

Embracing the Golden Years

Life in the golden years is about celebrating the journey and enjoying the rewards of a well-lived life. This special section is dedicated to supporting seniors and their loved ones with resources and inspiration to make these years fulfilling, secure, and vibrant.

Senior living facilities play a crucial role in this stage of life, offering tailored environments that prioritize safety, comfort, and community. From independent living communities to assisted living and memory care options, these facilities provide a range of services to meet the unique needs of older adults. They also offer opportunities that can significantly enhance quality of life.

Aging is not about slowing down—it's about living fully. Whether you are exploring new hobbies, connecting with family and friends, or considering the benefits of senior living facilities, every step forward is an opportunity to thrive. Let this section inspire and guide you to make this chapter as fulfilling as possible.



A Resource for Aging Gracefully



HEALTH AND WELLNESS

Regular Health Checkups

Schedule routine visits to healthcare providers for preventive care and managing chronic conditions. Stay informed about telehealth options for added convenience.

Medication Management

Use digital tools or apps to track medications, understand dosages, and avoid drug interactions.

Physical Activity

Incorporate safe, tailored exercise routines to maintain mobility, strength, and balance. Consider fitness classes designed for seniors.

Nutrition

Follow a balanced diet that addresses the specific nutritional needs of older adults. Seek advice from a dietitian for specialized dietary requirements.

SAFETY AND SECURITY

Home Safety

Make modifications to prevent falls, such as grab bars, non-slip flooring, and adequate lighting. Install smart security and emergency response systems for added peace of mind.

Online Security

Stay vigilant against scams and fraud, using password managers and updated antivirus software. *(See page 22 for more information.)*

Emergency Preparedness

Create an updated plan for natural disasters, power outages, and medical emergencies. Ensure it is accessible and well-communicated to family members.

SOCIAL ENGAGEMENT AND MENTAL HEALTH

Staying Connected

Engage in regular social activities with family, friends, and local senior groups. Utilize technology, like video calls, to maintain relationships.

Mental Stimulation

Participate in activities like puzzles, reading, classes, or learning new hobbies to keep the mind sharp.

Mental Health Resources

Watch for signs of depression or anxiety and seek professional support when needed.

FINANCIAL PLANNING

Budgeting and Managing Finances

Consult a financial advisor for help with managing retirement funds, budgeting, and understanding benefits like Social Security.

Estate Planning

Prepare wills, trusts, and directives for healthcare and finances. Regularly review and update these documents.

HERE, LIFE MEANS MORE.



“Life here at Cornerstone is truly a blessing from God. I feel peaceful, I feel happy—and oh goodness—I feel safe. I like the feeling that people really care about me and welcome me in like family. I know people are there for me, and you know they really care.”

**- CORNERSTONE RESIDENT
PAT NANCE**

At MRC Cornerstone, our philosophy is that no matter how old we are or what challenges we live with, life is about continuing to grow. We fight back on thieves like loneliness, helplessness and boredom. We resolve to make every day one that confirms the seven domains of well-being through **identity, growth, autonomy, security, connectedness, meaning and joy.**



CORNERSTONE
METHODIST RETIREMENT COMMUNITIES

903-716-6671 | mrccornerstone.org
4100 Moores Ln.
Texarkana, TX 75503



MOBILITY AND TRANSPORTATION

Public Transportation Options

Research and arrange senior-friendly transportation for errands, appointments, and emergencies.

Driving Safety

Monitor driving abilities and discuss alternatives when necessary. Explore ride-sharing services or senior-specific transportation programs.

HOUSING OPTIONS

Aging in Place

Modify homes with safety features like ramps, wider doorways, and smart home technology for aging comfortably and independently.

Retirement Communities & Independent Senior Living

Explore independent living options that offer amenities such as housekeeping, dining, lawn services, and social activities.

Assisted Living and Nursing Homes

Research facilities offering higher levels of care, ensuring they meet specific health and lifestyle needs.

END-OF-LIFE PLANNING

Advanced Healthcare Directives

Work with legal professionals to establish a living will, medical power of attorney, and other binding directives for healthcare decisions.

Funeral Planning

Discuss and document funeral preferences to ease decision-making for loved ones.

RESOURCES AND ASSISTANCE

Local Resources

Compile a list of nearby senior centers, meal programs, and support groups. Keep important phone numbers easily accessible.

Government Programs

Understand benefits from Medicare, Medicaid, and other assistance programs. Keep contact information for program representatives.

Legal Assistance

Seek help with elder law, estate planning, and protecting senior rights.

This guide ensures seniors and caregivers are well-prepared to navigate aging in 2025 with confidence and support **1**

HELPFUL NUMBERS

UTILITIES

ELECTRICITY

AEP Southwestern Electric Power Company (SWEPCO) 888-216-3523
 Bowie-Cass Electric Cooperative, Inc. 903-846-2311
 Southwest Arkansas Electric Cooperative 870-772-2743

GAS

Fricks Butane Gas Inc. 870-774-5892
 Summit Utilities 800-992-7552
 Texarkana Propane 903-334-7778

WATER

Texarkana Water Utilities 903-798-3800

TELEPHONE

Kinetic by Windstream 903-704-0016
 Southwest Arkansas Phone Cooperative (SWAT) 870-653-8222
 Sparklight 903-838-2225

WASTE

Richardson Waste Inc. 870-779-1429
 Waste Management 903-794-4111

CABLE TV/ INTERNET

Kinetic by Windstream 844-704-0016
 Sparklight 903-838-2225

SERVICES

EMERGENCY DIAL 911

Crimestoppers 903-793-7867

POLICE DEPARTMENTS

Texarkana, Arkansas Police Department 903-798-3130
 Texarkana, Texas Police Department 903-798-3116

CITY OFFICES

City of Texarkana, Arkansas 870-779-4991
 City of Texarkana, Texas 903-798-3900

ANIMAL SERVICES

Arkansas 870-773-6388
 Texas 903-798-3535

BIRTH & DEATH RECORDS

Arkansas 870-779-4995
 Texas 903-798-3911

FIRE DEPARTMENTS

Arkansas 870-779-4967
 Texas 903-798-3994

HEALTH DEPARTMENTS

Bowie County 903-798-3250
 Miller County 870-773-2108

INSPECTIONS

Arkansas 870-779-4977
 Texas 903-798-3912

MUNICIPAL COURT

Arkansas 903-798-3017
 Texas 903-798-3010

Texarkana Public Library 903-794-2149



Live Well. Plan Ahead.

Preplanning alleviates the stress and burden on your loved ones while also ensuring your final wishes are known.

Let our staff assist you with getting started.

TEXARKANA
FUNERAL HOMES
3515 Texas Boulevard
4801 Parkway Drive



CHAPELWOOD
FUNERAL HOME
1015 North Kings Highway
Nash, Texas

903.794.1300

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WHEN YOU NEED HEARING AIDS

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OUR AUDIOLOGISTS, WHO HOLD DOCTORATES OF AUDIOLOGY, HAVE BEEN DEDICATED TO SERVING THE TRI-STATE AREA FOR MORE THAN 20 YEARS.







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WE SERVICE ALL BRANDS











BELLA VISTA INDEPENDENT SENIOR LIVING

Bella Vista Independent Senior Living offers an exceptional all-inclusive lifestyle for seniors aged 55 and up. Our vibrant community is designed to provide an independent living experience unlike any other, blending comfort, convenience, and social engagement. The Clubhouse at Bella Vista is the heart of the community where our residents have endless opportunities to socialize and make lasting friendships through community engagement and activities.

**New construction two-bedroom, two bath,
985 square feet duplexes available now.
Call 903-792-0243 to schedule a tour.**





ALL-INCLUSIVE MONTHLY RATE INCLUDES

- Lunch
- Dinner
- Utilities
- Weekly Light Housekeeping
- Lawn Service
- Scheduled Transportation
- Community Activities



INDEPENDENT SENIOR LIVING

150 BELLA VISTA CIRCLE
TEXARKANA, TEXAS 75503
903-792-0243
www.BELLAVISTATX.com





EXPERIENCE THE PEACE OF MIND

that comes with free expert assistance for seniors and their caregivers

The Ark-Tex Area Agency on Aging (AAA) helps individuals 60 years of age and older (and their caregivers) navigate through complicated decisions on finances, healthcare, benefits, housing, and everyday life by advocating for and providing a variety of services designed to help older individuals live independent, meaningful, and dignified lives in their own homes and communities as long as possible.



BENEFITS COUNSELING

Information for Medicare beneficiaries of any age concerning their public benefits and entitlements.



CARE COORDINATION

Assess needs and coordinate local resources to support an individual's highest level of functioning.



CAREGIVER SUPPORT

Assesses needs of caregivers and coordinates available support services.



INFORMATION & ASSISTANCE

Identify and link appropriate service providers and agencies.



MEALS & NUTRITION

Serves nourishing meals at site locations and/or delivered to home-bound seniors.



OMBUDSMAN

Advocates for residents of nursing homes and assisted living facilities.



SENIOR CENTERS

Provide recreational and group activities for older people, including serving nourishing meals on site.



TRANSPORTATION

Offers transportation to nutrition sites, local medical services, and social service agency appointments.



Learn about all our free services:
[ATCOG.org/AAA-TXK](https://www.atcog.org/AAA-TXK)

Call us for more information:
1-800-372-4464





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TEXARKANA, TEXAS 75503

903-794-4263
WWW.HOSPICEOFTEXARKANA.ORG

SCAN TO MAKE YOUR TAX-DEDUCTIBLE GIFT HERE



Why Should You Choose **HOSPICE OF TEXARKANA** When Facing a Serious Illness?

- We provide the **Only Freestanding Hospice Care Center** in our region... available exclusively to Hospice of Texarkana patients.
- We provide medications, medical supplies, and medical equipment for **Comfort-Directed Care**.
- **Our Compassionate Team:** Doctors, nurse practitioners, nurses, care aids, chaplains, social workers and volunteers.
- Our clinicians are available to you **24 Hours a Day** and seven days a week!
- Our goal is for you to experience **Less Emergency Room Visits and Hospitalizations** by utilizing our Hospice Care Center to control pain and symptoms.





Staying Safe Online

A DIGITAL SAFETY GUIDE FOR SENIORS

In today’s world, where digital technology touches nearly every part of our lives, it is more important than ever for senior citizens to have the tools and knowledge to navigate the internet safely. The digital age brings incredible opportunities—from staying connected with loved ones to accessing vital information and services—but it also comes with unique challenges, particularly in the realm of security.

Understanding the Risks

The first step to staying safe online is understanding the risks. Seniors are often targeted by online scams, phishing attempts, and fraud. Awareness of these tactics serves as the first line of defense in protecting yourself and your loved ones.

Create Strong Passwords

Think of your passwords as the locks on your digital front door. Strong, complex passwords are essential for keeping your accounts secure. Use a mix of letters, numbers, and symbols, and avoid using easily guessable information like birthdays or anniversaries. To simplify things, consider using a password manager to securely store and manage your passwords.

Spotting and Avoiding Scams

Be cautious of emails or messages that...

- Request personal information.
- Promise unexpected prizes or winnings.
- Create a sense of urgency to act immediately.

Scammers often impersonate legitimate organizations to trick you. When in doubt, do not click on any links in an email or message. Instead, visit the organization’s official website directly or call their verified contact number.

Practice Safe Browsing

When shopping online or banking, always ensure the website is secure. Look for a padlock icon next to the URL and make sure it begins with “https://” (the “s” stands for secure).

Keep Your Devices Updated

Regularly update your software and antivirus programs. These updates often include critical security patches to protect against new threats. Enable automatic updates whenever possible to ensure you are always up to date.

Social Media Safety

Social media is a fantastic way to stay in touch with family and friends, but be mindful of the information you share. Adjust your privacy settings to control who can see your posts and personal details.

Learn and Stay Informed

Many communities and libraries offer workshops on digital literacy and online safety. Participating in these can provide valuable skills and increase your confidence when navigating the digital world.



MCKEE ASSISTED LIVING & MEMORY CARE

McKee Assisted Living is more than just a facility—it’s a community where residents feel valued and cared for. With only 16 beds, each resident receives personalized, one-on-one care in a warm, welcoming environment. As a family-owned and operated business, McKee Assisted Living was founded with the heartfelt mission to create a space that feels like home. Owner and operator Stacy McKee, who has worked in the medical field since 2005, was inspired eight years ago to open this facility after God put this vision on her heart. Today, she is living out her dream in the facility her husband, Steve McKee, designed and built. Stacy humbly shares, “This is HIS—we are just the hands and feet.” At McKee Assisted Living, residents are embraced with love, dignity, and a sense of belonging, making it a place where comfort and care truly come together.

**LIMITED BEDS AVAILABLE,
CALL 903-277-1298 FOR MORE INFORMATION!**



ALL-INCLUSIVE MONTHLY RATE INCLUDES

- Assistance with Activities of Daily Living
- Housekeeping and Cleaning Services
- Personal Laundry Care
- Three Nutritious Meals Daily
- Healthy Snacks Throughout the Day
- Support with Bathing and Personal Hygiene
- Help with Grooming and Dressing



1600 MOORES LANE
TEXARKANA, TEXAS 75503
903-277-1298
STACY@MCKEEALF.COM

Backup Your Data

Make it a habit to back up important files, such as photos, documents, and contacts. This way, you will not lose precious memories or essential information in case of a technical issue or security breach.

Don't Hesitate to Ask for Help

If something online seems suspicious or confusing, reach out to a trusted family member, friend, or professional. It's always better to double-check than risk falling victim to a scam.

Embracing the Digital World

The internet is an incredible resource that can enhance your life in countless ways. By taking simple but proactive steps, senior citizens can enjoy all the benefits of the digital world without fear. Remember—staying safe online is not about being scared—it is about being informed, cautious, and empowered.

Let the digital age work for you, not against you! ⓘ

Local Resources

INDEPENDENT SENIOR LIVING

Bella Vista Independent Senior Living

RETIREMENT COMMUNITY

Cornerstone Methodist Retirement Communities

ASSISTED LIVING & MEMORY CARE

McKee Assisted Living & Memory Care

LONG-TERM ACUTE CARE

PAM Health Specialty Hospital

HOSPICE CARE CENTER

Hospice of Texarkana

AUDIOLOGY AND HEARING AIDS

Professional Hearing Services

SENIOR SERVICES & CAREGIVING RESOURCES

Ark-Tex Council of Governments

Area on Agency on Aging

FUNERAL PLANNING

Texarkana Funeral Home

RETIREMENT PLANNING & WEALTH MANAGEMENT

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Investment Advisory services offered through Strategic Financial Concepts, LLC. A registered investment advisor.

THE ROAD TO RECOVERY STARTS HERE

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COMMONLY TREATED CONDITIONS

- Complex Pulmonary Disorders
- Complex Decubitus/Pressure Ulcers
- Multiple System Failure
- Severe Strokes
- Infectious Diseases
- General Acute Illnesses
- Chronic Disease Management
- Traumatic Brain Injuries

WOUNDS WE TREAT

- Ulcers - All Types
- Burns
- Non-Healing Surgical Wounds
- Compromised Skin Flaps and Grafts
- Crush Injuries
- Radiation Injuries
- Wound Infections

REHABILITATION SERVICES

- Physical Therapy
- Occupational Therapy
- Speech Therapy

2400 St. Michael Drive | 2nd Floor
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www.pamhealth.com



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SPECIALTY HOSPITAL
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