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A Special Supplement to

ADVANCE - MONTICELLONIAN

Grand Manor expands to offer services to ever growing population

By ADVANCE STAFF
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Grand Manor opened its doors in 2015 as both an assisted living facility, and a senior citizen independent living facility.

When you open the doors to the communal living space, you are greeted with the warm décor of the great room, complete with comfortable seating and a baby grand piano. This living space is equipped with private suites and residents can come and go as they please.

With their seven patio homes, Grand Manor provides some of their residents to have the freedom of living at home, as well as having someone to assist them in some areas where they may need help. The assisted living facility offers services to those who feel like they really can't or shouldn't live on their own, such as assistance with medication and other daily activities.

One service that Grand Manor doesn't currently offer are services for Alzheimer's and Dementia patients.

"We lose residents to other facilities because we currently don't offer this service," Mike Akin, co-owner of Grand Manor said. "We would really like for them to stay here, and their families would like them to stay here too."

With that in mind, Akin said that the decision was made to expand Grand Manor to offer Memory Care services.

"We hope to get started in early September, and we are looking at about a year until the project will be completed," Akin added.

The Memory Care facility will be a 13 bed, self-contained facility. The residents will have activities, a dining space, and a staff that is specialized for their facility. The residents will stay in this facility as much as possible because keeping them in a familiar environment aids in their sense of well-being and limits anxiety.

Unlike the Assisted and Independent facilities at Grand Manor, this facility will be locked at all times to keep the residents safe, and to prevent any of them from wandering away by mistake.

Alzheimer's and dementia affect as many as five million Americans including over 275,000 Arkansans. In the state of Arkansas, 33 percent of annual senior deaths are diagnosed with Alzheimer's or another form of dementia. Alzheimer's was the fourth leading cause of death among Arkansans aged 65 or older in 2018. In 2013, Arkansas ranked 23rd among states for Alzheimer's deaths, but moved up to the 13th position in 2018, indicating that



more Arkansas seniors are succumbing to Alzheimer's disease over time.

Alzheimer's and all forms of dementia progress at different rates for each individual. From the onset of symptoms, a person living with one of these disorders can live anywhere from three to twenty years, and in some cases more. The disease will eventually leave the individual unable to care for themselves.

Some of the symptoms to look out for are memory loss, difficulty performing familiar tasks, problem with speech and

language, problems understanding time and place, poor or decreased judgment, difficulty with abstract thinking, misplacing items, mood or behavior changes, loss of initiative, and change in overall personality.

If you or someone you love are dealing with these symptoms, and you aren't sure where to turn, you can contact Alzheimer's Arkansas at (501) 224-0021, or email info@alzark.org to see what resources may be available.

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Grand Manor breaks ground on Memory Care Unit



Jeff McDonald/Advance Monticellonian

The Akin family, along with several staff members of Grand Manor, held a groundbreaking ceremony at 8:30 a.m. on Wednesday, September 6. The ceremony was to celebrate the beginning of construction on the Memory Care Unit which will serve patients who suffer from Alzheimer's and Dementia, a much needed service in this area.

5 ways to show grandparents and other seniors how much they're appreciated

SPECIAL TO THE ADVANCE

Grandparents and seniors can share wisdom and a lifetime of experience with the young people in their lives. Expressing gratitude for such lessons is a great way to show the seniors in your life, whether it's a grandparent, mentor or family friend, how much they're appreciated.

Some seniors live alone, while others may be living with their adult children and grandchildren, offering care and support to help make the household function. Whether grandparents, aunts and uncles or older friends live close by or elsewhere, there

are many ways for their loved ones to show them how much they're appreciated.

1. Become pen pals. Seniors may have limited mobility or opportunities to get out of the house. Receiving mail is one way to connect with the outside world. Regularly send letters to a grandparent or other senior, sharing tales of daily life and key moments that will bring them joy. Chances are they'll return the favor with a letter of their own.

2. Explore technology together. Younger generations can introduce seniors to available technology that can bring them

closer. This may include digital assistants that enable them to share videos, tablets to send email or access social media, mobile phones for calling and texting, and anything else families can customize to their needs.

3. Offer companionship. Spending time with younger generations can motivate seniors to stay active and engaged. Have games and activities at the ready or simply provide a listening ear.

4. Shop and run errands. Help aging loved ones perform the tasks that they may not be able to tackle on their own. This can

include picking up groceries or prescriptions or taking them to appointments. Simple work around the house, like doing laundry or light clean-up, also can be a big help.

5. Start a hobby together. Develop a hobby that seniors and young people can enjoy together. Watching classic movies, painting ceramics, going to sporting events, or gardening are just a few of the many hobbies that seniors can enjoy with their young loved ones.

There are many ways to bridge the generation gap and spend meaningful time with aging loved ones.

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3 fun and effective outdoor exercises for seniors

SPECIAL TO THE ADVANCE

The benefits of spending time in the great outdoors are significant. According to the Centers for Disease Control and Prevention, spending time outdoors may improve mental health and help to reduce stress, and the vitamin D the body absorbs while outside can have a positive effect on blood cells and the immune system.

Seniors can benefit from the great outdoors as much as anyone. Vitamin D helps the body absorb calcium, which strengthens bones. That's especially beneficial for seniors, as the National Council on Aging notes that bone density often decreases after age 50, which can increase the risk of fractures. That's especially so in women over the age of 50, as a 2021 report from Amgen, Inc., indicated women can lose up to 20 percent of their bone density within five to seven years of menopause.

Spending time in the great outdoors also provides a social benefit, encouraging individuals from all walks of life, including seniors, to get out of their homes and spend time with other people.

With so much to gain from spending time outside, seniors can consider these three outdoor exercises as they seek to maintain or improve their overall health.

1. **Walking:** Walking is free and effective. In fact, WebMD notes that a brisk 30-minute walk can improve blood flow, contribute to a stronger heart, strengthen bones, and even help people sleep better at night. In addition, a 2022 study published in the journal JAMA Neurology found that people between the ages of 40 and 79 who walked about 9,800 steps per day were 51 percent less likely to develop dementia than people who didn't walk much at all.

2. **Cycling:** Riding a bike is both fun and a great form of outdoor exercise. Though many studies regarding the health effects of cycling have looked at the value of riding a bike to work, a scenario that does not apply to retirees, the results of such studies still offer insight into just how valuable it can be to ride a bike. For example, a 2020 study published in the journal The Lancet found that people who cycled to work were 24 percent less likely to die of heart disease and 11 percent less likely to develop cancer. Seniors, whether they are still working or retired, can incorporate cycling into their daily routines and enjoy all the fun and health benefits that riding a bike provides.

3. **Hiking:** Hiking is a bit more stren-

uous than walking, particularly when individuals choose to traverse steep and/or rocky terrain. WebMD notes that hiking after age 60 can help people reduce their risk of falls and fractures; lower their risk for a host of ailments, including coronary heart disease, colon cancer and diabetes; reduce blood pressure, even in adults who have already been diagnosed with hypertension; and maintain healthy bones and joints. Hiking is not a one-size-fits-all activity, so seniors, especially those who

would characterize themselves as novice hikers, are urged to speak with their physicians prior to hiking trails that are not flat.

Seniors can consider these three fun activities and others as they answer the call of the great outdoors. Walking, cycling and hiking offer a great reason to get out of the house and reap the health-related benefits of spending time outside.

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