

APRIL/MAY 2021 | ISSUE 5



# AGECaring

## NEWSLETTER

Providing support and education for  
older adults and caregivers

*Sponsored by The Arkansas Geriatric Education Collaborative (AGEC)*

## What's new at AGEC:

A close-up photograph of a hand preparing food on a table. There are various dishes, including bread, tomatoes, and vegetables.

Join us Monthly  
**From Our  
Kitchen  
to Yours**

April 28, May 26, June 23  
at 10:00AM

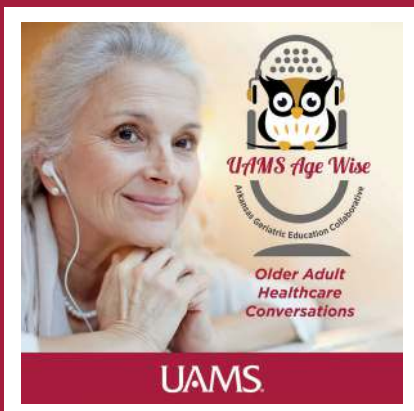
held Live on the AGEC Facebook page

A photograph of an elderly woman with short, wavy grey hair, smiling. She is wearing a white t-shirt. In the background, other people are partially visible.

Free | Meets via Zoom  
Tablet/Internet Required

## Tai Chi for Arthritis and Fall Prevention

New beginner session begins May 5, 2021  
Wednesdays at 9:00am | Enrollment required.  
Enroll: LRStilwell@uams.edu | 501-214-2396



## Check out our new podcast!

# UAMS Age Wise

Listen here:

[agec.uams.edu/podcast](https://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.



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: [ageduams.edu](https://www.ageduams.edu)

## Protect Yourself Against Medicare Fraud



- **Never** give Medicare and Social Security numbers to a stranger.
- Medicare **won't** call to ask for your Medicare number.
- **Save** your Medicare statements, such as Medicare Summary Notices and Explanations of Benefits.



## A Caregiver Story: Long Distance Caregiving



UAMS IDHI Director of Education and Assistant Professor in OB/GYN Stanley Ellis shared his experience as a long-distance caregiver.

See the full story here: <https://tinyurl.com/y5ohlx6r>

Watch Our Online  
Community Programs Anytime:

visit:

[patientslearn.UAMS.edu/agedu](https://patientslearn.UAMS.edu/agedu)  
or [AGEDUAMS.edu](https://AGEDUAMS.edu)

topics:

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

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Institute on Aging

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