

EAST ARKANSAS AREA
AGENCY ON AGING

FEBRUARY 2009

C A R I N G F O R Y O U

A L Z H E I M E R ' S D I S E A S E
C A R E G I V E R I S S U E S
P A R K I N S O N ' S D I S E A S E

CHRONIC PAIN EDUCATION AND SUPPORT TO BE OFFERED

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East Arkansas Area Agency on Aging will now begin offering meetings to those individuals who suffer from chronic pain. The agency is a member of the *American Chronic Pain Association (ACPA)* and has established a Jonesboro Chapter to address the needs of persons living with constant pain. Through education and support, group members can attend meetings that are:

- Strictly confidential
- Self-help, providing education and support
- Consumer driven, providing information to be well-informed consumers
- Providing skills that allow members to be actively involved in their care

Two staff members will serve jointly as ACPA facilitators and will moderate the monthly meetings for any interested individuals. Rose Trosper, Family Care Specialist, and Cheryl Hamm, Lifestyle Specialist, will host the premier meeting on Tuesday, January 27 from 12:00—1:30 p.m. at the agency conference center located at 2005 East Highland Drive. The group will meet monthly on the last Tuesday of each month and members are encouraged to bring a bag lunch. The January meeting will host Dr. Calin Savu with the Northeast Arkansas Pain Medicine clinic as guest speaker.

The American Chronic Pain Association Jonesboro Chapter is a non-profit, self-help group designed to teach people who suffer from chronic pain, pain that continues longer than six months and is not completely relieved by medication or medical treatment, and to reduce the impact that pain has on their working and personal lives.

East Arkansas Area Agency on Aging joined the organization's member roles in late 2008. The Jonesboro Chapter is now active and welcomes any person who suffers from chronic pain from any etiology.

This unique, specialized education and support group welcomes everyone to attend. Learn to deal with your pain in a positive way, become a person and stop being just a patient. This group will focus on self-help and education for persons who deal with chronic pain issues.

For additional information please contact Rose Trosper, (870) 930-2204 or Cheryl Hamm at (870) 930-2226. In addition, both can be reached at 800-467-3278.

President's Day Feb 16



ASK THE EXPERT: DR. CALIN SAVU, NORTHEAST ARKANSAS PAIN MANAGEMENT CLINIC**What are Pain Medicine and Pain Management?**

They are inter-changeable terms meaning a newly developed and rapidly expanding field of medicine. Its appearance is the result of a huge demand for better care of chronic, uncontrolled pain, which, during the quest for life- or limb-saving goals, was considered until recently just an afterthought.

Why is there a need for Pain Medicine?

Controlling pain was initially considered a luxury. Not anymore. There is irrefutable evidence that pain has severe, profound and damaging effects in many ways. It can contribute to cardiovascular diseases by elevating heart rate and blood pressure, possibly creating the proper environment for heart attacks and strokes. It affects the immune system, depleting it of vital resources needed to stave off infections, inflammations and tumors. It promotes increasing and unguided use of over-the counter drugs, resulting in severe and sometimes irreversible damage to the stomach, liver and kidneys. It is altering our psychological fabric, by continuously eroding and exhausting it and creating a progressive depression and anxiety. It disables a person by depleting his energy, optimism and creativity. It creates fear overwhelming the patient that something terribly amiss is happening. It deprives families, teams, communities, and the society at large of the creative, joyful and supportive presence of members afflicted.

Who are the pain physicians?

They come from different related fields, including Anesthesiology, Neurology, Physiatry, and Neurosurgery. They have a special interest in all these fields and have dedicated time to learn about and train for the specific pain problems that no other physicians wanted to deal with. They are up-to-date on the most recent developments of a field exploding in knowledge and options. They are the best chance pain patients have.

What to expect from a pain clinic?

Every patient is listened to, inquired, examined and has his/her past history thoroughly reviewed. A plan to test and verify different possible sources of pain is then devised. It may involve a few small x-ray guided injections, radiologic studies, lab work.

Once a diagnosis is made, we present the plan of action.

It usually involves an inter-disciplinary approach, with the pain physician and nurses, the physical therapists and trainers, as well as, if needed, a psychologist closely collaborating and communicating for the treatment, training and education of the patient.

What are the goals of your pain clinic?

First, we explain to our patient what we think and what options they have. We try to cure pain in some instances. When that's not possible, we try to minimize it. Then we improve their function, while training them to cope with the remaining pain. We educate them to be self-sufficient, self-reliant and to self-assess their evolution so we can together, as a team, handle the frequent recurrences without falling pray to despair and hopelessness. Pain treatment is always a work in progress. In addition, it is effective with commitment on both sides.

How to schedule an appointment with a pain physician?

Have your primary care physician or family physician refer you to The Pain Center of Jonesboro, 505 East Matthews, Suite 103, Jonesboro, AR 72401, Phone Number (870)972-0411

EXERCISE TACKLES POSTURAL PROBLEMS FOR THOSE WITH PARKINSON'S

Having Parkinson's can cause changes to the body, some of which are postural. There can be a rounding of the upper back and the shoulders, with increased forward bending at the hips. This change in posture can lead to tightened chest muscles and over-stretched and weakened upper back muscles. Uncorrected, the changes can lead to chronic back pain, restricted movement in the trunk and shoulders, and decreased lung capacity. This posture can also increase your likelihood of falling because your weight is unbalanced.

Osteoporosis, a condition in which the bones become frail and prone to breaks, can also cause postural changes. With osteoporosis postural changes can be just muscular, but they may also be caused by compression fractures, which are tiny fractures in the vertebrae. The best way to know if fractures are present is with a bone-density test. This is a simple, painless test similar to an X-ray, and it can tell you if your bones have become frailer or if it is indeed due to Parkinson Disease and muscular in nature.

With Parkinson's, exercises for which you bend and twist the upper body are essential to loosening the muscles of the trunk and correcting posture. In most cases, postural change is muscular in nature and muscles can be stretched and strengthened at any age and fitness level.

Unfortunately, there is a common misconception that a forward-rounded posture is just something that happens with age. It is good to know that this is not true, and that with an appropriate and gentle strengthening and stretching routine, your posture will improve.

Weight-bearing exercise and improved walking

Weight-bearing exercises for both the upper and lower body are those in which you load your bones with your own weight—which may include walking, dancing and doing push-ups. You may also include any type of aerobic activity, including swimming and biking.

With Parkinson's, there is a tendency to walk with a shuffling step and to hold the arms stiff while walking. When dealing with Parkinson's, make sure you walk at least two to three times per week. You will then be getting your weight-bearing exercise and you can focus on improving your gait by picking your feet up as you step and by swinging your arms as you walk.

Always start slowly with any new exercise program and check with your doctor if an exercise makes your symptoms worse. Remember, exercise should always make feel better-not worse!

Reminder----The East Arkansas Area Agency on Aging holds Parkinson's Exercise Classes on Mondays, Wednesdays and Fridays at 10:30 a.m. in our conference room. Please come and take advantage of a trained exercise leader, while making new friends, feeling stronger and more in control of your own health decisions while having fun working out.



KEEPING ACTIVE IS ESSENTIAL FOR PEOPLE WITH ALZHEIMER'S DISEASE

(The Alzheimer's Activities Guide)

As Alzheimer's disease progresses, habits and routines may be neglected and forgotten. Activities can help reconnect the person with Alzheimer's disease to daily life. Playing games, going on outings, participating in hobbies, and exercising can help the person with Alzheimer's disease feel more vital. At the same time, these activities can offer benefits to the caregiver. They can give you something enjoyable to do with the person with Alzheimer's disease while helping to keep him/her connected to the world.

There are a variety of activities appropriate for people at every stage of Alzheimer's disease. Keep in mind that doing the activity is more important than the end result. So even if the person was a perfectionist or very goal-oriented before the onset of Alzheimer's disease, remember that producing a wonderful craft or winning a game of cards isn't the point of these activities. Involving the person with Alzheimer's disease in life is what you want to accomplish. Here are some guidelines for choosing therapeutic activities:

- Individualize activities to draw on past interests and skills
- Choose activities that recall a person's former occupation
- Stimulate the 5 senses (sight, hearing, taste, touch, smell) as much as possible
- Use existing physical skills
- Help the person with Alzheimer's disease by initiating the activity
- Ensure that activities are voluntary
- Select intergenerational activities
- Choose activities that are appealing to you and the person with Alzheimer's disease
- Keep activities short



Use even the smallest things as an activity

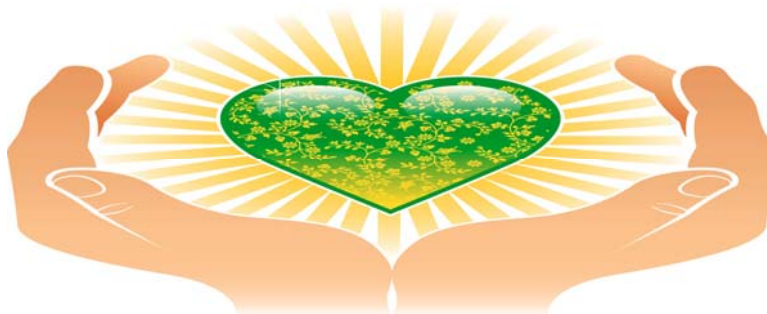
CARING SPOUSES OF NORTHEAST ARKANSAS

Caring Spouses of Northeast Arkansas will resume their monthly meetings
on Tuesday, February 10, 2009 at 1:30 p.m.

Meetings will be held at the Conference Center of EAAAA in Jonesboro

For more information, please contact Rose Trospen at (870) 930-2204 or

800-467-3278.

CAREGIVER RETREAT

The East Arkansas Area Agency on Aging will be hosting a retreat for caregivers on February 12, 2009 from 11 a.m. to 2 p.m. This will be an opportunity for caregivers to reflect on their lives and gain new energy by sharing ideas and support with other caregivers. Dr. Jacinto will be facilitating the ‘Nurturing the Caregiver’s Heart’ retreat.

Dr. Jacinto, an Associate Professor at ASU and Director of the MSW Program is also a licensed clinical social worker and a certified professional coach through Grow, Inc. San Diego. His research interests include Caregivers and Self-Forgiveness and Spirituality in Social Work Practice. Dr. Jacinto also has experience facilitating retreats for youth and adults.

The ‘Nurturing the Caregiver’s Heart Retreat’ will include interactive exercises where the caregivers are able to share their concerns and to receive positive feedback about their care giving efforts. Ideas to assist caregivers nurture their hearts will be shared during this retreat.

The caregiver retreat is free and open to the public, however due to limited seating; you must pre-register by February 9, 2009. Lunch will be provided and day care for your loved ones is offered at St. Bernard’s Day Place for the first five people registered.

To reserve your seat or for more information please call Phyllis Bullard at 930-2236 or Cheryl Hamm at 930-2226 or 1-800-680-6950



**BECOME AN ADVOCATE FOR NURSING HOME RESIDENTS! TRAIN TO BE A
CERTIFIED VOLUNTEER OMBUDSMAN! CALL Frankie Riga at 870-930-2235, OR
E-MAIL friga@eaaaa.org**

**EAST ARKANSAS AREA AGENCY ON AGING:
COUNTY OFFICES**

CLAY COUNTY

215 North Second Street

Piggott, AR 72454

(870) 598-2939

LEE COUNTY

602 East Cross Street

Forrest City, AR 72335

(870) 633-2248

CRAIGHEAD COUNTY

2005 East Highland Drive

Jonesboro, AR 72401

(870) 972-5980 or 1-800-467-3278

MISSISSIPPI COUNTY

1101-A David Lane

Blytheville, AR 72315

(870) 763-2278

CRITTENDEN COUNTY

720 Calvin Avery

West Memphis, AR 72303

(870) 735-2262

PHILLIPS COUNTY

617 West Walnut

Helena, AR 72342

(870) 338-7136

CROSS COUNTY

1421 South Falls Boulevard

Wynne, AR 72396

(870) 238-0845

POINSETT COUNTY

351 Campbell Street

Trumann, AR 72472

(870) 483-2532

GREENE COUNTY

120 West Highland

Paragould, AR 72450

(870) 236-3903

RANDOLPH COUNTY

1320 Dalton Street

Pocahontas, AR 72455

(870) 892-5451

LAWRENCE COUNTY

500 SW Lawrence

Hoxie, AR 72433

(870) 886-2460

ST. FRANCIS COUNTY

602 East Cross Street

Forrest City, AR 72335

(870) 633-2248

Visit any of our County Offices for answers in aging or call 1-800-467-3278

or visit our web site @ e4aonline.com

SUPPORT GROUP MEETINGS:

CAREGIVER SUPPORT MEETINGS

Jonesboro

Day Group 2nd Monday
2:00 p.m.
Evening Group 2nd Tuesday
5:30 p.m.
EAAA Conference Room

Paragould

2nd Wednesday @ 2:00 p.m
Hardee's of Paragould
Private Dining Room

Pocahontas

4th Wednesday @ 2:00 p.m.
Don's Steakhouse
Private Dining Room

Walnut Ridge

3rd Wednesday @ 2:00 p.m.
Main Street Church of Christ
Annex Building

Blytheville

3rd Tuesday @ 1:00 p.m.
Blytheville Senior Center
Conference Room

Forrest City

3rd Wednesday @ 1:30 p.m.
EAAAA Offices

Arkansas Street Lifestyles Bldg.

Helena 4th Tuesday @ 1:30 p.m.

New Delta AHEC
(Health Foundation)
Conference Room

Marianna

4th Wednesday @ 10:00 a.m.
CRDC Senior Center
Meeting Room

Marked Tree

2nd Monday @ 10:00 a.m.
Marked Tree Senior Center
Meeting Room

West Memphis

(Crittenden County)
4th Tuesday @ 10:00 a.m.
Crittenden Memorial Hospital
Cafeteria Area Classroom

Wynne (Cross County)

2nd Wednesday @ 4:30 p.m.
Wynne EAAAA Office
Conference Room

SPECIFIC GROUP MEETINGS

Jonesboro Parkinson's Support Group

3rd Thursday @ 2:00 p.m.
EAAAA Conference Room
Jonesboro
Speaker Rhonda Gibson
Speaking on Changes about
Insurance and Medicare

A Sanctuary to Mourn Grief Workshop

Offered three time per year
Next class scheduled for
January, 2009

Caring Spouses of Northeast Arkansas

2nd Tuesday @ 1:30 p.m.
EAAAA Conference Room
Jonesboro

ALZHEIMER'S MEETING

For more information call
1-800-680-6950 or visit our



Jonesboro Support Group Meeting

2nd Tuesday @ 10:00 a.m.
EAAAA Conference Room
Jonesboro
Speaker Donna Monehan

Cherokee Village AR

Last Thursday of the Month
Methodist Church Corner of Otter
& Keno in Cherokee Village
Contact Karen Tews at
870-257-4141

Newport AR

2nd Saturday of the Month
Harrison Hospital, Newport
Call 1-800-523-3334

Walnut Ridge AR

3rd Thursday of the month
Main Street Church
319 E. Main Street
For information 870-886-9022

Pocahontas, AR

2nd Tuesday of the month
5:30 p.m.
Elm Croft 311 Camp Road

3rd Tuesday of the month
10:00 a.m.

BRAD Senior Wellness Center
Airport Road

For information contact:

Larry Lawrence 870-892-6292

Lesa Lewallen 870-892-4475

Linda Avery 870-892-2523

Starr Kerley 870-892-6070

HEART HEALTH

Although heart disease is sometimes thought of as a "man's disease," it is the leading cause of death for both women and men in the United States. Reduce your chance of developing coronary heart disease by taking steps to prevent and control risk factors. Knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack.

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2008, an estimated 770,000 Americans will have a new coronary attack, and about 430,000 will have a recurrent attack. About every 26 seconds, an American will have had a coronary event, and about one every minute will die from one.

Know Your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

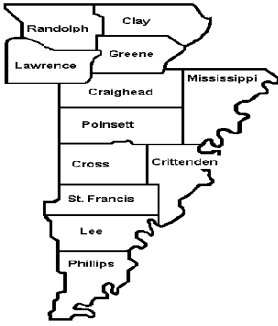
- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.

Healthy Lifestyle: Diet and Nutrition, Exercise and Fitness

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, base your eating pattern on these American Heart Association recommendations:*

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day (or less than 1,500 mg if you are in a higher risk group for high blood pressure).
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Follow the American Heart Association recommendations when you eat out*, and keep an eye on your portion sizes.

Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life.



East Arkansas Area Agency on Aging

"The Leader in Senior Services"

1-800-467-3278

Broccoli Salad

Ingredients

- 4 cups broccoli
- 2 cups grapes (cut in half)
- 1 Lb. bacon (cooked and crumbled)
- 1 cup sunflower seeds

Directions

One hour before serving mix; let set then pour over salad just before serving.

- 1 cup mayonnaise
- 1/2 cup sugar
- 1 1/2 Tablespoon vinegar

**East Arkansas Area Agency On Aging
2005 East Highland Drive
Post Office Box 5035
Jonesboro, Arkansas 72403-5035**

ADDRESS SERVICE REQUESTED