



PROGRAMS ABOUT SENIORS FROM SCHMIEDING CENTER FOR SENIOR HEALTH & EDUCATION OF NORTHWEST ARKANSAS

Free Lunch & Fun Programs!

## Senior Circle Lunch & Learn Programs at Schmieding

One of our most popular series of programs is the Senior Circle Lunch and Learn events held each month at the Schmieding Centers in Springdale and Bella Vista. You'll want to RSVP for the upcoming programs that give you expert information on back health, arthritis, and prostate cancer awareness. There is no charge, but you do have to call 1-800-734-2024 to reserve your seat and your lunch!

Inside you'll find complete information on the programs coming on July 28 or 29, "Get BACK to Health," August 25 or 26, "Has 'Arthur' Got a Hold on You?", and September 22 or 23, "Prostate Cancer Awareness." ■

Developed and Clinically Proven at UAMS!

## New Drink Helps Counteract Top Four Age-Specific Health Conditions

Dr. Robert Wolfe, one of the creators of BeneVia®, a revolutionary fruit-based nutrition drink designed to help people 60+ stay healthy and active as they age, will present the BeneVia story at the Schmieding Center on Thursday, September 24. He will make two presentations, at 2 pm for the public and 5:30 pm for healthcare providers/physicians.

Dr. Wolfe's presentation will focus on the strength and energy formulation with helpful information on why our strength and energy decline with aging and how BeneVia counteracts the decline. Don't miss this exciting and useful presentation. ■



**60+? Come Learn the Benefits of BeneVia®** Developed by researchers at UAMS, BeneVia®, is uniquely formulated, nutrient-enhanced, and clinically proven by the world's leading scientists and clinicians in research on aging. It comes in four varieties that address common

health conditions faced by aging consumers – lack of muscle strength and energy, loss of memory and learning, risk of cardiovascular health issues, and the need for protection from infections with normal immune response. These age-specific health conditions can be managed and maintained with optimal therapeutic nutrition. ■

## Locations for Schmieding Programs

Below are the addresses where the Schmieding Center programs listed in ElderEvents will be held.

### Schmieding Center – Springdale

2422 N. Thompson Street • Springdale, AR

### Schmieding Center – Bella Vista

Highlands Crossing Building, 1801 Forest Hills Blvd. Bella Vista, AR

**For Program Information:** [www.schmiedingcenter.org](http://www.schmiedingcenter.org)

August 5, 10 am

## Ask Dr. John Baldrige “What is Endocrinology?”

Here's your chance to learn more about diabetes, osteoporosis, and thyroid conditions from a leading endocrinologist, Dr. John Baldrige, MD, FACE. Dr. Baldrige recently moved from Little Rock and is one of the latest specialists to join the Senior Health Clinics in Springdale and Bella Vista. If you're like many adults 50+, you have questions you'd like an expert to answer about your thyroid, adrenal and pituitary glands, and pancreas – and all the conditions related to them!

Dr. Baldrige is an engaging speaker, so be sure to join him August 5 at 10 am at the Schmieding Center-Springdale. You may also see Dr. Baldrige at the Diabetes Health & Wellness Expo on August 1 at the NWA Convention Center in Springdale. ■



## Please Send Us Your E-Mail Address Today!

We now distribute an e-ElderEvents to all e-mail users in place of the printed version. Many people prefer to receive the e-version and it helps us save money for other important projects while we help save the environment. Please send your e-mail address with the word "ElderEvents" in the subject line to Rachel Wall at [rwall@scshe.uams.edu](mailto:rwall@scshe.uams.edu).



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 **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

[www.schmiedingcenter.org](http://www.schmiedingcenter.org)

RETURN SERVICE REQUESTED

## Recurring Programs & Support Groups

### Community Programs

**Brain Teasers Club**  
Work your mind, meet new people. Use it, don't lose it!  
2nd Thursday of the Month, 10:00-11:00 am  
Facilitator: Fink Holloway, BS  
Location: Schmieding Center-Springdale

### Support Groups

**Family Caregivers of Persons with Dementia**  
2nd Tuesday of the Month, 1:00-2:30 pm  
AND 4th Wednesday of the Month, 1:00-2:30 pm  
Facilitator: Carolyn Wheeler, LSW, CMC  
Location: Schmieding Center-Springdale  
No registration required.

**Family-Centered Caregiving Education**  
3rd Monday of the Month, 6:00-7:00 pm  
Facilitator: Carolyn Wheeler, LSW, CMC  
Location: Schmieding Center-Springdale  
No registration required.

### Health Professionals Programs Earn CEU Credits

**Free Professional Education Video Programs!**

**Geriatric Grand Rounds**  
Most Wednesdays, 8:00-9:00 am  
Schmieding Center-Springdale

**Rural Hospital Video Teleconferences**  
Bring a lunch and earn your CEU credit.  
Schmieding Center-Springdale

Send an e-mail to: [rwall@scshe.uams.edu](mailto:rwall@scshe.uams.edu) with the words "CEUs for Health Professionals" in the subject line to request e-mail notification of the schedule and topics presented or call 751-3043.

 **Schmieding Center  
for Senior Education**  
2422 N. Thompson, Suite B • Springdale, AR 72764  
[www.schmiedingcenter.org](http://www.schmiedingcenter.org)

**For More Information or Directions,  
CALL US AT 479-751-3043 or TOLL FREE 1-888-866-8991**

# Schmieding Education Programs At-A-Glance

## July – September, 2009

JULY	AUGUST	SEPTEMBER	RECURRING PROGRAMS
<b>Community Education</b>	<b>Community Education</b>	<b>Community Education</b>	<b>Community Education &amp; Support Groups</b>
<b>AARP Driver Safety Course</b> July 8 – Springdale	<b>Diabetes Health &amp; Wellness Expo</b> August 1 NWA Convention Center Springdale	<b>Family Caregiver Workshop: Physical Skills</b> Sept 3 & 4 – Springdale Sept 29 & 30 – Bella Vista Cost: \$20.00	<b>Brain Teasers Club</b> Second Thursday Each Month 10:00-11:00 am Springdale
<b>First Aid Training</b> July 9 – Springdale			
<b>Health Resource Center Activity: Free Spine Screenings</b> July 9 – Bella Vista	<b>“Simple Solutions – Tangible Results”</b> Aug 4 – Springdale	<b>AARP Driver Safety Course</b> September 9 – Springdale	<b>Family Centered Caregiving Information</b> Third Monday Each Month 6:00-7:00 pm Springdale
	<b>Senior Circle Lunch and Learn: “Get BACK to Health”</b> July 28 – Bella Vista July 29 – Springdale Lunch Provided Pre-Registration Required Call 800-734-2024	<b>What is Endocrinology?</b> Dr. John Baldrige 10-11:30 am – August 5 Springdale	
<b>Paraprofessionals</b>	<b>Dementia Seminars</b> Aug 5, 12, & 19 Springdale	<b>Caregiver Stress Workshop</b> “He Said... She Said...” September 17 – Springdale	<b>Family Caregivers of Persons with Dementia</b> Second Tues. and Fourth Wed. Each Month 1:00-2:30 pm Springdale
	<b>Senior Circle Lunch and Learn: “Has ‘Arthur’ Got a Hold on You?”</b> Aug 25 – Bella Vista Aug 26 – Springdale Lunch Provided Pre-Registration Required Call 800-734-2024	<b>Senior Circle Lunch and Learn: “Prostate Cancer Awareness”</b> Sept 22 – Bella Vista Sept 23 – Springdale Lunch Provided Pre-Registration Required Call 800-734-2024	
<b>Elder Pal Caregiver Training Class</b> Level 1 July 13-17 Cost: \$75.00 Pre-Registration Required Call 751-3043	<b>AARP Driver Safety Course</b> August 28 – Springdale	<b>Introducing BeneVia®:</b> 60+? Come Learn the Benefits of BeneVia® September 24 2:00 pm OR 5:30 pm Springdale	<b>Health Professionals Earn CEU Credits At:</b>
<b>PROCARE+</b> Springdale Library July 19			<b>Paraprofessionals</b>
<b>Personal Care Assistant Caregiver Training Class</b> Level 2 July 20-24 Cost: \$75.00 Pre-Registration Required Call 751-3043	<b>Home Care Assistant Caregiver Training Class</b> Level 3 August 3-6 & 10-13 Cost: \$75.00 Pre-Registration Required Call 751-3043	<b>Paraprofessionals</b>	<b>Geriatric Grand Rounds</b> Most Wednesdays from 8-9 am Schmieding Center-Springdale
	<b>Continuing Education for Nurse Aides All Day Workshops</b> August 21 Earn Up to Six Credits!!		<b>Elder Pal Caregiver Training Class</b> Level 1 September 14-18 Cost: \$100.00 Pre-Registration Required Call 751-3043
	<b>Alzheimer’s &amp; Dementia Caregiver Training Class</b> August 24-26 Cost: \$50.00 Pre-Registration Required Call 751-3043	<b>Personal Care Assistant Caregiver Training Class</b> Level 2 September 21-25 Cost: \$100.00 Pre-Registration Required Call 751-3043	<b>Rural Hospital Telemedicine</b> Free Professional Education Video Programs

**COMMUNITY PROGRAMS**

**Wednesday, July 8**

***AARP Driver Safety Program***

This class is sponsored by Northwest Medical Center. Please call 757-4115 to register.

A fee of \$14.00 will be collected on day of class. AARP members will receive a \$2.00 discount. Please bring your lunch.

Tom Baron

**11:00 am-4:00 pm** – Schmieding Center-Springdale

**Thursday, July 9**

***Health Resource Center Activity***

Free Healthy Spine Screenings compliments of Smith Family Chiropractic. Free chair massage while you wait!

**1:00-3:00 pm (come and go)** - Schmieding Center - Bella Vista

**Thursday, July 9**

***First Aid Training Course***

Learn basic First Aid skills. No previous training or experience is required.

Kathryn Sweetser, ADN, RN, is certified by the American Red Cross

**12:00-4:00pm** – Schmieding Center-Springdale

Cost: \$35 *Pre-registration and payment required.*

Call Kathryn at 479-751-3043.

This class provides 2 Continuing Education credits for Schmieding graduates.

**Thursday, July 9**

***Brain Teasers Club***

Work your mind, meet new people.

**10:00-11:00 am** – Schmieding Center - Springdale

**Tuesday, July 14 & Wednesday, July 22**

***Support Group for Family Caregivers of Persons with Dementia***

**1:00-2:30 pm** – Schmieding Center – Springdale – Family Room

**Monday, July 20**

***Support Group: Family-Centered Caregiving Education***

**6:00-7:00 pm** – Schmieding Center – Springdale – Family Room

**Tuesday or Wednesday, July 28 or 29**

***Senior Circle Lunch & Learn: “Get BACK to Health”***

Back problems can cause undue pain and limit your ability to function. Hear tips from an expert on taking care of your back and getting and keeping it in shape.

Lunch will be provided to all who pre-register. There is no charge for the Senior Circle Lunch & Learn events, however you must RSVP to attend as space is limited. Call 800-734-2024.

**Tuesday, July 28 - Bella Vista**

Speaker: Rob Phillips, PT, Northwest Health Center

**12:00-1:00 pm** – Community Room

**Wednesday, July 29 – Springdale**

Speakers: Linda Leighton, PT, and Charla Cox, DPT, Northwest Medical Center

**12:00-1:00 pm** – Schmieding Center - Springdale - Auditorium

**PARAPROFESSIONAL PROGRAMS**

**Monday-Friday, July 13-17**

***Home Caregiver Training Class - Level I - Elder Pal***

This 25 hour course trains the caregiver to assist with activities of daily living such as bathing, dressing, and transferring.

Prerequisite: Attend a General Information Session

Call 751-3043 for GIS dates and more information.

Cost: \$75.00 - Schmieding Center - Springdale

**Sunday, July 19**

***PROCARE+***

The association of Professionals Reaching Out Caring for Arkansas Elderly Plus will have its quarterly meeting.

Refreshments will be served.

**2:00-4:00 pm** – Springdale Library – Shiloh Room

**Monday-Friday, July 20-24**

***Home Caregiver Training Class - Level II - Personal Care Assistant***

This 25 hour course provides the caregiver with the skills to assist individuals who require minimum-to-moderate assistance.

Prerequisite: Elder Pal course

Call for more information - 751-3043

Cost: \$75.00 - Schmieding Center - Springdale

**COMMUNITY PROGRAMS****Saturday, August 1, 2009*****Diabetes Health & Wellness Expo***

This FREE health event includes health screenings, one-on-one medical consultations, and vendor booths. A panel discussion on diabetes issues will be in the ballroom at 10:00 am.

**9:00am-1:00pm** – NWA Convention Center - 1500 S. 48th Street - Springdale, AR

**Tuesday, August 4*****“Simple Solutions – Tangible Results”***

Learn how to feed a family of four on an average of \$50 a week. Pick up great ideas, recipes, and helpful hints for spending less while eating well, staying beautiful, and living greener.

Speaker: Serina Tustin

**2:00-3:00 pm** – Schmieding Center - Springdale - Auditorium

**Wednesday, August 5*****“What is Endocrinology?”***

Here's your chance to learn more about diabetes, osteoporosis, and thyroid conditions from a leading endocrinologist.

Speaker: Dr. John Baldrige

**10-11:30 am** – Schmieding Center-Springdale

**Tuesday, August 11 & Wednesday, August 26*****Support Group for Family Caregivers of Persons with Dementia***

**1:00-2:30 pm** – Schmieding Center - Springdale - Family Room

**Wednesday, August 5, 12, & 19*****Dementia Seminars***

These classes will help you to better understand a dementia diagnosis, allowing decisions to be made regarding current and future needs of the dementia patient.

**1:30-2:30 pm** – August 5: “Dementia Overview” From initial symptoms to new frontiers of treatment and research.

C. Hope Hartz, DNSc., APRN-BC

**1:30-2:30 pm** – August 12: “Communication & Behavior Management”  
Connie Lytle-Burklow, LSW

**1:30-2:30 pm** – August 19: “Resources, Planning/Legal Issues”

Carolyn Wheeler, LSW, CMC & Sarah Curry, LCSW

Call 751-3043 to register for seminars

Schmieding Center - Springdale - Auditorium

**Thursday, August 13*****Brain Teasers Club***

Work your mind, meet new people.

**10:00-11:00 am** – Schmieding Center - Springdale

**Monday, August 17*****Support Group: Family-Centered Caregiving Education***

**6:00-7:00 pm** – Schmieding Center - Springdale - Family Room

**Tuesday or Wednesday, August 25 or 26*****Senior Circle Lunch & Learn: “Has ‘Arthur’ Got a Hold on You?”***

Learn the facts about arthritis, its causes, treatments, and resources for help. Lunch will be provided to all those who

pre-register. There is no charge for the Senior Circle Lunch & Learn events, however you must RSVP to attend as space is limited. Call 800-734-2024

**Tuesday, August 25** – Bella Vista

**12:00-1:00 pm** – Community Room

Speaker: Christopher Dougherty, D.O., The Agility Center

**Wednesday, August 26** - Springdale

**12:00-1:00 pm** – Schmieding Center - Springdale - Auditorium

Speaker: Rick Walker, D.O., The Orthopedic Center at Northwest

**Friday, August 28*****AARP Driver Safety Program***

A fee of \$14.00 will be collected on day of class. AARP members will receive a \$2.00 discount.

Barbara Vaughan, RN

**12:30-5:00 pm** – Schmieding Center-Springdale

Call Rachel at 751-3043 to pre-register

**PARAPROFESSIONAL PROGRAMS****Monday-Thursday August 3-6 & 10-13*****Home Caregiver Training Course-Level III – Home Care Assistant***

This 50 hour course provides the caregiver with skills to care for individuals requiring moderate-to-maximum assistance.

Prerequisite - Elder Pal and Personal Care Assistant courses

Call for more information - 751-3043

Cost: \$75.00 - Schmieding Center - Springdale

**Friday, August 21*****Continuing Education for Nursing Assistants***

The morning and afternoon sessions each offer 3 CEUs.

Stay all day and earn 6 CEUs! Schmieding Center – Springdale

**8:30-8:45 am** Overview and Demographic Evaluation

**8:45-10:05 am** Professional Do's and Don'ts  
Kathryn Sweetser, RN

**10:05-10:15 am** Break

**10:15-11:35 am** Oral Care, Carol Amerine. RDH, BS

**11:35-11:45 am** Program Evaluation/Certificates

**LUNCH 11:45 am-1:00 pm** – On Your Own

**1:00-1:15 pm** Overview and Demographic Evaluation

**1:15-2:35 pm** C. Difficile: The Importance of Handwashing  
Barbara Vaughan, RN

**2:35-2:45 pm** Break

**2:45-4:05 pm** Stroke Awareness: It's a Brain Attack  
Lynda Gay Spilman, LPN

**4:05-4:15 pm** Program Evaluation/Certificates

**Monday-Wednesday, August 24-26*****Home Caregiver Training Class – Alzheimer's & Dementia Training***

This 15 hour course provides information on the needs and care of persons with dementia.

Prerequisite: Elder Pal course or active CNA

Call for more information - 751-3043

Cost: \$50.00 – Schmieding Center - Springdale

**COMMUNITY PROGRAMS****Thursday & Friday, September 3 & 4*****Family Caregiver Workshop: Physical Skills for the Family Caregiver***

Participants will receive 8 hours of training to improve their caregiving skills.

Kathryn Sweetser, ADN, RN

**12:00-4:00 pm** – Schmieding Center - Springdale*Pre-registration required.* Call Kathryn at 751-3043

Cost: \$20.00

**Tuesday, September 8 & Wednesday, September 23*****Support Group for Family Caregivers of Persons with Dementia*****1:00-2:30 pm** – Schmieding Center - Springdale - Family Room**Wednesday, September 9*****AARP Driver Safety Program***

This class is sponsored by Northwest Medical Center. Please call 757-4115 to register.

A fee of \$14.00 will be collected on day of class. AARP members will receive a \$2.00 discount. Please bring your lunch.

Tom Baron

**11:00 am-4:00 pm** – Schmieding Center - Springdale**Thursday, September 10*****Brain Teasers Club***

Work your mind, meet new people.

**10:00-11:00 am** – Schmieding Center - Springdale**Thursday, September 17*****Bella Vista Senior Health Fair: "Healthy Choices for Healthy Aging"***

The Schmieding Center for Senior Health and Education in partnership with the Bella Vista POA invites you to join us for the 20th annual Bella Vista Senior Health Fair. Over 60 vendors and multiple educational sessions help you learn what to do to live a longer, happier life! Admission is free for the public. Door prizes and giveaways! Watch your local paper for a schedule of educational programs.

**8:00am-1:00pm** – Riordan Hall, 2 Riordan Drive, Bella Vista**Thursday, September 17*****Caregiver Stress Workshop: "He Said...She Said..." Dementia Behaviors and the Stress They Cause"***

This workshop will help the caregiver recognize behaviors that cause stress and learn interventions to manage them.

Angela Dunaway, LSW, Windcrest Health and Rehab

**1:30-3:00 pm** – Schmieding Center – Springdale - Auditorium**Monday, September 21*****Support Group: Family-Centered Caregiving Education*****6:00-7:00 pm** – Schmieding Center – Springdale – Family Room**Tuesday or Wednesday, September 22 or 23*****Senior Circle Lunch & Learn: "Prostate Cancer Awareness"***

Past 50? Did you know you're at significantly higher risk for prostate cancer? Come hear how early detection can save your life. Lunch will be provided to all those who pre-register. There is no charge for the Senior Circle Lunch & Learn events, however you must RSVP to attend as space is limited.

Call 800-734-2024.

**Tuesday, September 22** – Bella Vista**12:00-1:00 pm** – Community Room

Speaker: Robert A. Zimmerman, MD, Benton County Urology

**Wednesday, September 23** – Springdale**12:00-1:00 pm** – Schmieding Center - Springdale - Auditorium

Speaker: Anthony Woodruff, MD, NWA Urology

**Thursday, September 24*****60+? Come Learn the Benefits of BeneVia®***

Developed by researchers at UAMS, BeneVia(R), is a revolutionary fruit-based nutrition drink designed to help people 60+ stay healthy and active as they age. It helps counteract the top four age-specific health conditions. Dr. Robert Wolfe, one of BeneVia's creators, will present helpful information on why our strength and energy decline with aging and how BeneVia counteracts the decline.

**2:00 pm for general public OR 5:30 pm for physicians and healthcare providers** – Schmieding Center-Springdale

**Tuesday & Wednesday, September 29 & 30*****Family Caregiver Workshop: Physical Skills for the Family Caregiver***

Participants will receive 8 hours of training to improve their caregiving skills.

Sherry White, RN, BC

**12:00-4:00 pm** – Schmieding Center - Bella Vista*Pre-registration required.* Call 479-876-2335.

Cost: \$20.00

**PARAPROFESSIONAL PROGRAMS****September 14-18*****Home Caregiver Training Class - Level I - Elder Pal***

This 25 hour course trains the caregiver to assist with activities of daily living such as bathing, dressing, and transferring.

Prerequisite: Attend a General Information Session

Call 751-3043 for GIS dates and more information.

Cost: \$100.00 – Schmieding Center - Springdale

**September 21-25*****Home Caregiver Training Class - Level II - Personal Care Assistant***

This 25 hour course provides the caregiver with the skills to assist individuals who require minimum-to-moderate assistance.

Prerequisite: Elder Pal course

Call for more information - 751-3043

Cost: \$100.00 - Schmieding Center - Springdale