Everyone must write; everyone must read their work aloud to the group; and no disparaging comments allowed in the following discussion.

To begin, I spread my *memory joggers* on the table; about fifty pictures on a wide variety of subjects clipped from postcards, catalogs, newspapers, and magazines with no identification. Each person selects a *jogger* that triggers a memory and writes the story spontaneously without regard to the formalities of composition; a routine called freewriting. After the author captures the memory, it's easy enough to edit it.

Nora selected a picture of an old woman with a cane. Here is her story, rewritten in my words.

"When I was twenty, I met an elderly woman on an elevator in a department store. She looked so confused, I offered to help her. I guided her to the floor and a sales counter, although I can't remember what she bought. I could not abandon her, she seemed so frail and frightened. I took her down on the elevator, found out where she lived, and boarded the bus to take her home. After I saw her safely into her house, I asked if I might visit some day.

I called a week later to arrange an appointment. When I arrived, I found she had baked cookies and prepared tea. We had a lovely afternoon. I promised to visit again.



As our friendship grew, I learned she was ninety-two years old. For the next five years until she died, we were great friends. I took her shopping, read to her in the evenings, helped with her housecleaning—until the end, she persisted in saying she could do it alone—

looked after her finances, and listened to her stories. She had no family, no friends, and no religious association. I was the only person in her life and at her funeral."

Nora is dead now. She left a legacy of stories about her life, her work, and her retirement. She wrote her "book" in about eighteen months; the last chapters barely legible. They're handwritten in pencil on the pages of a child's school scribbler. The old lady's story is the first one in the book, which her grandchildren now have preserved in a safe place.

What a terrible misfortune if Nora had never written her book! Given the care it should have, her great-great grandchildren and beyond will discover their ancestor was a woman without peer; otherwise they'd never know.

Do you think it's too late to take up Life Writing? Nonsense! The January, 2002 issue of *Byline Magazine* tells how Edith Leppla dreamed of being an author, and realized her goal in 2001. Her first magazine article was published when she was ninety.



Stephen P. Byers was born in Montreal in 1924. After retiring in 1994, he took up creative writing and has since published three novels, one book on creative writing and several periodicals. To learn about his retirement work, visit bbbwritingclinic.com ▀

Call for Creative Submissions

Send your original poetry, fiction, non-fiction, art, or photography to be considered for publication to: The Art of Caregiving, Schmieding Center for Senior Education, 2422 N. Thompson, Suite B, Springdale, AR 72764.

Send a self-addressed stamped envelope if you want your submission(s) returned to you. Send comments or inquiries to virginia@elderstayathome.org.

We wish you much success in your creative endeavors.



Changing Senior Healthcare for You

By **Larry D. Wright, MD, FACP**

Message from
the **Director**



“Be the change you want to see

in the world.” Gandhi said it and he lived it.

We’re doing the same thing in changing the way senior healthcare is delivered in Northwest Arkansas

Since 1998, the healthcare organizations that created the Schmieding Center—the



Dr. Larry D. Wright
Director, SCSHE

University of Arkansas for Medical Sciences (UAMS) Donald W. Reynolds Institute on Aging, Northwest Health System (NHS), and AHEC-Northwest—have been

the pioneers in providing you with superior senior healthcare and education.

This amazing partnership has made



Schmieding Center
for Senior Health
and Education of
Northwest Arkansas

A Partnership of:

University of Arkansas
for Medical Sciences
Donald W. Reynolds Institute
on Aging

Area Health Education
Center – Northwest

Northwest Health System



us the leaders in senior health and education in Northwest Arkansas, where we have the largest number of geriatricians serving the largest number of seniors. We also lead NWA in providing community-based education, training, and support groups for seniors and their families.

Change can be Stressful

Leadership in senior health means continually improving to serve you better. So over the next few months we are adding new doctors, new staff, and new levels of service.

As geriatricians, we know that any change produces stress—even good change. However, our changes will provide you with even better senior healthcare and will soon result in *less* stress for you.

Most things haven’t changed—we still offer three senior health centers uniquely equipped for seniors, rush-free appointments that allow more time with your physician, strong family and caregiver involvement, medication management, memory disorder specialists, in-home ap-

pointments by nurse practitioners, and geriatricians for patients who cannot get to the Senior Health Center, and a Balance and Fall

Center to diagnose and correct problems.

Stress on Successful Aging

As America ages, we keep learning more about how to help you age successfully. We know that seniors and their families need and deserve *both* superior senior healthcare and superior information

for successful aging. So we are developing more interaction between our clinical and our educational services to facilitate your new stage of aging.

Being the leader in senior health and education in Northwest Arkansas is a result of our focus on one goal: improving the quality of life of older adults and their families.

And that will never change!

**Learn more
about the way we
provide Senior
Care through the
new issue of
Northwest Health
System’s “HealthMatters.”**



- Pioneering Senior Care in Northwest Arkansas
- Partners for aging, solutions for the age boom
- Can older adults stay at home for life?
- National demand makes caregiver training available

Call today for your copy!

479-751-3043 or 888-866-8991



Schmieding Center
for Senior Health & Education
of Northwest Arkansas

2422 N. Thompson • Springdale, AR 72764

Northwest Senior Health –
Schmieding Center, Suite A
Phone: 479-750-6566 / Fax: 479-750-5251

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It's not just a nuisance

Daytime *Sleepiness*



If you are constantly drowsy and just can't concentrate in the daytime, don't chalk it up to

getting older. Daytime sleepiness, is NOT a part of normal aging and is often overlooked and untreated in the elderly. It has been associated with a decline in mental and physical function, an increase in heart disease, and approximately 56,000 car accidents each year.

Practice Good Sleep Habits

Practicing good sleep habits alone may improve sleep related problems. If you are struggling with excessive daytime sleepiness try:

- Going to bed at night when you feel drowsy
- Use the bed only for sleeping
- Sleep in a quiet, cool environment with minimal light
- Avoid daytime napping entirely or limit naps to 10 – 15 minutes and before 3 pm
- Develop consistent bedtime routines, maintain the same bedtime and waking time everyday

Prior to bedtime, avoid:

- Large meals or exercise 3-6 hours before bedtime
- Caffeine and nicotine after 12 noon
- Alcohol intake
- Emotionally upsetting or emotionally-charged activities/discussions

Potential Medical Causes

If improving your sleep habits does not eliminate daytime sleepiness there may be an underlying medical problem such as:

Sleep Apnea – Interruptions in breathing that may also include snoring, gasping and choking

Insomnia - Difficulty falling asleep, maintaining sleep, and/or early morning awakenings

Restless Leg Syndrome – Discomfort in legs relieved with walking around

Medications – Some medications can cause excessive sleepiness including sedatives, antihistamines, antidepressants, diuretics, and beta-blockers

If you frequently doze, nap, or fall asleep in situations where you need or want to be fully awake and alert, a visit to your doctor can often provide both a proper diagnosis of a medical cause for daytime sleepiness, as well as an effective treatment. **■**



Discover The New Stage Of Aging

We'll provide the answers you need about eldercare, send you helpful information, and connect you with hard-to-find resources. Contact Schmieding Center for Senior Health and Education for additional information at info@schmiedingcenter.org or 479-751-3043, or call toll-free at 1-888-866-8991. **■**