



AGECaring NEWSLETTER

Providing support and education for
older adults and caregivers

Sponsored by The Arkansas Geriatric Education Collaborative (AGEC)

Getting Involved in Research and Why it Matters for Older Adults

In the world of medical research, the voices of older adults are often underrepresented. Yet, as our population ages, there's an increasing recognition of how crucial it is for older individuals to be involved in shaping the future of healthcare. Their participation not only helps advance science but can also lead to breakthroughs that are more personalized, effective, and relevant to their needs.

Older adults make up a significant portion of the population, and they are the ones most likely to experience chronic conditions, multiple medications, and complex healthcare needs. Their unique health profiles offer critical insights that are often overlooked in studies predominantly focused on younger populations. By including older adults in clinical trials and research, scientists can better understand how diseases progress over time, how treatments affect aging bodies, and what factors contribute to long-term health and wellness.

In addition to improving healthcare, participating in medical research gives older adults a sense of empowerment. Research not only offers the opportunity to contribute to a greater cause, but it also helps individuals stay connected to the latest advancements in medicine. Many clinical trials offer cutting-edge treatments that may not yet be available through conventional healthcare channels, and participants can gain early access to therapies or interventions that could improve their quality of life.

There are multiple ways an individual can be a part of research at UMAS. Sign-up for a registry and learn about opportunities at ARresearch.org



Can You Spot the 4 Signs of a Scam?

Protect Yourself from Medicare Fraud Today

Being aware of key warning signs can help keep you and your loved ones protected. Senior Medicare Patrol (SMP) notes that Medicare scams are on the rise. Be alert of these 4 tell-tale signs.

1. You receive unsolicited contact
2. Someone asks for your personal information or asks verification of information
3. The person or organization is asking you for money
4. Threats are made against you or your family for money

For questions, reach out to the SMP HELPLine at 866-726-2916



“Learn with us”

Tai Chi for Arthritis & Fall Prevention*

Mar. 5 (every Wednesday) • 9 - 10 a.m.

Pulaski Heights United Methodist Church
Little Rock

Family Caregiver Workshop*

March 17 • 10 a.m. - 2 p.m.

Pulaski Heights United Methodist Church

Recognizing & Preventing Social Isolation and Loneliness in Older Adults

March 20 • Noon (Virtual)

A Matter of Balance*

Apr. 7 (Mondays & Wednesdays) • 10:30 a.m. - Noon

Pulaski Heights United Methodist Church

Understanding Dementia & Alzheimer’s Disease

Apr. 24 • 11 a.m. (Virtual)

Fall Prevention & Home Safety

May 22 • Noon (Virtual)



*Registration required

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

Watch Our Online Community Programs

Visit: patientslearn.UAMS.edu/agec

Family Caregiver Workshop

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!

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

Visit: agec.UAMS.edu/podcast

Watch Our Online Community Programs

Visit: patientslearn.UAMS.edu/agec

or

agec.UAMS.edu



@UAMS_AGEC



UAMSagec



agec.UAMS.edu



@UAMS_agec

UAMS

Donald W. Reynolds
Institute on Aging

Arkansas Geriatric Education Collaborative