



Living 50+ PLUS 003

— magazine —

MARCH 2022

VOL: 01

ISSUE: 01

- INSIDE ACTIVE SENIOR LIVING -

Housing needs may change as adults grow older and their children move out. Adults nearing retirement may want to reduce their cost of living and could find a big house is more than they need at this stage in life.

MEDICAL OFFICE BUILDING



First Floor

- Chapel
- Coffee Shop
- Gift Shop
- Grill 59
- Hospital
- Imaging
- Lab
- Patient Financial Services
- Pharmacy (Late Spring)
- Registration

Second Floor

- Heart and Lung Center
- Pain Management
- Orthopedics and Spine
- Podiatry

Third Floor

- Endocrinology
- ENT
- General Surgery
- Infectious Disease
- Neurology
- Rheumatology
- Urology



www.ozarkshealthcare.com/about-us/expansion/

644627s



c o n t e n t



04 Qualities to look for in a post-retirement job

06 Life in the clouds

08 Buffalo River turns 50

09 Buffalo River festivities

12 Meet Mountain Home centenarian, veteran

14 Hit, Run, and “Hope”

The Living 50 Plus is published quarterly.
© Phillips Media Group 2021. All Rights Reserved

The publisher reserves the right to edit, classify, or reject any advertising copy. The Living 50 Plus assumes no financial responsibility for typographical errors in advertising or for omission on any advertisement further than the amount received for payment of such advertising in which the error occurred. Advertisers should check their advertising for accuracy when ad appears. The Living 50 Plus is not responsible for errors after the first insertion. One copy FREE per reader. Additional copies available only upon request. Payment by check authorizes The Living 50 Plus to electronically collect returned checks, plus \$25 service charge. No Cash/Credit Card Refunds! Copyright 2022. All rights reserved.

Justin Shelby

1721 Gibson St.
West Plains, MO

417-256-3434

Shelbysf.com

Suprisingly Great Rates



644417Z

Qualities

to look for in a post-retirement job

The notion of relaxing on a beach all day in one's golden years is still a retirement dream for millions of adults across the globe. But many individuals also harbor a desire to keep working after retiring. Whether it's a volunteering gig or a part-time job retirees are looking for, certain qualities can make an opportunity uniquely suited to a post-retirement job.

- **Flexibility:** Retirees may be looking to contribute to their communities or simply earn a little spending money, but they will likely still want the freedom to travel or spend time with their families whenever they choose. So flexibility is something to look for in a post-retirement job. This is what makes consultant work so attractive to retirees. In-person hours may not be required of consultants, who can then offer their input while visiting their grandchildren or traveling the world.

- **Socialization:** Though the ability to work from home can make it easier for retirees to earn some extra money, some seniors aren't concerned about their finances but want to work so they can get out of the house. In that case, look for

a job that offers the opportunity to socialize and meet new people. Socializing as an older adult is a great way to fend off loneliness. In


“Active adult living” is a relatively new option that reflects a growing desire

addition, one study published in 2007 in the journal of the American Public Health Association found that social support networks have a positive effect on cognition among older adults. So a post-retirement job that enables retirees to socialize could delay or reduce the severity of age-related cognitive decline.

QUALITIES continued pg 5

PRESSURE-FREE

Regardless of what retirees did for a living prior to calling it a career, chances are they dealt with work-related stress. In fact, the American Stress Institute reports that 83 percent of workers in the United States suffer from work-related stress, while Statistics Canada reports that 62 percent of Canadian workers say work is their main source of stress. After a lifetime of confronting work-related stress, individuals who want to work in retirement should look for pressure-free opportunities. This is an important quality, as the ASI indicates that stress has been linked to increased rates of heart attack, hypertension and other disorders.



Whether it's a volunteering gig or a part-time job retirees are looking for, certain qualities can make an opportunity uniquely suited to a post-retirement job.

QUALITIES continued from pg 4

- **Engagement:** A job seniors find engaging also is more likely to provide the types of benefits seniors are looking for in post-retirement work. For example, researchers at Boston College's Sloan Center on Aging and Work found that seniors who find a job or volunteering opportunity truly engaging are more likely to benefit psychologically from those experiences than those whose post-retirement work is not engaging. If seniors find themselves simply going through the motions with their post-retirement work, they can look for opportunities that they can be more enthusiastic about.

- **Pressure-free:** Regardless of what retirees did for a living prior to calling it a career, chances are they dealt with work-related stress. In fact, the American Stress Institute reports that 83 percent of workers in the United States suffer from work-related stress, while Statistics Canada reports that 62 percent of Canadian workers say work is their main source of stress. After a lifetime of confronting work-related stress, individuals who want to work in retirement should look for pressure-free opportunities. This is an important quality, as the ASI indicates that stress has been linked to increased rates of heart attack, hypertension and other disorders.

The right post-retirement job may differ from what individuals looked for during their careers. Various qualities can combine to make for a post-retirement gig that benefits seniors in myriad ways.

2ND Location NOW OPEN in Thayer

50 Years Combined Experience



Traci Wiley
Owner/
agent

WJ A
WILEY
INSURANCE
A G E N C Y L L C

The Key To All Your Insurance Needs

417-256-3372
3737 N. HWY 63 • WEST PLAINS

417-821-1190
11 FRONT ST. • THAYER



ABBY WILEY
AGENT



LIZ WARNER
AGENT



DONNA STEED
AGENT

HOME • AUTO • LIFE • COMMERCIAL • FARM

Serving all of Missouri & Arkansas

Since 1924, we know
how important it is to
have someone you trust.



A Local Family Owned
& Operated
Funeral Home.

Peace of Mind

Many who have undergone the emotional strain of arranging a funeral within hours of losing a loved one have made the choice to pre-plan their own funeral. Doing so lifts the burden from their loved ones by relieving decision-making pressure at a time of grief and emotional stress.

Personal Choice

Funeral arrangements are a deeply personal choice. Pre-planning provides you with the time needed to make practical, detailed decisions that reflect your standards, lifestyle, taste and budget. And we assure you and your family that the choices you make will be carried out as planned.

Lower Costs

When you finalize your plan, we can advise you of the total cost. You do not have to set aside funds for your plan, but doing so protects you against escalating funeral costs. By locking in today's funeral costs and ensuring that the necessary funds are set aside, you help relieve yourself of unnecessary future worry and your survivors of an unexpected expense.

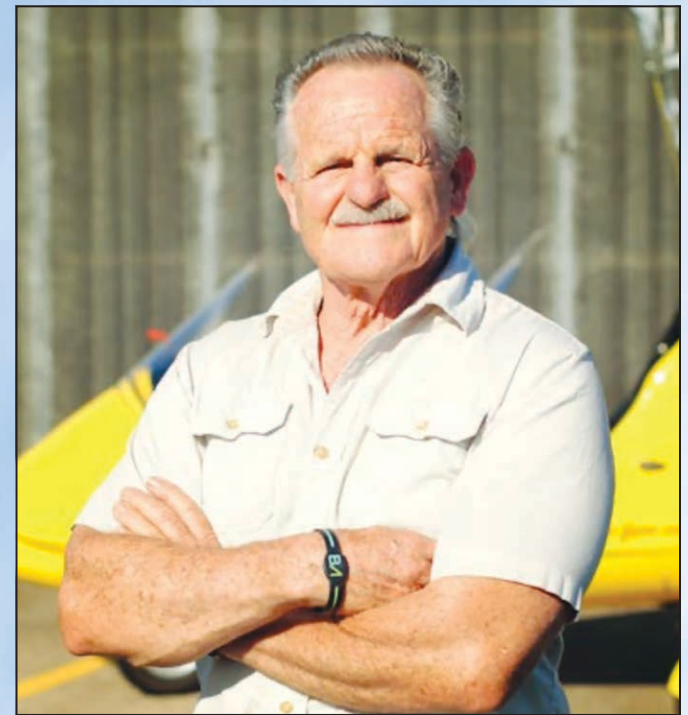
HOLT
MEMORIAL CHAPEL
"A Tradition of Excellence Since 1924"

John & Jackie Conner and Phillip & Rachel Collie, Owners

1904 Capps Road • Harrison

870-741-3481

A Life in the Clouds



COURTESY PHOTO

Ron Menzie has spent over 50 years dedicated to his passion of flying.

By CHRIS HERBOLSHEIMER
chrish@wpdailyquill.net

For most, aviation represents an efficient form travel. A way to bypass the pain and suffering that is the family road trip, and nothing more. For some, aviation is seen as a smart career choice. Commercial pilots travel to interesting places, earn competitive wages, and offers more excitement than sitting at a desk. However, for a very few, the idea of soaring through the sky like a bird is passion, a lifelong pursuit.



COURTESY PHOTO

Menzie trains to fly his first home-built gyro by spending time in this glider. He spent hours being towed behind the family car up and down the runway by his wife, Sandra.

Ron Menzie, of Searcy, Ark., is a man who understands the passion to fly better than most. For more than 50 years Menzie has been riding amongst the clouds in his various flying machines.

His dedication to aviation, both as a pilot and instructor, have led to him being highly regarded in the aviation community.

Recently, that regard for Menzie was proven when he was awarded the Federal Aviation Administration Wright Brothers Master Pilot Award.

“I’ve spent the majority of my life saying that accolades mean very little, and it’s the pursuit of excellence that matters, but it’s hard to say that about this award. I am honored to have my name added to a list of pilots I admire so much,” said Menzie.

The Wright Brothers Master Pilot Award is the most prestigious award the FAA issues to pilots certified under Title 14 of the Code of Federal Regulations (14 CFR) part 61. This award is named after the Wright Brothers, the first US pilots, to recognize individuals who have exhibited professionalism, skill, and aviation expertise for at least 50 years while piloting aircraft as “Master Pilots”.

To be eligible for the award, nominees must meet the following criteria:

- Hold a U.S. Civil Aviation Authority (CAA) or Federal Aviation Administration (FAA) pilot certificate.
- Have 50 years or more of flying years of experience.
- Prior accident/incident histories are examined, and must be deemed not excessive.

From the pool of applicants who meet these qualifications, a select few are chosen to receive the honor each year.

CLOUDS continued pg 7

CLOUDS continued from pg 6

For Menzie, it all began back in the summer of 1967 when he and his wife, Sandra, were out for a Sunday drive in their native Rhode Island. Menzie notice a strange-looking object flying near the Westerly airport. It sort of resembled a helicopter, but looked more it had been built with an erector set and had lounge chair stuck to it.

Menzie had to investigate, and soon found the contraption was a Bensen Gyrocopter. He was hooked, and soon his very own airframe was being shipped to him.

Bensen advertised “Fly out of your own back yard,” which Menzie interpreted as being simple.

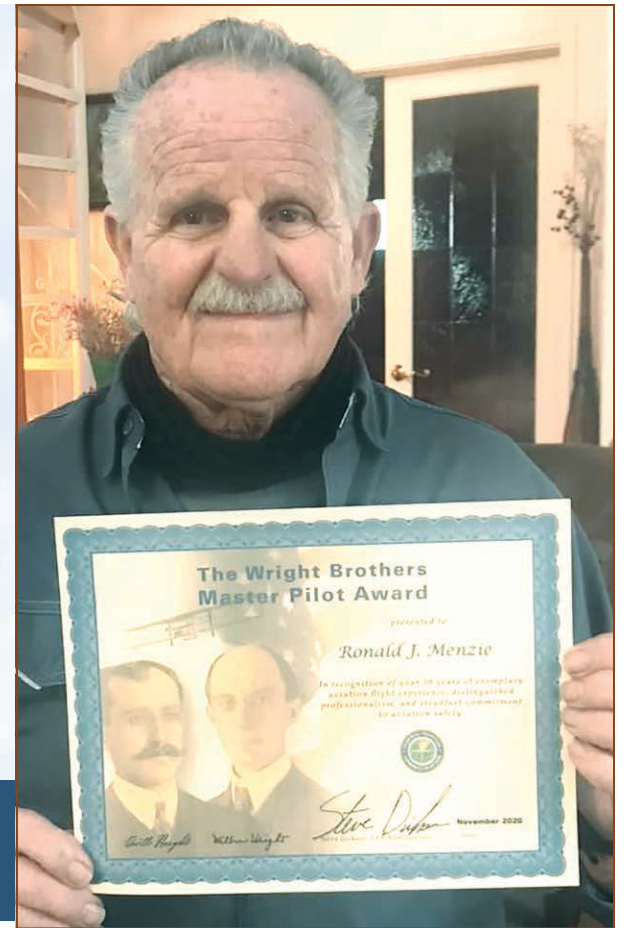
It would be a while before he could afford to buy an engine to power his gyro into the air, but eventually placed the Mac Engine, and took to the sky. Over the years, there would be faster machines with more bells and whistles, but it was that first flight in the machine built with his own his hands that hooked him for life.

“I have certainly had close calls and near misses, but I’ve been fortunate throughout my career to avoid serious injury,” said Menzie.

In 1975, the Menzie family relocated to Searcy, Ark. where his obsession with flight only grew. Eventually, he would add fixed wing to list of skills, even building his own Burt Rutan designed VariEze.

Since beginning his flying career, to date, Menzie has logged over 10,000 hours in gyroplanes

CLOUDS continued pg 10



COURTESY PHOTO

For his contributions to aviation Menzie was recently awarded the Wright Brothers Master Pilot Award by the FAA.

KEEP YOUR *head* IN THE GAME.

Our Brain Boost program is ideal for those eager to preserve optimal cognition and for those who have Alzheimer’s or another form of dementia. In addition to an individualized plan, the Brain Boost system also includes brain-healthy menu choices – and even Brain Boost Shots for delicious little sips of brain-feeding goodness.

Think YOU WANT TO KNOW MORE?

Join us for a tour, learn more about the program and get a Brain Boost Basket. It’s filled with tasty, fun treats to make you glad you’ve got a brain to take care of.



WEST PLAINS
1521 U.S. Hwy 63

Assisted Living &
Memory Care

Visit us at [CedarhurstWestPlains.com](https://www.CedarhurstWestPlains.com)

Ponder; THEN CALL (417) 815-3821 TO SCHEDULE YOUR TOUR

The Cedarhurst Promise™ We promise. If you’re not satisfied and decide to move out within your first 60 days, we’ll give you a complete refund.*



*Cedarhurst Promise™ program is only available at advertised community. Not applicable for respite or other short-term stays. Refund is available only if move out is a result of dissatisfaction with Cedarhurst community as documented throughout stay. Complete refund includes base rent, level of care charges, and community fee. Ancillary services fees (ex. additional transportation, pet fees and laundry charges) do not qualify for refund. Additional terms and conditions may apply. Please contact community for additional details. Void where prohibited.



Brain Boost from Living TRUE™
HOW YOU LIKE TO *stay sharp*

Buffalo National River



First National River

CELEBRATING 50 YEARS

\$76.1 million in economic output

By DONNA BRAYMER
donnab@harrisondaily.com

Founder of Buffalo Outdoor Center and longtime Buffalo River enthusiast, Mike Mills said, “It was March 1972 when an Act of Congress was signed making ‘The Buffalo’ a National River. The first bill was introduced in 1966 by Senator Fullbright to the Senate, and John Paul Hammerschmidt to the House. This was the first bill to make a river a national park.”

Mills said, “The Ozarks Society, which was the conservation organization, was credited with saving the Buffalo River. The Society was founded in 1962 — the same year as Walmart was founded. Sam Walton was among the group when Justice O’Douglas was paddled down the river by Harold Hedges. Neil Compton was also on that trip. They all had their own boats back then.”

Mills said a lot of credit for saving the River goes to that floating event. Some individuals wanted to place dams along the river. Ken Smith’s Buffalo River book came out in 1967. Hammerschmidt and Fullbright used that book as a tool with Congress.

In 2020, 1.5 million park visitors spent an estimated \$66.3 million in local gateway regions while visiting Buffalo National River. These expenditures supported a total of 960 jobs, \$23.7 million in labor income, \$41.2 million in value added, and \$76.1 million in economic output in local gateway economies surrounding Buffalo National River.

“Buffalo National River is a one of a kind Arkansas jewel that attracts visitors from all over the country. During the Covid-19 pandemic, even more folks came out to enjoy the river and the outdoors. It is great to see our local communities benefit from the positive economic impacts from park visitors.” said

BUFFALO continued pg 9

24 HOUR FULL FITNESS CENTER

2 LOCATIONS • 1 MEMBERSHIP

We offer several different membership options, with no long term contracts!
Take a class, use the gym, or do both. Grab a fresh smoothie or supplements. Tan just next door at The Wave Tanning Studio.

DOWNLOAD OUR APP FOR FULL DESCRIPTION, TIMES AND DAYS!

VOTED #1 FITNESS CENTER 2021!

HF
Harrison Fitness

Locally owned & operated!
Established in 2004

715 N. Highway 62/65 • By Walgreens

FOR MORE INFORMATION, PLEASE CALL 870-204-6451

**WE EXCEPT
SILVER SNEAKERS
PROGRAM.**

So if you have AARP, Amerigroup, Arkansas Blue Cross Blue Shield, Cigna-Health Spring, Coventry Health Care, Humana or Windsor Health Plan please check with them and see if you qualify for the Silver Sneakers program.


SilverSneakers

BUFFALO continued from pg 8

Superintendent Mark Foust. “We are working hard with Buffalo River Watershed partners to conserve the National River and provide for its enjoyment for future generations of visitors, especially at a time when park visitation is increasing.”

The peer-reviewed visitor spending analysis was conducted by economists with the National Park Service and the U.S. Geological Survey. Across the country, the report shows \$14.5 billion of direct spending by more than 237 million park visitors in communities within 60 miles of a national park. This spending supported 234,000 jobs nationally; 194,400 of those jobs are found in these gateway communities. The cumulative benefit to the U.S. economy was \$28.6 billion.



CONTRIBUTED PHOTO

The Buffalo River has several great places to camp out overnight.



CONTRIBUTED PHOTO

Debbie Marie Smith captured the stars and barn of the Buffalo River at Erbie.

Looking at the economics of National Park Service visitor spending nationally, the lodging sector had the highest direct effects, with \$5 billion in economic output. The restaurants sector had the second greatest effects, with \$3 billion in economic output. National Park Service visitor spending on lodging supported more than 43,100 jobs and more than 45,900 jobs in restaurants across the country. Visitor spending in the recreation industries supported more than 18,100 jobs and spending in retail supported more than 14,300 jobs.

JOIN US AS WE SHARE THE RIVER, ITS RESOURCES, AND HISTORY THROUGHOUT THE YEAR!

- Art in the Park Weekend June 9-12, 2022, celebrating the ways in which Buffalo National River inspires artistic endeavors
- Thursday, June 9, 2022: Student Film Fest at the Kenda Drive-in
- Friday, June 10, 2022: Folk Storytelling Night at the Buffalo Point Campground Amphitheater. Coordinated by Lucky Star Farm
- Saturday, June 11, 2022: Music Festival at Tyler Bend, featuring artists demonstrating traditional Ozark music traditions and how the river inspires modern creations. Hosted by Buffalo National River and Buffalo National River Partners
- Sunday, June 12, 2022: The Chinelos Morelenses Unidos en Arkansas, a Mexican American Dance group from Springdale, will perform at Steel Creek and speak about the inspiration they gather from nature and visiting the Buffalo River area
- Park RX Weekend Oct. 8 - 9, 2022, celebrating the natural resources at Buffalo National River and the health benefits they provide
- All weekend, throughout the park there will be a photo geocaching scavenger hunt
- Saturday, Oct. 8, 2022: “Yoga in the Park” with yoga instructors at the Steel Creek and the Buffalo Point campgrounds
- Saturday, Oct. 8, 2022: Moon Party at the Tyler Bend pavilion, a program to view the moon with telescopes and discuss the importance of the night sky
- Sunday, Oct. 9, 2022: Naturalization Ceremony held at the Ozark Campground Pavilion, naturalizing 15 new United States Citizens

Please note that events are subject to change due to COVID-related requirements or weather. Buffalo National River encourages everyone to visit the park’s website www.nps.gov/buff and calendar of events for the most up-to-date information.

CLOUDS continued from pg 7

and 1500 hours in fixed wing aircraft. From 1977 to 1987 he toured the Midwestern states as an air show performer with the Great American Air Circus where his piloting skills and bright orange gyrocopter were popular attractions with audiences. His expertise as an aircraft builder led to the opportunity to construct the tandem gyroplane flown by Ken Brock for the Antarctic Exploration sponsored by National Geographic.

“I am cautious. I believe in the checks and rechecks. So many accidents can be traced back to a pilot being in a hurry or taking an unnecessary risk,” added Menzie. “I also listen to my instincts. If my gut tells me something isn’t right, I listen.”

Since becoming a Certified Flight Instructor (CFI) Menzie’s business, Ron’s Gyros, would become a very popular, widely respected, worldwide gyroplane training and licensing facility.

Menzie has trained pilots several states across the US and dozens of countries across the globe.

“It has been my greatest pleasure to meet and fly with some of the most highly experienced aviators from the United States and many other countries around the world. From the novice to the highly experienced, I have learned from each of them. Hopefully, I’ve made them better pilots and they have made me a better instructor,” said Menzie.

Ron’s Gyros is still very active with flight instruction and testing for the issuance of pilot certificates. For more information, visit his website ronsgyros.com.



The Aging Experts

We serve clients in Baxter, Benton, Boone, Carroll, Madison, Marion, Newton, Searcy and Washington counties.

870-741-1144 or 800-432-9721

www.aaanwar.org

Area Agency on Aging of Northwest Arkansas

A non-profit agency dedicated to improving the lifestyle of people 60 years of age and older in Northwest Arkansas.

644954z

2018
Best
Law
Firm

2019
Best
Law
Firm

2020
Best
Law
Firm

2021
Best
Law
Firm



202 Aid Avenue
West Plains, MO
417.255.2222
garrettlaw.net

Proudly serving
West Plains and
the surrounding
areas for 30 years.

Business Law

Estate Planning and Administration

644415z

Retiring? Turning 65?

Medicare Questions? Health Insurance Questions?



Your hometown agent can help you choose a health insurance plan that works for you!

Anna Combs
Independent Insurance Agent



1504 Imperial Center West Plains, Mo 65775

417-372-8877

644409Z



Advanced Orthopaedic Specialists

Welcomes
Stephen Heim, M.D.



PROVIDERS SPECIALIZING IN:

• Back/Neck Pain • Orthopaedic Needs For Knee, Hip, Shoulder, Foot & Ankle, Elbow, Wrist & Hand, Osteoporosis

APPOINTMENTS MONDAY – FRIDAY



**ADVANCED
ORTHOPAEDIC
SPECIALISTS**

707 North Main Street
Harrison, AR 72601

870-741-7443

644696Z



**BOSTON
MOUNTAIN**

RURAL HEALTH CENTER, INC.

HARRISON - 870-741-6373 • MOUNTAIN HOME - 870-701-0238



BOSTON MOUNTAIN RURAL HEALTH CENTER ACCEPTS MOST INSURANCE TYPES.

DO YOU HAVE MEDICARE, MEDICAID, PRIVATE INSURANCE, OR NO INSURANCE AT ALL? WE CAN HELP?

Boston Mountain Rural Health Center accepts all types of Medicare, Medicaid, and private insurance, including but not limited to:

- Aetna
- Allwell
- Ambetter
- Arkansas Blue Cross and Blue Shield
- Arkansas Medicaid
- Arkansas Total Care - Passe plan
- Cigna
- Coresource
- Empower Passe
- Humana
- Humana Military
- Medicare-Traditional
- Qualchoice
- United Healthcare
- Summit --Passe plan
- Wellcare

We also offer a sliding fee scale program to qualifying patients for medical services. Depending upon qualifications participants could pay as little as \$10.00 per medical visit.

632451Z

Delta Medical
"Making Life a Bit Easier"

- ▲ CPAP, BiPAP, & Supplies
- ▲ Bracing
- ▲ Home Oxygen
- ▲ Hospital Beds
- ▲ Walking Aids
- ▲ Bathroom Safety
- ▲ Power & Manual Wheelchairs

www.ARdeltamedical.com
contactus@ARdeltamedical.com

ASSISTIVE TECHNOLOGY

- Manual Wheelchairs
- Scooters & Power Wheelchairs
- Group 3 Power Wheelchairs
- Semi-Electric Hospital Beds
- Wound Care Vacs & Supplies
- Hozer Lills
- CPMs
- Lift Chairs
- TENS Units
- Breast Pumps
- Catheters

RESPIRATORY

- Home Oxygen Therapy
- Trilogy & Vivo
- CPAP & BiPAP Units and Supplies
- Portable Oxygen Concentrators
- Nebulizers and Supplies
- Nebulizer Medication
- Pediatric Nebulizers
- High Frequency Chest Wall Oscillation System

WALKING AIDS

- Boot Walkers
- Knee Scooters
- Quad and Straight Canes
- Walkers (rolling and standard)
- Post-Op Shoes
- Shoe Inserts
- Compression Hose
- Pediatric Supplies
- Rollators
- Crutches

ORTHOTICS

- Knee Rehabilitation Bracing
- Contracture Management
- Ankle & Foot Orthotics (AFO)
- Back Bracing
- Wrist bracing & splints
- Lower Extremity Bracing

BATHROOM SAFETY

- Bedside Comodes
- Shower Chairs
- Transfer Tub Benches
- Incontinence Supplies
- Safety Rails
- Grab Bars

INFUSION PHARMACY

- IV Pain Management
- Enteral Feeding
- IV Chemotherapy
- IV Steroids
- IV Steroids
- Nutrition
- Nebulizer Medication

Emergency On Call 24/7

facebook.com/ARdeltamedical

644697Z

Meet

Mountain Home Centenarian, veteran

**Edith Mitchell honored
by congregation,
community and military sisters**

by HELEN MANSFIELD
hmansfield@baxterbulletin.com

When Edith Mitchell turned 100 in late December, people came from all across the Twin Lakes Area to wish her a very happy birthday. More than 100 members of her church, the community and members of the North Central Arkansas Military Service Sisters came out to celebrate her very special day with her.

Mitchell was born in North Carolina and has one daughter, Carol Miller of Gainesville, Mo.

Miller joked that at least half the congregation of the First Baptist Church of Mountain Home came out for her mother's celebration.

Guests were treated to light hors d'oeuvres of pinwheel sandwiches, a variety of crackers, cheeses and meats, along with a beautifully decorated cake and delicious cupcakes from Mershon Cakes in Gassville.

In lieu of presents, Miller asked that well wishers just bring birthday cards to the party. Mitchell received nearly 100 of them. She was thrilled with the turn out.

"This has been wonderful," said Mitchell. "It's almost unreal."

Miller said her mother is still very independent, though she no longer drives. She counts on the volunteers from Kindness, Inc., to take her to her doctor's appointments. She said Mitchell lives alone, doing everything on her own.

"She still bakes and visits her friends out in the nursing homes," Miller said. "She's ministered to others all her life."

First Baptist of Mountain Home Lead Pastor Tad Rogers said that "One of her greatest joys is sharing the gospel with children in our SpringKids ministry each week. That she was born on Christmas Eve is quite fitting. Preparing for Jesus has been and will always be tantamount to Edith's life and faith."

"God blessed Edith with a sharp mind, a positive attitude and a servant's heart. Edith will be the first to tell you that her longevity is found in God's faithfulness," he added. "She consciously begins each day with a desire to honor Jesus."

As a Mountain Home resident for nearly 30 years, Mitchell was recognized earlier in the month by the Mountain City Council by proclamation from Mayor Hillrey Adams. The proclamation was issued by the Military Women's Memorial and recognized the 99-year-old as a living legend for her two-and-a-half years of service in the Women's Army Corps.

She served during World War II as a chaplain's assistant as a member of the Women's Army Corps from 1943-46.

Mitchell was stationed in California. As Army troops cycled through before deployment, they were offered the opportunity to attend religious service two hours before their departure overseas.

In her duties as chaplain's assistant, Mitchell served as an organist and soloist at each of these services, some of which took place as early as 2 a.m. Services were held on Saturday for the Jewish Sabbath, and Sunday for Protes-



Mountain Home resident, First Baptist Church of Mountain Home member and veteran Edith Mitchell celebrated her 100th birthday early Saturday afternoon at First Baptist Church of Mountain Home. More than 100 people attended the celebration. Helen Mansfield/The Baxter Bulletin.

tant and Catholic faiths.

Mitchell is a member of the North Central Arkansas Military Service Sisters, a female veterans group that meets once a month at various Twin Lakes restaurants to socialize.

As part of her 98th birthday celebration with the Service Sisters, Mitchell was awarded a Quilt of Valor.

During the presentation ceremony, group Leader Mary E. Hazel of Mountain Home Quilts of Valor said that "although Mitchell was not a 'combat' veteran, her military duties were so involved with the deployment and return of troops that had been in combat that her service qualifies her as being 'touched by war,' which is our criteria for receiving a Quilt of Valor."

"She was also there to assist with the survivors of the Bataan Death March, and her description of those days was most painful to hear," Hazel said. "Her mother was an aide in the hospital where the survivors were treated, so Ms. Mitchell had intimate knowledge of

CENTENARIAN continued pg 13

what these men had suffered.”

Later in the month, the Service Sisters veteran group will be presented Mitchell with a special recognition in observance of her many dedicated years of service to her nation, her church and her community. According to Pastor Jami Scott, a member of the Service Sisters, she was presented with a certificate which read, “women veterans hold a special place of honor within the history of the American armed forces. Women have been an active part of the military since before the founding of our nation, but were not fully recognized as such until 1948.”

“Women always joined as volunteers, and yet often were placed into positions of lesser authority, opportunity and recognition than their counterparts. Every woman veteran has been tested, tried, and has faced tougher situations than they ever expected,” the certificate went on to read.

She has the distinction of being the oldest member of the military service sisters group started by Flippin resident Elesha Granniss.

“Mrs. Edith is such an inspiration,” said Granniss. “She volunteered to serve her country during World War II and paved the way for the others in our Military Service Sisters to volunteer to serve during our generations’ times of war.”

“She has lived a wonderful and interesting life,” Granniss said. “And we love to hear her stories at our monthly lunch get-togethers.”



In lieu of presents, Edith Mitchell’s daughter Carol Miller of Gainesville, Mo., asked party goers to bring birthday cards for Mitchell. She received nearly 100. Helen Mansfield/The Baxter Bulletin

Join our Team

Volunteer today!

HAVE FUN WHILE GIVING BACK

870-414-4621

NORTH ARKANSAS REGIONAL MEDICAL CENTER

6447017

Hit, Run & 'Hope'

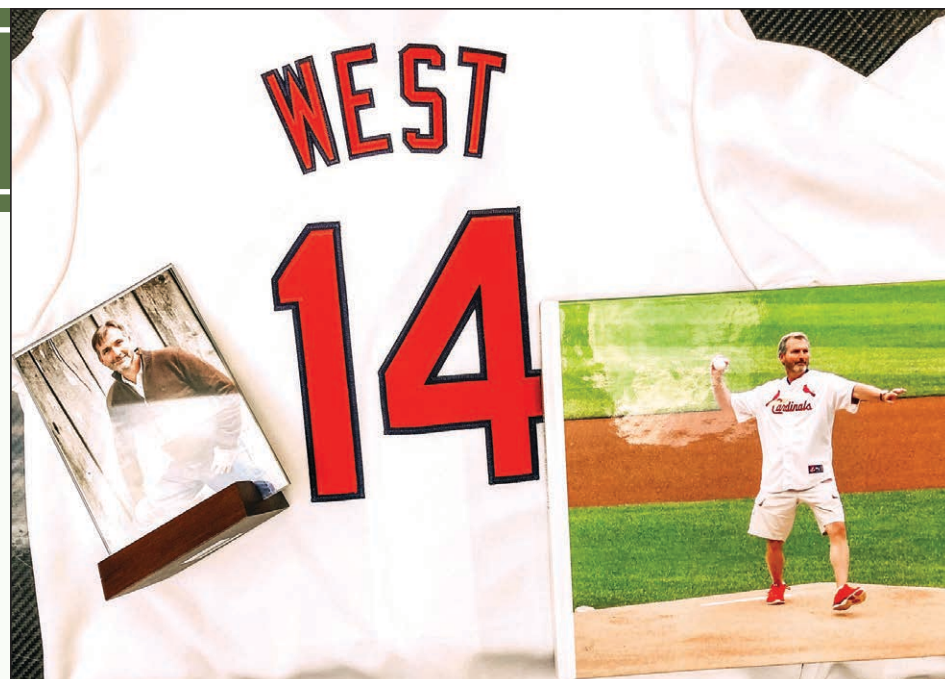
In recognition of Colon Cancer Awareness Month, we are honored to share the following words from Janina West, wife of the late Jeff West, who was a patient at Ozarks Healthcare Cancer Treatment Center for several years, until his passing in 2015. He had a special love for his community, family, and the game of baseball. Stronger than any of these loves, was his dedication to never giving up hope.

Jeff West was out and about enjoying a St. Louis Cardinals baseball game, one of his most favorite pastimes, when he began to feel a sudden onset of pain. Shortly afterwards, he and his wife, Janina, would learn their lives would be changed forever by the six letters no one wants to hear: cancer.

After rushing to meet Jeff in Springfield, Missouri, Janina met her husband in an emergency department, thinking his pain may have been related to stress, something he ate, or even his gallbladder. A cat scan quickly revealed that it was cancer that was causing Jeff's pain.

"It was in his liver, lymph nodes, and colon," Janina said. "He was two weeks away from being 39 years old. Cancer was the furthest thing from our minds."

After meeting with an oncologist in Springfield, it was determined Jeff



had colon cancer, the second leading cause of cancer death in men and women combined in the U.S. Without Janina or Jeff asking, Jeff was told he could have three months or three years to live. While the shock they felt was immeasurable, Jeff and Janina knew the only thing that made sense at the time was one place: home.

"We were going through the motions," Janina said. "We knew West Plains (home) was where we wanted to be."

After arriving home, a neighbor who knew Dr. Charles Morgan, oncologist at Ozarks Healthcare's Cancer Treatment Center, called Dr. Morgan to ask about Jeff's diagnosis out of concern. Even though it was a Saturday, Dr. Morgan was ready to meet Jeff and Janina right away.

"He told our neighbor to tell us, 'Meet me,'" Janina said. "We just had questions. Dr. Morgan really took his time to explain everything to us and told us what steps we needed to take and how serious Jeff's condition was."

Together, Dr. Morgan, Jeff, and Janina decided it would be beneficial for Jeff to travel to M.D. Anderson in Houston, Texas, to be a part of a clinical trial treatment study. Having had a family member receive treatment there earlier, Janina and Jeff were excited to have Dr. Morgan's support and the resources of Ozarks Healthcare's Cancer Treatment Center on hand.

"We already knew Dr. Morgan worked well with M.D. Anderson," Janina said. "Dr. Morgan and Jeff's doctor would talk while we were in a room together at MD Anderson. It was comforting and reassuring to know you had two exceptional physicians who were working on your care."

Jeff received his primary cancer care and treatments at Ozarks Healthcare's Cancer Treatment Center. The care he received from Dr. Morgan, Susan (Susie) Kenslow, Nurse Practitioner at Ozarks Healthcare's Cancer Treatment Center, and his nurses turned into a special bond with the staff and patients of Ozarks Healthcare.

"You walk in, and you know you're not a number; you're a person," Janina said. "You become so close to these people you see every three weeks. We preferred to do our treatments here because if something went wrong in the night, we knew the hospital could call Susie or Dr. Morgan. They were our family."

SHELTER STRONG
Our Shield is Here for You.

Joan Bell

126 Industrial Park Rd., Ste. C
Harrison, AR 72601

870-741-7171

JoanBell@ShelterInsurance.com



We're your Shield. We're your Shelter.



644617z

HIT, RUN continued pg 15

HIT, RUN continued from pg 14

From meeting Janina on weekends to help train her how to change Jeff's pump to calling after business hours to check on him, the Ozarks Healthcare Cancer Treatment Center showed extra care when it was needed most. It was not uncommon for Jeff to want to return his thanks with homemade gifts at treatments.

"Before we would go into treatments, Jeff would sometimes ask me to make a batch of cookies or bread to deliver to the staff," Janina said. "He always wanted them to know how thankful he was for the care he received from each treatment. Anytime we walked out the Cancer Treatment Center's doors, he would thank each of the staff there."

One year, the staff returned his thanks with the surprise of a lifetime for Jeff: throwing the first pitch at a St. Louis Cardinals baseball game.

"Dr. Morgan and Susie asked me about wanting to do something special for Jeff," Janina said. "Even though we knew Jeff was still fighting cancer, he was surviving and still had good quality of life. They asked me if they could arrange this surprise trip and first pitch for him. A couple weeks before the game, they presented Jeff and I with special jerseys to wear to the game. It was pretty special."

Some of the Cancer Treatment Center staff and Jeff's family were able to attend the game to watch him throw the pitch. The day became a special memory for everyone involved, but especially for Jeff.

"As we were driving home from that game, Jeff said, 'Janina, this is the best day I've ever had besides meeting you,'" Janina said. "I will forever be grateful to Ozarks Healthcare because they made a hard time a special time."

Jeff's colon cancer fight lasted for just over five years. The severity of the disease took his life in July of 2015.

While Jeff's cancer was very rare considering his age, the majority of colon cancer cases are treatable when detected in early stages through screening tests such as colonoscopies. Coverage for preventative screening for colorectal cancer is required by the Affordable Care Act. Current guidelines from the American Cancer Society suggest that patients over the age of 45 with an average risk for developing colon cancer should begin screening for the disease.

For Jeff and others who have lost their lives due to colon cancer, Janina encourages everyone to protect their colon health and lives with a simple screening, starting as early as possible, even if there are no signs of cancer or potential issues.

"Jeff didn't have any symptoms before his diagnosis," Janina said. "He worked out every morning and ate very healthy. Before he was diagnosed, I noticed he started losing a little weight, but we thought that was due to him working out. Cancer doesn't care how old you are, where you live, or what you do. I encourage anybody – even if they don't have any cancer history in their family – to get a colonoscopy. It can save your life."

If you ask Janina what she would most want someone to learn from Jeff's story, it's to never give up hope.

"When we left Springfield after Jeff was diagnosed and had been told how much time he might have left, he looked over in the car and told me, 'Nobody should ever take your hope away.' That's what I live by. As long as you can fight, it's a fight worth fighting."



Sullivan
— MAIN STREET —
PHARMACY

- Addie Bundy, P.D.
- Heather Reddell, P.D.
- Malorey Sherrell, P.D.

731 North Main, Suite B • Harrison, AR 72601

QUESTIONS?
Call **870-741-2119**

644160z

- Southern Meadows provides safety, security, and joy to seniors 55+
- Award-winning assisted living Mountain Home, AR
- Our community offers tailored services, on-site amenities and recreational programming designed to meet senior needs.
- Looking for a short-term/respite care solution? Ask about our temporary stay program providing fully furnished apartments and access to all community services and amenities.

NEW OPERATOR NEW PRICES, SAME GREAT SERVICES AND STAFF!
715 West 6th Street, Mountain Home, AR 72653
870-425-6868
www.sonidaseniorliving.com

644721ef



Expect More

Win Moore, MD
TOTAL JOINT CARE

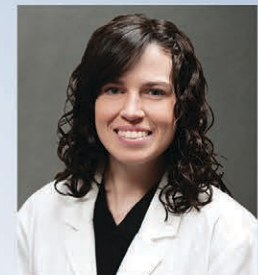
Board certified orthopaedic surgeon Win Moore, MD, and his experienced team use the very latest technologies and treatment options to provide the highest level of orthopaedic care for children and adults.

- › Direct Anterior Hip Replacement
- › Knee Replacement & Arthroscopic Surgery
- › Shoulder Replacement & Arthroscopic Surgery
- › Traumatic Fractures & Injuries
- › Osteoporosis Treatment

Doctor and patient testimonial videos online at:
www.baxterregionalboneandjoint.org



Win Moore, MD
Board Certified
Orthopaedic Surgeon



Cheyenne Morgan
Physician Assistant

(870) 424-4710

639 Broadmoor Circle
Mountain Home, Arkansas 72653

(870) 424-4710 | www.baxterregionalboneandjoint.org



**Baxter Regional
Bone & Joint Clinic**

644722ef