

Reach Your Peak!

Join the Silver Summit

Learn Everything You Need to Know About Aging!

The Silver Summit Conference & Expo, the largest and most exciting aging event ever held in Arkansas, will take place November 3-4, 2006, in the stunning new John Q. Hammons Convention Center in Rogers, Arkansas.

Hosts include the Schmieding Center, along with Northwest Health System, University of Arkansas for Medical Sciences, Donald W. Reynolds Institute on Aging, Arkansas Aging Initiative and the Area Health Education Center-Northwest.

One-Stop Aging Resource

“We’re very excited to announce this major aging event,” said Larry D. Wright, Director of the Schmieding Center, “because it will provide older adults and Baby Boomers a one-stop-source for everything they need to know about aging well.

“That’s really important because we all need to learn that our old ideas of aging are behind the times—it’s not going to be what it was for our



parents and grandparents. This event is all about helping you understand this new stage of aging and to start planning for peak aging, the highest level of successful aging you can achieve personally.”

The Silver Summit will be sponsored and supported by many of Northwest Arkansas’ major companies and organizations. “Planning is well underway, led by a blue-ribbon Advisory Board, which includes leaders from all the communities in Northwest Arkansas. So be sure to watch for the exciting announcements we have coming up – our honorary chairmen, our major sponsors, exciting national speakers and entertainment,” Wright said.

Reach the Peak of Life!

All areas of aging will be covered in the two-day Conference and Expo, including Lifestyle, Health & Wellness, Caregiving, Daily Living Resources, Senior Connections and Life Planning.

The Conference will include national speakers on aging presenting all the newest information, techniques and technology. You can choose between separate sessions for healthcare professionals, businesses, home caregivers and public sessions.

The Expo will be a tradeshow with the largest gathering of aging information you’ve ever

seen in one place—organizations and companies providing all the latest resources, services and products for the new stage of aging. This will be an event you will not want to miss!



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Making the Best of the Rest of Life

AT MY PEAK!

...And Planning for Peak Aging

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



Dr. Beth Vaughan-Wrobel,
Associate Director, SCSHE

Every day at the Schmieding Center we help families and older adults deal with the aging process. I have a lot of stories about inspira-

tional elders who serve as shining lights for me. I also have stories about older adults who have decided to simply sit down and decline in the recliner.

But no matter how inspired or gloomy these stories make us feel, sooner or later aging becomes personal—and then it becomes an entirely different situation!

Like the Baby Boomers who start turning 60 this year, I recently took a look at my life and decided to change my future. I started wondering why some older adults seemed so full of energy and purpose and why others seemed negative or passive.

Awakening to the Second Adulthood

What if you really thought that life was over at 65! Our grandparents' and parents' generations had only to look around to know that it was true—most people did die by that age. And today many people, both elders and Baby Boomers, still

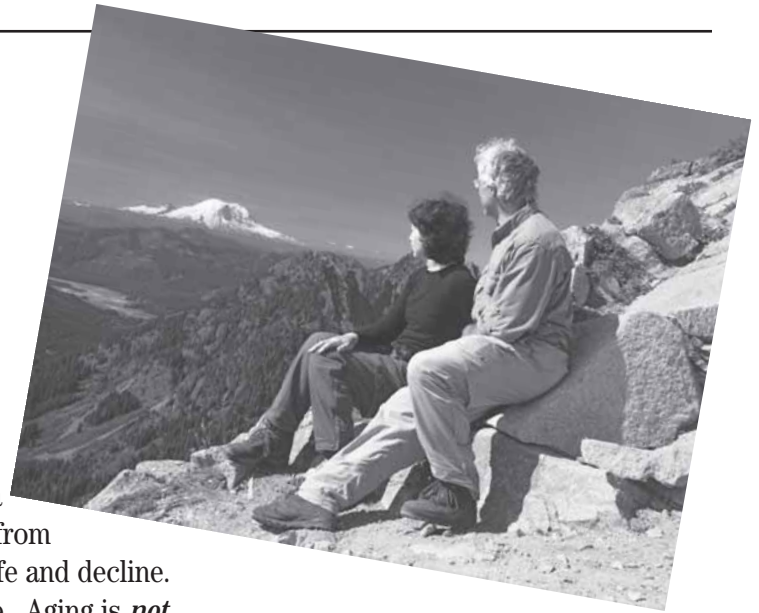
believe the old story that aging is a time of retirement from engagement with life and decline. And it just isn't true. Aging is *not* going to be the same for you as it was for your parents or grandparents.

So, if we have an added 20 to 30 extra years of life that *can* be lived in good health, full of fun, productivity and meaning, how can we maximize this new stage of aging—our Second Adulthood? We can plan for aging at its peak—the highest level of successful aging we can achieve personally.

Live Healthy or Live Chronically Ill?

Our gift of increased longevity means we can expect to live 20+ years longer than any earlier generation. But whether we live that added time in independent good health or dependent with chronic illnesses is largely up to us.


The elders who inspire me have learned that life is largely about our choices and our attitudes. Research tells us that 70% of aging is controlled by our lifestyle choices. The most important predictors of successful aging include how we manage stress, smoking, diet, weight, exercise, mental/spiritual engagement, relationships and our sense of purpose.



Life Begins At 60!

Gail Sheehy, the author of “*Passages*,” is now exploring this exciting next stage of life and declaring that “*Life Begins At 60*.” Not coincidentally, she has turned 60 herself and has written a new book that celebrates the new “seasoned woman,” older women who are “rediscovering who they are, or who they set out to be before they became wrapped up in the roles of their First Adulthood, when their primary focus was on nurturing children, husbands or careers—or all three.” Now there are millions of them, she says, “bursting out into a whole new territory: a Second Adulthood.”

I have discovered ballroom dancing, hiking and white water rafting. And I am not alone. Many of us, both women and men, are aging very differently from our parents, full of new expectations. As I tell my friends, I feel at the peak of life right now and I am planning for peak aging, that creative age to make the *best* of the rest of my life.

Learn more about peak aging and you can change your future! 

five years of increasingly intensive in-home caregiving. As they aged, they asked only one thing of their three kids: that we never put them in a nursing home. We kept that promise.

As dad was dying, I visited him. Looking at him, lying in his recliner, eyes closed, fragile under a blanket, it was hard to remember the major league athlete who was such an imposing presence when I was a scrawny 10-year-old. He had Parkinson's, diabetes, was nearly blind and unable to walk more than a step or two.

Now, things look different. I see that his fathering style was the only way he knew of loving me and preparing me for the world. And I remember the look in his eyes after I became successful in my decidedly non-athletic career. He looked around my business, shook his head in wonder, and said, "I could never have done this, son. I'm proud of you."

As our roles, relationships and memories evolved, caring for my aging parents was both difficult and rewarding. It wasn't easy.

But I am grateful I had another chance to catch the ball. 

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 hardyd@elderstayathome.org.

We wish you much success in your creative endeavors.

Senator Lincoln Is Schmieding Distinguished Lecturer



Senator Blanche L. Lincoln, the 2006 Schmieding Distinguished Lecturer, delivered her address, "Caring for Senior Baby Boomers: Our Next Great Workforce Challenge," to guests in the Schmieding auditorium, Tuesday, March 21. Senator Lincoln outlined the aging challenges that face families and America as 78,000,000 Baby Boomers start needing more services and care as they age.

Senator Lincoln is a member of the Senate Special Committee on Aging and is widely considered a national leader on policies relating to older Americans. She continues to champion innovative solutions for public policies which relate to the elderly.

Senator Lincoln is also a member of the Senate Finance Committee and the Agriculture, Nutrition and Forestry Committee. 

Brain Teasers Club

Want a challenge?

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

Let's Have Dessert! –

It's time for dessert, but the price of one dessert is missing. Using the listed items, devise a system that will logically determine the price of Fruit Salad

(You'll find the answer on page 8.)

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, BSN, RN, C and Fink Holloway, BS.

Where: Schmieding Centers in Springdale and Bella Vista.

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

Source: Berloquin, Pierre. *365 Exercises for the Mind*. New York: Sterling Publishing.

Dessert MENU

Apple Pie.....	8
Chocolate Cake...	13
Ice Cream.....	8
Fruit Salad.....	?





Partnering to Make a Difference

Solving the Caregiving Crisis

“Solving the Caregiving Crisis,” a project of the International Longevity Center—USA and the Schmieding Center for Senior Health and Education was announced on February 6 by Dr. Robert N. Butler, President and CEO of ILC-USA, New York, Dr. Everette E. Dennis, Executive Director and COO of ILC-USA and Dr. Larry D. Wright, Director of the Schmieding Center.

The pioneering national initiative will address the escalating caregiving crisis in America by mapping the scope of the problem and suggesting

solutions, building on work already done in Arkansas. The project will include a national survey, a summit meeting of caregiving leaders, development of caregiving guidelines and recommendations for business, government and the health care sector and a national caregiving information and education initiative. Additionally, the project will build upon the Schmieding home caregiving model to establish national standards for caregiving.

The goals of the partnerships include greater public awareness of the

caregiving crisis and challenge and a better understanding of caregiving and caregiving needs by leaders in business, education, government, women’s organizations, employee groups and others. Also, the partnership will result in the first-ever national guidelines for a curriculum to train professional home caregivers and the first-ever certification process for professional in-home caregivers, thus establishing caregiving as a worthy occupation with real standards and rewards.

“We are delighted that this important and much-needed work will be expanded through our partnership with the Schmieding Center,” said Dr. Butler. “Both organizations bring a significant array of clinical, outreach, educational, communication, policy and research competencies and skills to this task. Together, we will make a difference.”

The 3-year project will be funded by contributions from major corporations and foundations, including support from the Schmieding Foundation. ▀



Dr. Robert N. Butler (center), President and CEO of the International Longevity Center-USA, New York, speaking at the announcement of “Solving the Caregiving Crisis,” a joint project of the ILC-USA and the Schmieding Center. Dr. Everette E. Dennis (left) is Executive Director and COO of ILC-USA and Dr. Larry Wright (right) is Director of the Schmieding Center.



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

Helpful Products

By **Lynda Gay Spilman, LPN**

Easy Wheelchair Transfer Turn-Safe Transfer Disc

Caregivers deserve all the labor-saving help they can get! Here's one that helps you transfer an elder from a bed or chair into a wheelchair – and vice versa.




If an elder can stand and bear weight – even if he isn't able to take steps – the Turn-Safe Transfer Disc can be very helpful.

Bring the Disc in front of the seated elder. Place feet on the foot pad. Then, stabilize the disc with your foot on the outside of the foot pad and your hands on the top handle-bar. The elder then braces both knees against the knee pads, places both hands on the lower handle-bar and pulls himself to a standing position.

Once the elder is standing, slowly rotate the Disc approximately a quarter-turn, positioning the elder in front of a wheelchair previously situated (with brakes in locked position!). After you turn the Disc, the elder slowly lowers himself into the wheelchair while you stabilize the Disc.

To view this product on the internet, go to www.alimed.com, click on staff safety/patient mgmt and follow links from there. Or contact your local medical equipment company. Suggested retail price is around \$500.00.

If you'd like to "see & feel" this device, just call for an appointment at our office – 751-3043 or 1-888-866-8991. 



By **Marjorie Hart**

Aging Resource Center Clerk, SCSHE

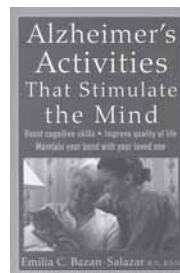
The Aging Resource Center is available to assist you with resource materials on home care and aging issues, Internet access, CD-ROMs, printed literature, books and video-tapes. New books include:



***Alzheimer's Activities That Stimulate The Mind* - Emilia C. Bazan-Salazar, RN, BSN** - Based

on the author's four-year study and experience in Alzheimer's and dementia-related care, the book offers appropriate activities for each of the four stages of the disease. Includes easy-to-follow exercises medically proven to enhance and maintain the cognitive abilities of persons living with Alzheimer's or dementia.

***At The Heart Of Alzheimer's* - Carol Simpson** provides valuable reassurance for caregivers – reassurance that they are not alone and practical advice on how to manage behaviors that may be extremely

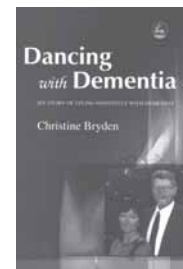


difficult and confusing. Because everyone doesn't progress on the same timetable and behavior problems are highly individual, the caregiver must

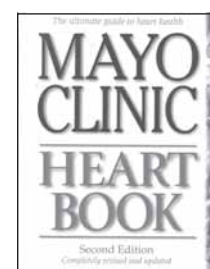
think creatively and be flexible to provide appropriate care.

***Dancing With Dementia* - Christine Bryden,**

diagnosed with dementia at age 46, recounts her experiences of living with dementia, explores the effects of memory problems, loss of independence, difficulties in communication and the exhaustion of coping with simple tasks. It is a thoughtful exploration of how dementia challenges our ideas of personal identity and the process of self-discovery it can bring.




***Mayo Clinic Heart Book-2nd edition* - Bernard J. Gersh, Editor-In-Chief** - Information is a valuable



ally in ensuring cardiovascular health. Updated edition explains new developments in prevention, diagnosis and treatment of CVD

that are improving and saving countless lives with emphasis on over 80 "Healthy Heart Tips" featuring useful prevention strategies.

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

Fathers and Sons

"Catch the Damn Ball!"

By Hardy Doyle,
Fayetteville

Why do stories of fathers and sons keep playing in my memory?

The ART OF Caregiving

I saw a movie called

"Glory Road," about the underdog 1966 Texas Western basketball team that upset Kentucky for the NCAA National Championship. I enjoyed the movie, but I was startled by the actor who played the team's young assistant coach, Moe Iba, because I had known him as a child.

A few days later I read the news about Eddie Sutton, the Oklahoma State basketball coach, being charged with drunk driving. That evening I watched on television as his son, Sean Sutton, took over for his dad, coaching the Cowboys in a loss to Texas A&M.

The next Sunday I read a newspaper profile on Grady Jim Robinson, 60, a Fayetteville-based humorist, motivational speaker and columnist. He told the story about his dad, a legendary figure in athletics at Greenwood High School.

"The failure to get my father's approval became a major factor in my life," Robinson said. "He never gave me a compliment...I was really psychologically affected by my father being the coach, my brother being the star player and me not measuring up. It really bothered me for 40 years."

It is a glorious, cloudless summer day. My brother and I are barefooted, wearing jean shorts, t-shirts and baseball mitts. We're playing catch in the front yard of our suburban home with dad. Tom is a mischievous, freckled 6-year-old and I am an asthmatic, skinny 10-year-old lefthander with bad eyes, caused, my dad says, from too much reading.

Across the lawn is dad. He's in his early 30's, movie-star handsome, six-feet, 200 lbs., in khakis and a white t-shirt, wearing a well-worn catcher's mitt and fingering a shiny new baseball, which he has been lobbing first to my brother and then to me. His face is Irish red because we can't catch the lobs and we keep running after the ball.

He looks at me, cocks his arm and in that distinctive catcher's snap-throw motion, fires the ball at me, yelling, "Catch the damn ball!" Dad was a former Boston Red Sox catcher, who starred in basketball and baseball at Oklahoma A&M (now Oklahoma State), achieved All American recognition and who later was enshrined in the OSU Baseball Hall of Fame.

My glove goes up instinctively to protect my face and the bullet ricochets off, leaving me with a



badly swollen hand and the sure knowledge that I would never play baseball again. I cried in fear, rage, humiliation and shame as I tracked down the ball.

Dad was coached in both basketball and baseball by the legendary Henry Iba, a strict disciplinarian who was like a father to dad, because his own father had died when he was two. Eddie Sutton also played for Mr. Iba. Moe Iba and Sean Sutton are sons who have lived lives very much like their fathers and that's one way the father-son relationship plays out. Grady Jim Robinson dealt with the pain of his relationship with his father by turning his memories into stories. "Thank goodness," he said, "I was able to make humor out of it." Like Grady Jim, I wasn't comfortable in the big athletic shoes my dad walked in, but unlike him I couldn't see the humor of that.

My father, 86, and my mother, 87, both died within the last year after

Spotlight on the White House Conference on Aging

Changing Old Aging Policies

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

Can America's outdated aging policies be changed? It's certainly a legitimate question. Not much has happened lately to encourage the belief that we can adapt our national aging policies to meet today's elder caregiving crisis.

Message from
the **Director**



“Why Survive? Being Old in America” That sobering question was the title of Dr. Robert N. Butler's Pulitzer Prize-winning book which alerted many Americans to the stark realities of aging in America. Today—*30 years later!*—many older adults are still facing the same harsh realities.



Dr. Larry D. Wright
Director, SCSHE

“What are Old People For?” Dr. William H. Thomas is asking that question in the title of his new book. But things are changing enough that he could add, “How Elders Will Save the World.”

Turning the Tide


The skyrocketing number of long-lived older adults has created an “Age Wave” and an alarming caregiver crisis. Behind the good news of increased longevity is the bad news of outmoded aging policies, outdated procedures and under-prepared healthcare and aging support systems. All these factors have created a “perfect storm” that appears to be turning the tide toward new aging policies.

One important step in grabbing the attention of America's policymakers is the White House Conference on Aging. As reported in the last issue, Dr. Beth Vaughan-Wrobel and I were delegates to the WHCoA last December. I promised to report on the final resolutions selected by the delegates for presentation to the President and Congress.

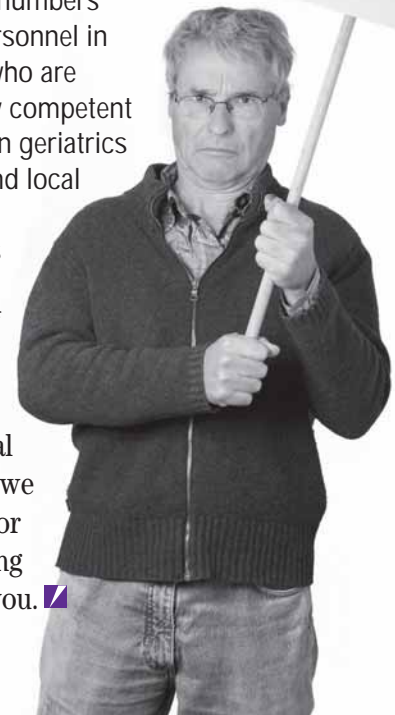
We are happy to report that all of the top 10 resolutions address issues that impact the caregiver crisis, which we have long championed because of our belief in the key importance of keeping elders at home for life. And very importantly, these resolutions won't just sit on a shelf to gather dust *because the delegates have developed strategies for implementing the resolutions.*

Top 10 Resolutions—WHCoA

- Reauthorize the Older Americans Act within the first six months following the 2005 White House Conference on Aging
- Develop a coordinated, comprehensive long-term care strategy by supporting public and private sector initiatives that address financing, choice, quality, service delivery and the paid and unpaid workforce
- Ensure that older Americans have transportation options to retain their mobility and independence
- Strengthen and improve the Medicaid program for Seniors
- Strengthen and improve the Medicare program
- Support geriatric education and training for all healthcare professionals, paraprofessionals, health profession students and direct care workers
- Promote innovative models of non-institutional long-term care
- Improve recognition, assessment and treatment of mental illness and depression among Older Americans
- Attain adequate numbers of healthcare personnel in all professions who are skilled, culturally competent and specialized in geriatrics
- Improve state and local based integrated delivery systems to meet 21st century needs of seniors.

We *can* change out-of-date national aging policies and we are taking action for the successful Aging of America – and you. 

ELDERS WILL
SAVE THE
WORLD!





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

Schmieding Center for Senior Education,
Suite B
Phone: 479-751-3043 or 1-888-866-8991
Fax: 479-751-3249

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www.schmiedingcenter.org

Advice for Healthy Feet

Put *Spring* in Your Step!



Healthy Aging

It's Spring and, hopefully,

you're already walking more. Put your best foot forward by keeping your feet healthy!

Wear the Right Shoes

- Fit your shoes to your larger foot (yes, most people's feet are different sizes!)
- Check toe space, allowing about a half inch between your longest toe and shoe tip. Make sure your heel fits comfortably with minimal slippage.
- Choose athletic shoes that bend where your toes bend, not at the arch, with soft uppers that match the shape of your foot.
- Wear thick soles to cushion your feet. Add insoles and pads for more cushion.

Take Care of Your Feet

- Clip your toenails so they don't stick out past the tips of your toes. Cut toenails straight across to avoid ingrown toenails.


- Check often for blisters or cracks, including between toes.
- Wear socks that fit smoothly and not too tightly. High-moisture-absorbing acrylic socks help prevent blisters and keep feet dry.
- Dry feet completely after bathing, particularly between the toes, with towel or hair dryer.

Stretch

- Exercise your feet! Poor flexibility can increase the risk of injury.
- Stand on a step with the balls of your feet on the step. Lower heels until you feel a stretch in the calves. Repeat three or four times a day, increasing the stretch time from 30 seconds to 60 seconds.

Maintain Good Foot Circulation

- Walk regularly! Regular exercise improves circulation to your feet.
- Don't Smoke.
- Avoid exposing feet to cold temperatures.
- Don't sit for long periods, especially with your legs crossed.

Sources: Harvard Medical School Commentaries, 2005 

Need Help Caring for an Older Adult?

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.

Answer: The price of the fruit salad is 10 – the number of letters in each dessert.