

PATRICK HAYS SENIOR CENTER

WHERE THE YOUNG AT HEART COME TO PLAY



QUARTERLY NEWSLETTER



MAY / JUNE / JULY



THE CENTER IS REOPENING SLOWLY BUT SURELY. FIRST WILL BE THE SMALLER CLASSES. ALL MEMBERS WILL NEED TO CONTINUE TO WEAR YOUR FACE MASKS AND TAKE YOUR TEMPERATURE. WE ARE WORKING ON NEW SCHEDULES FOR YOUR REVIEW TO SEE WHAT IS AVAILABLE AND NEWLY OPENED EACH MONTH.

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Stay updated on the Hays Center:
www.nlr.ar.gov/hayscenter | www.facebook.com/hayscenter

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Phone: 501-975-4297

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FROM THE DIRECTOR

Over the past year we have encountered many changes, but now we are experiencing positive changes to help us move forward. Maya Angelou makes this wonderful quote about the magnificent process that must occur to bring out the beauty of a butterfly. “We delight in the beauty of the butterfly but rarely admit the changes it has gone through to achieve its beauty.” So we admit that we have struggled and we admit that there are things we have missed; moments when we wondered if we would return to some type of normal. I believe those days are ahead of us and the Patrick Hays Senior Center is working diligently to break out of the cocoon, spread our wings, and rejoice in the beauty that will unfold!

Since December 28th, 2020, I have been privileged to serve as your new director and it has been a joy to meet many of you face to face. I have served in NLR/Central Arkansas for 21 years supporting community programs, churches, schools, and non-profit organizations. NLR has been a home for my family and my two children who graduated from NLRHS. I enjoy studying history and NLR/Argenta offers a deep history of a municipality that has transformed and developed over the years to unfold into an outstanding, deeply beautiful community.

As the Hays Center slowly reopens, we desire to offer many of the traditional classes and opportunities for travel/fellowship. Currently, we have opened more athletic/small gathering opportunities that are posted on our Facebook, website, and bulletin board. As we move forward we ask that you continue to wear your mask, scan your temperature, and abide by the mandated social distance. Also, the Hays Center has been working diligently with the city of NLR and the Arkansas Department of Health to provide opportunities for Covid vaccinations. If you need a vaccine, please contact the office.

Spring is here and with spring comes a newness of colors, life, and joy! I am excited for the next few months as we reopen and experience the opportunity to return to a new normal. Although there have been difficulties and changes over the past year, I believe we are on the threshold of experiencing some of the greatest, most beautiful opportunities as individuals, throughout our city, and at the Patrick Henry Hays Center!!! I look forward to the days ahead!

Steven Carr

The ballroom has a new coat of paint!

During some of the Hays Center “downtime” we had the old wallpaper removed in the ballroom and a fresh coat of paint

applied to the walls. It has a clean and fresh look.



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ANNOUNCEMENTS

Day	Start	End	Event
Mon	08:30a	09:30a	Yoga
Mon	10:15a	11:15a	Water Aerobics
Mon	01:00p	04:00p	Sewing Class
Mon	01:00p	02:00p	Walking Off The Pounds
Mon thru Fri	02:15p	08:00p	Pickleball
Mon	04:30p	05:30p	Yoga for Beginners (\$150)
Mon	05:30p	06:30p	Line Dance
Tue	09:00a	10:00a	Tai Chi - Beginner
Tue	10:00a	11:00a	Tai Chi - Advanced
Tue	11:00a	12:00p	Line Dancing
Tue	01:00p	03:00p	Knitting
Tue	01:00p	02:00p	Walking Off The Pounds
Tue	05:30p	06:30p	Line Dance
Wed	08:30a	09:30a	Yoga
Wed	10:15a	11:15a	Water Aerobics
Wed	01:00p	03:00p	Knitting
Wed	05:30p	06:30p	Yoga for Beginners (\$150)
Thu	08:30a	12:00p	Quilting
Thu	09:00a	10:00a	Spanish
Fri	08:30a	09:30a	Yoga
Fri	08:30a	12:00p	Quilting
Fri	10:15a	11:15a	Water Aerobics
Fri	12:30p	02:30p	POOLS CLOSED
Fri	01:00p	03:00p	Knitting
Fri	05:30p	06:30p	Yoga for Beginners (\$150)
Sat	07:00a	01:00p	Pickleball

HAVE YOU EVER HAD A HUMMINGBIRD FEEDER????

The Ruby-throated Hummingbird is the most common Arkansas hummingbird. Male and female are green above with a white breast and belly. Males have an iridescent red throat patch. If you would like to attract hummingbirds to your backyard, you can hang a feeder that will attract the birds. The solution that hummingbirds drink from a feeder is one part sugar to four parts water. Also, never add red coloring to the sugar water thinking it will be more attractive. Mid to late March or early April is a good time to put out your feeders. A hummingbird's favorite time of day to visit a feeder and feed on your nectar is

usually dawn and dusk, or early in the morning and late in the afternoon before sunset. Hummingbirds recognize and remember people and have been known to fly about their heads to alert them to empty feeders or sugar water that has gone bad. Most of these birds DO return to the same feeders or gardens to breed year after year. What's more, they often stop at the same spots along the way and arrive on the same date! Not bad for birds with brains no bigger than a grain of rice. They love to fly through lawn sprinklers to bathe and on

rainy days they seem to have a party at the feeders. The nest are about the size of a quarter and the eggs are the size of a tic-tac. Leave some limbs around your feeders for them to perch on. Watch for Praying Mantis, as they are a predator of hummingbirds. If you find one on a feeder, remove it immediately—they will kill the birds. *Hang up your feeders, sit back and watch these wonderful little birds entertain you.*



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INTERNAL MEDICINE CLINIC





12 Summer Safety Tips for Seniors

Summer is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that aging adults, as well as their caregivers, can use to make sure they have a fun, safe summer.

1. Stay hydrated

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They can also become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

2. Talk to your doctor

Check with your medical team to make sure any medications you are on won't be affected by higher temperatures — especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (about 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

3. Keep your cool

Shopping malls, movie theaters, and libraries provide welcome, cool spaces if a senior's own home isn't air-conditioned. They also afford a great opportunity to get out of the house and get some exercise without the exhaustion of the heat. Contact your local Area Agency on Aging to inquire if there are any programs to assist seniors with fewer resources to get air conditioners. "Seniors are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature," says Dr. Lubna Javed, a geriatric medicine specialist at Spring Valley Hospital Medical Center in Las Vegas. "Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperature."

4. Stay in touch

High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of aging adults. Seniors should let friends and family know if they'll be spending an extended period of time outdoors, even if they're only gardening. Caregivers should check on the health and welfare of their loved ones at least twice a day.

5. Meet your neighbors

Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you're a senior, see if a younger neighbor — perhaps even one of their kids — can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus.

12 Summer Safety Tips for Seniors Cont'd

6. Know who to call

Prepare a list of emergency phone numbers and place them in an easy-to-access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

7. Wear the right stuff

Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

8. Protect your eyes

Vision loss can be common among seniors, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

9. Know the risks of hyperthermia

During the summer, be particularly cautious about abnormally high body temperatures — a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees.
- A change in behavior, such as acting confused, agitated, or grouchy.
- Dry, flushed skin.
- Nausea and vomiting.
- Headache.
- Heavy breathing or a rapid pulse.
- Not sweating, even if it's hot out.
- * Fainting.

If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help and get out of the heat, lie down and place ice packs on your body.

10. Put on sunscreen and wear hats

Everyone, young and old, should wear sunscreen when outdoors. Seniors especially need the extra sun protection to help keep them healthy. Caregivers, family, and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light-colored hair and those with only distant memories of a full head of hair.

11. Apply bug spray

Seniors are particularly prone to West Nile Virus. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.

12. Exercise smart

If you enjoy outdoor activities, such as walking or gardening, make sure to wear the proper clothing and protective gear. It's also important to keep track of time. Don't stay out for long periods and make sure to drink even more water than usual when exercising. Also, consider getting outdoor exercise earlier in the morning or later in the evening, when the sun is not at its peak.

If you follow these tips, there's no reason you can't have an enjoyable and fun-filled summer — no matter how old you are.

I know I am ready to travel again...still many things to see. Hopefully in 2022 we will be able to get back on the road again. If there is a destination you are interested in visiting, let me know. Susan



The Alaska cruise has been postponed in 2021 due to the virus. At this writing, Canada has closed it's borders to all incoming traffic. Since this is one of our ports of call, we will not be able to make the trip. If you are interested in staying on the list for 2022, Princess cruises will apply 25% more to the deposit you have already made.



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Gardening On The Move

THE HAYS CENTER HAS BEEN GIVEN A GRANT TO START A GARDEN FOR OUR MEMBERS. WE WILL NEED PEOPLE TO HELP PLANT, WATER AND MAINTAIN OUR RAISED BEDS. ALSO, ONCE THE VEGETABLES ARE RIPE, WE WILL NEED PEOPLE TO RUN OUR MARKET TO SELL TO OUR MEMBERS. WE HAVE 10 RAISED BEDS AND 8 BARRELS PREPARED. THERE IS A LOT OF WORK TO DO, SO IF YOU WOULD LIKE TO WORK IN THE GARDEN IN ANY CAPACITY, PLEASE LET SUSAN KNOW.



ALONG WITH THE GARDEN, WE WILL BE PLANTING A “POLLINATOR” GARDEN IN FRONT OF THE CENTER. IF YOU WOULD ALSO LIKE TO JOIN THIS GROUP, PLEASE LET SUSAN KNOW. WE WILL BE PLANTING FLOWERS AND SHRUBS THAT ATTRACT BEES AND BUTTERFLIES. THERE ARE SOME BUSHES AND PLANTS THAT WILL NEED TO BE REMOVED SO THAT THE CORRECT ITEMS CAN BE PLANTED.



VARICOSE VEINS? TIRED AND ACHING LEGS?

They could be a sign of vein disease.



Venous reflux can cause these signs and symptoms¹:

- Varicose Veins
- Swelling
- Itching
- Heaviness or tiredness
- Aching
- Cramping
- Restlessness
- Open skin sores

CVI Risk Factors¹:

- Family History
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

If venous reflux is left untreated it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency, or CVI.²

Learn more about symptoms, risk factors, and treatments at [Medtronic.com/VeinDisease](https://www.Medtronic.com/VeinDisease)

References

- ¹ Criqui MH, Denenberg JO, Langer RD, Kaplan RM, Fronck A. Epidemiology of Chronic Peripheral Venous Disease. In Bergan JJ, Bunke-Paquette N, eds. *The Vein Book*. New York, NY: Oxford University Press; 2013:27-36
- ² Eberhardt RT, Raffetto JD. Chronic venous insufficiency. *Circulation*. July 22, 2014; 130(4):333-346

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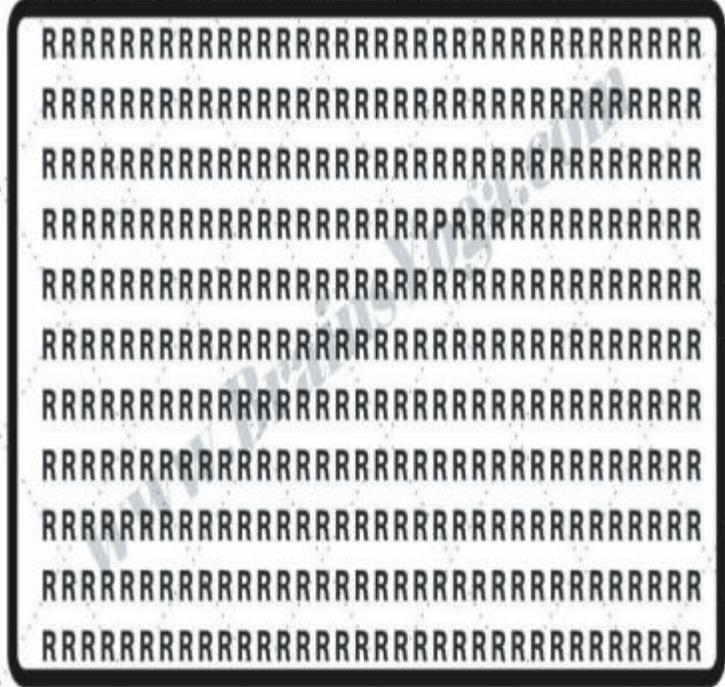


ONE ROLL MESH WREATH

A new craft class will be held to show you how to make a cute wreath out of only one roll of deco mesh. There is an example of one of these hanging in the lobby display case. There is a sign up sheet outside of the office. We will need to know how many people are interested in order to decide what room to use. The time and date will be posted with the wreath along with the items needed for the class. Aren't we all ready to get back to doing something fun????

I will also try to get the "bubble" wreath done so you can see it and decide if you would like to learn how to this one also.

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