

PATRICK HAYS SENIOR CENTER

WHERE THE YOUNG AT HEART COME TO PLAY



QUARTERLY NEWSLETTER



AUGUST/SEPTEMBER/OCTOBER 2021



AT THIS POINT IN TIME, THE HAYS CENTER IS COMPLETELY OPEN. WHILE WEARING FACE MASKS IS NOT REQUIRED, IT IS STRONGLY RECOMMENDED. AS MANY OF YOU ARE AWARE, YOU MAY STILL CONTRACT COVID-19 EVEN IF YOU ARE FULLY VACCINATED.

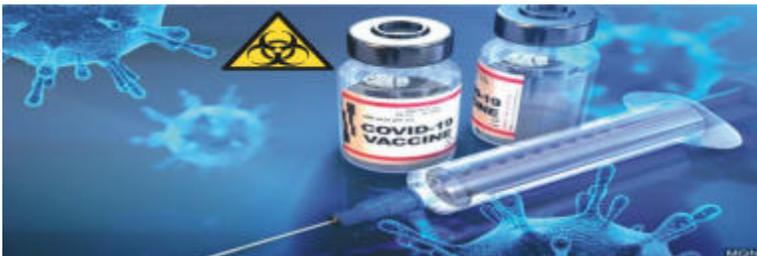
WHAT'S INSIDE	
From the Director	Seasonal Cooking
Announcements	Annual Plant Care
Fall Craft	
Health and Wellness	
Travel	

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

FROM THE DIRECTOR

I hope you have enjoyed the past few months and been able to get out of the house, spend time with friends and family, maybe travel, and most of all, experience the special moments of each day. As we have been transitioning through the Covid pandemic in our nation and our city, doors have reopened and social activities have resumed. Currently, the Hays Center is fully open with many classes, allowing our members the opportunity to return, play, and reconnect with friends and a new normal. As we move forward, I want to encourage everyone to stay healthy. No one wants to return to the “lock-down” issues of the previous season; therefore, I want to encourage everyone to stay healthy, wear your masks when necessary, and if you have not received a vaccine, please make time to get a shot. Your health is critically important to your family and the members of the Hays Center. The Hays Center desires to remain a safe active facility for Senior Adults; therefore, we will continue to spray rooms, equipment, fog when necessary, and work diligently to keep the building clean and sanitized. We need your help in this matter. Fellowshiping with your friends around a meal or a cup of coffee is very important; therefore, we have asked that you keep all food and drink in the cantina. This will help our staff keep the building clean and decrease the spread of unwanted germs. Please know that the Hays Center staff is working aggressively to keep all our members safe. I am excited about the next three months as we finish out the summer and welcome the start of football season and beautiful Fall activities. I still believe great days are ahead and I look with anticipation to see our building filled with members and fun activities. You are amazing members and I am so thankful to serve as your director!!! Blessing to you all!!!

Steven Carr



If you have not already gotten your Covid vaccine, please do so immediately. If you have gotten it already, thank you for caring about others.

ANNOUNCEMENTS

The Hays Center has so many activities available now, that they will no longer fit in this column. Please go to Hays Center on the city website or the Patrick Hays Facebook page to review the weekly schedule. You may also pick up a current schedule at the front desk at the center.

All items in this craft can be purchased at Dollar Tree. (bowls, various sized pumpkins, Spanish moss & ribbon)

The two plastic bowls were spray painted black. After drying, place one bowl upside down and hot glue it to the other bowl right side up. Tie a bow and/or ribbon where the bowls connect.

Next stuff crumpled paper inside the bowl and fill with Spanish moss. Place the largest pumpkin on top of the moss.

Next, place the second pumpkin on top of the first and hot glue together. Hot glue Spanish moss around the pumpkins.

Last step...Place the smallest pumpkin on top and hot glue to the middle pumpkin. Hot glue Spanish moss around the pumpkins.

Now, you have a new centerpiece for a table or place it on your front porch.



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INTERNAL MEDICINE CLINIC





How to live your best life in retirement

No more 9 to 5 means a whole new approach to life. Here's how to embrace retirement with healthy habits that can make your golden years quality years.

When you first launched into your working life, you may have dreamed of the day you could hang up your employee ID badge and turn off your alarm clock and cellphone.

But for many workers, when it actually happens, the transition to retirement can feel daunting. That dream you had at age 25 of sipping pina colodas on the beach may feel more like "What now?" at 65.

Like any major life transition, retirement is a time of shifting priorities. And how you spend all that newfound free time can make a big difference in your health and quality of life. Here's how to make the most of your post-working years.

Picture the life you want

Close your eyes and imagine your happiest and most fulfilling version of retirement. What do you hope to be doing on a random Tuesday? Do you picture yourself spending time with grandchildren? Trying new recipes and hosting dinners? Volunteering at the Hays Center or mentoring co-workers at your old job? Playing golf with your friends?

Taking the time to think about what brings you meaning and purpose gives you a clearer vision of where you will find a good quality of life — and some helpful road markers to know if you are getting closer or further away.

How to Live Your Best Life in Retirement Cont'd

Find a routine

Sure, freedom and flexibility sound great, but for many people, too much flexibility can start to be more stressful than pleasant. Most people have healthier lives with routines and patterns.

That doesn't have to mean packing your schedule. Simply slot in a few regular activities that fit with how you want to spend your time. It could be weekly walks with a neighbor, or picking up your grandchild from school every Tuesday.

And that dream about a life without an alarm clock? Go for it, but keep some boundaries on your sleep habits. Sleep is the foundation for a resilient life, and getting up at the same time each day (within an hour) is a healthy routine to keep — even without a job to report to every day.

Stay socially connected

Loneliness can be a part of aging. But it doesn't have to be. If work has been your primary social outlet, moving away from that world can feel like a shock. Think about what social connections you want to maintain, and what new ones you want to build on — ideally before you retire.

Sign up to volunteer in your community, invite your neighbor over for a BBQ and reinvest in your relationship with your spouse or other close friends. Faith based communities can also be a source of social connection.

Keep on learning

Research shows that challenging the brain in new ways can help to keep you mentally sharp. While you're working, that often comes with the territory: meeting new people, mastering new skills. But when you retire, you may have to be more proactive.

You can — and should — keep discovering new things in your retired life, too. But you may have to seek them out. There are plenty of ways to do it, and crossword puzzles and sudoku are only the beginning. Enrolling in senior education classes at Pulaski Tech in North Little Rock could be a very rewarding experience.

HAYS SENIOR CENTER PRESENTS
Mackinac Island

7 DAYS 6 NIGHTS
PER PERSON (Sun - Sat)
Play
13 - 21, 2022

\$625*

Includes:

- Round-trip transportation
- 7 nights of accommodations in Mackinac Island
- 14 meals (8 breakfasts and 6 dinners)
- Subsidized Tour of Mackinac City
- Walk to Mackinac Island, including a Guided Carriage Tour
- Boat ride through the Blue Locks and five free and sight-seeing in South Bay State Park
- Walk to Mackinac Island
- Walk to Mackinac Island
- Admission to Colonial Mackinac Island
- Guided waterfront at Karelia Boat Club

Departure: Patrick Henry Hays Senior Center, 401 W. Parkway Blvd., North Little Rock, AR 72117

Day 1: Board your spacious, deluxe and restaurant equipped Mackinac Island and set off for Mackinac Island. Enjoy the beautiful scenery along the way before checking into your deluxe hotel for the night.

Day 2: After enjoying a Continental Breakfast, your 75-minute tour of the Mackinac Island. Later, you'll arrive at your destination. This evening, you will enjoy Dinner and check into your hotel for a four-night stay.

Day 3: After today's Continental Breakfast, head for South Bay State Park. Enjoy a walking tour through the 500 LOCKS. Meet, say hello and enjoy some special time in SALLY SPRYE MARIE. Watch ships enter and depart the Locks from the observation area or board the historic local ferry and ride across. Later, enjoy Dinner and parking at the KARELIA BOAT CLUB before returning to your hotel.

Day 4: After enjoying a Continental Breakfast, your adventure begins with a bicycle ride to peaceful Mackinac Island where the only mode of transportation is by horse and carriage. Take a historical carriage ride through the island and see some of the Mackinac Island Light House. Enjoy some business to explore this quiet island. Later, enjoy Dinner and parking at the KARELIA BOAT CLUB before returning to your hotel.

Day 5: After enjoying a Continental Breakfast, you'll take a 2-DAY TOUR OF QUINCY MACKINAC CITY. Visit the OLD MACKINAC POINT LIGHTHOUSE, starting back to 1850. After some time on the Mackinac Carriage, visit COLONIAL MICHIGANOMAC - A 1790's era Village. Later, enjoy Dinner with your friends.

Day 6: Enjoy a Continental Breakfast before heading for Gerald R. Ford Presidential Museum in Grand Rapids, MI. This evening, relax at your own hotel.

Day 7: Today you'll enjoy a Continental Breakfast and depart for home... a perfect time to relax with your friends about all the things you've done. We guarantee you've seen and where you need going. We'll take you!

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$239 for single occupancy. Final Payment Due: 3/8/2022

FOR INFORMATION & RESERVATION CONTACT:
Susan Russell @ (501) 975-4297

Diamond Tours
"Make One Tour in a Lifetime!"

Form ID: 1280-70404

There is a charter bus trip scheduled for May 15—21 of 2022 to Mackinac Island. The cost is \$625 per person / based on double occupancy. A \$75 deposit will hold your seat with the balance payable by March 8, 2022. Please see Susan in the office if you have any questions or need to pay on this trip.

There is also a charter bus trip scheduled in September for Pigeon Forge but I do not have the flyer or price information yet. As soon as I do, I will post it to the Hays Center Facebook page and the North Little Rock website.

If there is a destination you are interested in seeing, please let Susan know.

Happy Travels



What does PACE provide? Complete Health with PACE (CHWP) provides health care services to meet your specific goals and needs, even through end of life.

Once enrolled in PACE, you receive all your health care services exclusively from a dedicated Care Team that includes primary care physician, nurses, therapists, personal care aides, social worker and other professionals who will oversee all aspects of your care. This team will work with you and your family/caregiver to determine what services will best meet your goals of care. We serve select zip codes in Pulaski-Faulkner-E Lonoke, and Saline counties.

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Complete Health with PACE was created to enhance the quality of life of seniors and empower them to live with dignity in their own home and community.

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ARKANSAS HOSPICE



ROLLER FUNERAL HOMES




2021 Best of the Best
Voted Best of the Best for 21 consecutive years
21 YEAR WINNER

This easy pasta salad is adaptable to many different seasonal vegetables.

- 1/2 CUP OF OLIVE OIL
- 1/3 CUP RED WINE VINEGAR
- 1 TBSP DIJON MUSTARD
- 1 TSP DRIED OREGANO
- 1 MINCED CLOVE GARLIC
- 12 OZ BOWTIE PASTA
- 2 MEDIUM TOMATOES
- 2 SUMMER SQUASH OR ZUCCHINI
- 1 BUNCH OF BROCCOLI
- 1/2 DICED RED ONION
- 1 12OZ JAR ROASTED PEPPERS, DRAINED
- 1/2 CUP CHOPPED PARSLEY



1. MAKE THE DRESSING BY WHISKING FIRST 5 INGREDIENTS TOGETHER. SALT AND PEPPER TO TASTE.
2. COOK PASTA TO DESIRED TENDERNESS, THEN DRAIN AND RINSE WITH COLD WATER
3. WHILE PASTA COOKS, CHOP VEGETABLES AND PARSLEY TO DESIRED SIZES
4. GIVE THE DRESSING A QUICK WHISK, THEN COMBINE WITH PASTA AND VEGETABLES. REFRIGERATE UNTIL READY TO SERVE.

SUBSTITUTE OTHER SEASONAL VEGETABLES SUCH AS SPINACH OR GRILLED ASPARAGUS. ADD OTHER FAVORITES LIKE SMOKED MOZZARELLA, GRILLED CHICKEN, SHRIMP, OR SALAMI!

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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When winter is over spring and summer inspire us to beautify our outdoor spaces. Petunias and Geraniums are two very popular plants, but we've probably all been disappointed by how they look by the time summer hits its peak. "Scraggly" is the word that comes to mind. Here are some tips for maintaining these two plants so they'll last through the heat until the first frost of the year.



Geraniums: If you are growing a plant from the previous year, or if the plant you've bought is looking leggy, cut back the stems to half an inch to encourage fuller and bushier growth and more blooms.

As the blooms begin to die off, snip off the flower head and the stem. You should also remove any fading or dead foliage.

Once a month, a small amount of general 10-10-10 fertilizer will keep your geraniums well-fed. Water geraniums deeply and less frequently, rather than a small amount of water daily.

Geraniums can be overwintered indoors, if you are growing them in a container.

Petunias: Petunias need plenty of water, and in the hottest parts of the year they may need water twice a day.



It is important to deadhead your petunias, as well as pruning the longest stems back by 1/4 to 1/2 their length every week. Prune just above a node, which is where a leaf meets a stem and be sure to leave 2-3 leaves on each stem.

If you maintain your petunias weekly, you'll have large full plants until the first hard frost.



WOODLAND HEIGHTS

Nestled in a secluded forest of evergreen and oak, Woodland Heights is the premier senior living community in the region. We are setting the standard for independent living, assisted living, and memory care in a community setting. Our focus is on your quality of life, so you can enjoy each day – your own way.

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