



AGECaring

NEWSLETTER

Providing support and education for
older adults and caregivers

Sponsored by The Arkansas Geriatric Education Collaborative (AGEC)

Addressing Food Insecurity in Arkansas: A Real Challenge

Food insecurity for Arkansas seniors poses a threat to aging well. An estimated 17.5% of those over 60 are food insecure or are at risk. Food insecurity happens when there is a lack of access to nutritious foods and the person is unsure where their next meal will come from. This leaves them open to a reduced quality of life and can make chronic disease symptoms worse or put them at risk of developing them. Limited financial income, lack of transportation, social isolation, and a decline in mobility are a few key factors that may threaten food security. A lack of food options can also impact mental health as well. Depression and anxiety levels go up when the stress of food access along with other challenges arise. A person may no longer be physically able to cook for themselves, making them more likely to choose less healthy options or eat fast food and in turn making health problems increase.

Luckily, there are programs in place to help combat these issues in the state, but there is still much work that still needs to be done. Here are a few options older adults should know about.

- Arkansas Area Agencies on Aging: Offers home delivered meals or group dining options. They can also assist with other resources.
- Enroll in the Supplemental Nutrition Assistance Program (SNAP).
- Meals on Wheels: Provides home-delivered meals to at risk seniors
- Community organizations: Churches and/or food pantries can be an option for those in need.

Winter Heating Precautions

During colder months, many use a variety of heat sources to warm their home. These could include both gas and wood fireplaces, portable heaters, and heating blankets. While these can keep your home cozy and warm, there are a few safety precautions to be aware of. One of the biggest concerns is carbon monoxide poisoning (a deadly gas you cannot see or smell). If fire places and gas appliances are not cleaned regularly, vented or inspected, a carbon monoxide issue may occur. Heating blankets must never be left unattended or left on while you are asleep, while portable heaters must be kept away from flammable items in your home.

Signs of Carbon Monoxide poisoning

- Headache
- Blurred vision
- Dizziness
- Nausea/vomiting
- Weakness
- Loss of consciousness
- Confusion



If you suspect carbon monoxide poisoning-get into fresh air right away and get medical attention immediately.

Call 911 immediately if a fire occurs—**DO NOT** try to put the fire out yourself.

Take care by:

- Have chimneys and flues inspected
- Open a window just a crack when using a kerosene stove
- Get a carbon monoxide detector and ensure smoke detectors have full batteries
- Place portable heaters at least 3 feet from curtains/bedding/furniture (anything that might catch fire)
- DO NOT heat your home with a gas stove, charcoal grill or other methods not made for home heating

“Learn with us”

Tai Chi for Arthritis & Fall Prevention

Wednesdays • 9 - 10 a.m.

Pulaski Heights United Methodist Church
Little Rock

Student Led Therapeutic Activity Program (S-TAP)

Wednesdays • 9 a.m. - Noon

UAMS Donald W. Reynolds Institute on Aging
Little Rock

Understanding Dementia & Alzheimer’s Disease

Dec. 11 • Noon (Virtual)

Heart Health & Brain Health for Older Adults

Jan. 15 • Noon (Virtual)

Music & Memories

Jan. 22 • 1 - 2 p.m.

Community of Joy Church-
Hot Springs Village

Ageless Grace Exercise Class

Jan. 23 (every Thursday) • 10:30 - 11 a.m.

Balboa Baptist Church

Super Noggin

Jan. 23 - Mar. 13 (every Thursday)

Balboa Baptist Church

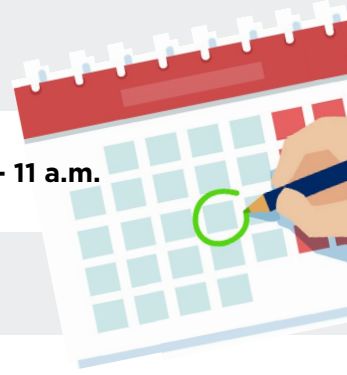
Dementia Friends Community

Jan. 29 • 1 - 2 p.m.

Community of Joy Church- Hot Springs Village

The Importance of Brain Health & Lifelong Learning

Feb. 5 • 1 - 2 p.m.



Check out our calendar! agec.UAMS.edu/community-events

Watch Our Online Community Programs

Visit: patientslearn.UAMS.edu/agec

Use facebook.com/UAMSagec to view saved video content!

- Recognizing and Preventing Social Isolation
- Heart and Brain Health
- Eat Well, Live Well
- Ageless Grace Exercise video
- Healthy Cooking videos
- AGECaring Friends interviews
- Caregiving tips for Dementia and Alzheimer’s disease
- Understanding Dementia and Alzheimer’s Disease and many more!

Family Caregiver Workshop

Now online at agec.UAMS.edu/workshop

or check the calendar for in person workshops

Stay Connected With Us At AGECE:



Listen to our podcast!

UAMS Age Wise

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Donald W. Reynolds
Institute on Aging

Arkansas Geriatric Education Collaborative