



AGECaring NEWSLETTER

Providing support and education for
older adults and caregivers

Sponsored by The Arkansas Geriatric Education Collaborative (AGEC)



Podcast 101

UAMS

Institute for Digital
Health & Innovation



Podcasts are a series of audio recordings, similar to talk radio, that you can listen to at your convenience.



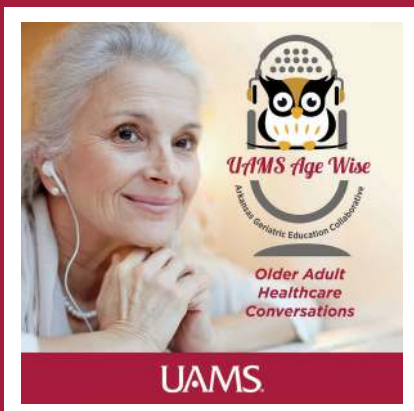
You can listen to podcasts at no cost on podcast streaming websites or by downloading a podcast app on your smartphone or tablet.



You will need an internet connection to listen to a podcast.



Podcasts are available on a variety of topics such as history, science, health, etc.



Check out our new podcast! UAMS Age Wise

Listen here:

agec.uams.edu/podcast

Find us on your favorite podcast apps like
Apple Podcasts, Spotify, and Overcast.

Upcoming Events “AGECaring Friends Live”

Tune in the first Wednesday of every month at 11:30 a.m.

February 3 Game Day

 March 3 Exercise & The Brain

 April 7 Journaling

May 5 Baking



Please tell your friends and family about these exciting educational programs!

[facebook.com/uamsagec](https://www.facebook.com/uamsagec)

You can watch prior events here: agec.uams.edu



A VIRTUAL MENTAL HEALTH AND SUBSTANCE ABUSE PROGRAM

The AR-Connect call center is open 24/7 to answer the needs of Arkansans facing mental health issues.

Call 501-526-3563 or 1-800-482-9921 to speak to a mental health professional.

For more information, contact AR-Connect at arconnect@uams.edu or Psychiatry.UAMS.edu/ARconnect.

A Caregiver Story: Early Onset Dementia



Rodney Smith shares his experience of becoming his wife's caregiver.

See the full story here: <https://bit.ly/33T078f>

Watch Our Online
Community Programs Anytime:

visit:

patientslearn.UAMS.edu/agec
or AGEC.UAMS.edu

topics:

- Understanding Dementia & Alzheimer's Disease
- Disaster Planning for Seniors
- Understanding Opioids & Chronic Pain

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