

— AUGUST 2026 —

Senior SAVVY

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**AGEING
BOLDLY.**



Published By



Seton Medical Center Harker Heights is nationally recognized for its commitment to providing high-quality stroke care

Special to the Journal

Seton Medical Center Harker Heights has received the American Heart Association's [Get With The Guidelines®](#) Gold Plus with Target: Stroke Honor Rolle Elite and Target: Type 2 Diabetes Honor Roll achievement awards for demonstrating commitment to following the latest evidence-based guidelines for the treatment of heart disease and stroke, ultimately helping improve patient outcomes, shorten recovery times and reduce hospital readmissions.

Heart disease and stroke remain the leading and fifth-leading causes of death in the United States, respectively, according to the American Heart Association's 2026 Heart Disease and Stroke Statistics Report. Research shows that patients experience better outcomes when healthcare providers consistently follow evidence-based treatment guidelines.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest evidence-based recommendations and treatment protocols. Through its ongoing commitment to clinical excellence, quality improvement, and patient-centered care, Seton Medical Center Harker Heights earned these achievement awards by consistently meeting the rigorous standards established by the American Heart Association for the treatment of heart disease and stroke.

"At Seton Harker Heights, we are unwavering in our commitment to delivering exceptional, evidence-based care. By aligning with the most current clinical guidelines and optimizing our care pathways, we ensure that patients experiencing heart attacks or strokes receive the timely, high-quality treatment they deserve," said Mandy Shaiffer, CEO/CNO of Seton Medical Center Harker Heights. "The Get With The Guidelines initiative empowers our teams to consistently translate best practices into everyday care — helping us extend and enhance the lives of those we serve across Central Texas."

About Seton Medical Center Harker Heights

Seton Medical Center Harker Heights (SMCHH) is an 83-bed acute care hospital that opened in 2012 in Harker Heights, Texas offering an array of services such as Cardiology, Emergency Services, a Level IV Trauma Designated Emergency Room, General Surgery,

Orthopedic Surgery, Total Joint Replacement, Gastroenterology, a dedicated Women's Center, Diagnostic Services and more. We provide exceptional care through collaboration with our associates, physicians, volunteers and community partners. Our award-winning staff provides patient care with dignity and respect. We are Joint Commission Accredited, an Accredited Chest Pain Center and Advanced Primary Stroke Center. SMCHH is a joint venture between the Austin-based Seton Healthcare Family and Nashville-based Ardent Health Services. For more information about SMCHH, visit SetonHarkerHeights.net and Facebook.com/SetonHH.

About Get With The Guidelines®

Get With The Guidelines® is the American Heart Association/American Stroke Association's hospital-based quality improvement program that provides hospitals with the latest research-based guidelines. Developed with the goal of saving lives and hastening recovery, Get With The Guidelines has touched the lives of more than 14 million patients since 2001. For more information, visit heart.org.



American Heart Association

HEART

POWERED

Safety and smarts necessary when exercising with arthritis

Physical activity is a vital component of a healthy lifestyle. While the recommendations for exercise may vary for each individual, general guidelines from public health agencies typically suggest most people should get around 30 minutes of moderate-intensity aerobic exercise per day.

People with arthritis may be hesitant to head to the gym or engage in home workouts because the instinct to rest is strong when joints feel stiff or painful. However, health care advocates note that movement is one of the most effective treatments for arthritis.

Recent data from the Centers for Disease Control and Prevention says arthritis remains a leading cause of disability in 2026. Roughly one in four adults in the United States have been diagnosed with some form of arthritis. The Arthritis Foundation says exercise is not just a lifestyle choice, but an essential component of joint health. People who engage in physical activity report a 40 percent reduction in pain on average. Here is a prescription for safely navigating physical activity while managing arthritis.

- Emphasize exercise that improves flexibility. The Better Health Channel

says people with arthritis should focus on exercises that reduce stiffness and keep joints moving through their full range-of-motion. Examples include gentle neck rotations, shoulder rolls and finger stretches daily, especially in the morning during flare-ups.

- Incorporate low-impact aerobic movements. Cardiovascular exercises improve heart health and help with weight management, which is essential for people with arthritis. The Arthritis Foundation says losing just one pound of body weight can remove four pounds

Continued on Page 4



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of pressure from the knees. Walking, cycling and water exercises are low-impact ways to get the cardio a body needs, says the Mayo Clinic.

· Make resistance training part of your routine. Building strong muscles can help protect the joints by acting as shock absorbers. People can use bodyweight exercises like chair squats, resistance bands or light dumbbells to build muscle. The Arthritis Foundation recommends focusing on the muscles surrounding joints experiencing the most pain, such as quadriceps for knee arthritis or abdominals to protect the hips and spine.

· Assess pain. Experts suggest using something called the two-hour rule to determine if exercise added to or diminished arthritis pain. If joint pain is higher two hours after exercising, then it's important to reduce the duration or intensity of exercise the next time. During a flare-up, do not stop moving entirely, but shift to gentle range-of-motion stretching only, suggests the Mayo Clinic.

Exercise can remain a key component of daily life, even for those with arthritis.

SAFETY, — AND — SMARTS

NECESSARY WHEN EXERCISING WITH ARTHRITIS

Staying active can reduce pain, improve mobility, and boost your overall well-being. With the right approach, exercise can be safe, effective, and empowering.



KNOW YOUR LIMITS
Listen to your body and avoid activities that cause sharp or lasting pain.



START SLOW
Begin with low-impact activities like walking, swimming, or cycling. Build up gradually.



WARM UP & COOL DOWN
Always warm up before exercise and cool down after to help prevent stiffness and injury.



WEAR SUPPORT
Proper shoes and supportive gear can protect your joints and improve comfort.



STAY CONSISTENT
Regular movement keeps joints flexible, strengthens muscles, and supports long-term joint health.

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TAX FORM

Large Enough to Handle Diverse Needs,
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Summer activities for seniors: safe, social, and fun ways to enjoy the season

By Gretchen Hook

Owner of Little Elm Residential Care Home

Summer is a wonderful time for older adults to enjoy fresh air, sunshine, community events, and relaxing hobbies. With thoughtful planning, seniors can stay active and connected while also protecting themselves from heat, dehydration, and overexertion. The best summer activities are flexible, enjoyable, and easy to adapt to different mobility levels, energy levels, and health needs.

Enjoy the Outdoors During Cooler Hours

Outdoor activities can lift mood, encourage gentle movement, and create opportunities for social connection. To stay comfortable, seniors should plan outings for the early morning or evening, when temperatures are usually lower. A shaded walk in the park, a visit to a botanical garden, or a stroll around a neighborhood can provide light exercise without feeling too strenuous.

Other low-impact outdoor ideas include birdwatching from a porch, tending container plants, attending an outdoor concert, or sharing a picnic under a tree or covered pavilion. Activities should be kept short and comfortable, with plenty of breaks and water nearby.

Stay Active with Gentle Movement

Regular movement supports strength, balance, independence, and overall well-being. Summer-friendly options for seniors include walking indoors at a mall, joining a water aerobics class, doing chair exercises, stretching in the shade, or practicing tai chi in a community center. The goal is not intensity; it is consistency, comfort, and enjoyment.

For seniors with arthritis, heart conditions, diabetes, balance concerns, or other health issues, it is wise to check with a health care provider before starting a new exercise routine. Activities can often be adjusted so they are safe and rewarding.

Choose Creative Indoor Activities on Hot Days

When summer heat becomes uncomfortable, indoor activities can keep the season bright. Seniors may enjoy painting, knitting, scrapbooking, puzzles, card games, book clubs, movie afternoons, cooking simple summer recipes, or taking virtual museum tours. These activities help

stimulate the mind, encourage conversation, and provide a sense of accomplishment.

Libraries, senior centers, faith communities, and recreation departments often offer summer programs such as crafts, music, lectures, fitness classes, and social lunches. These outings can be especially valuable for seniors who live alone or want more regular companionship.

Making Social Connection Part of the Plan

Summer activities are often more meaningful when shared. A weekly coffee group, family barbecue, community class, volunteer opportunity,

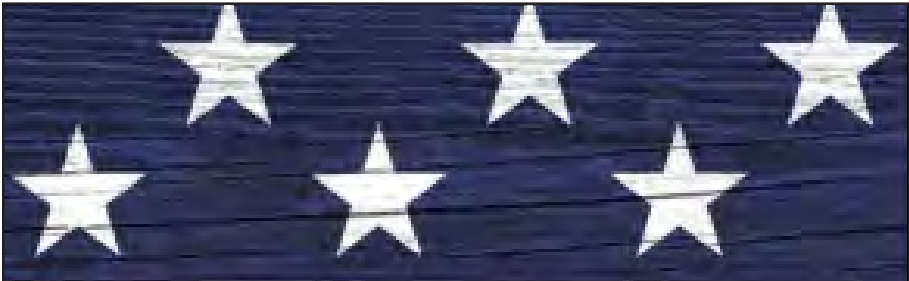
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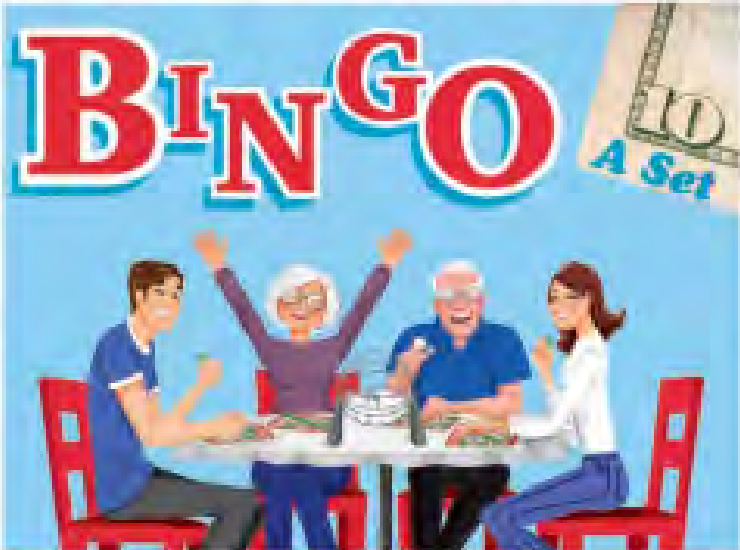


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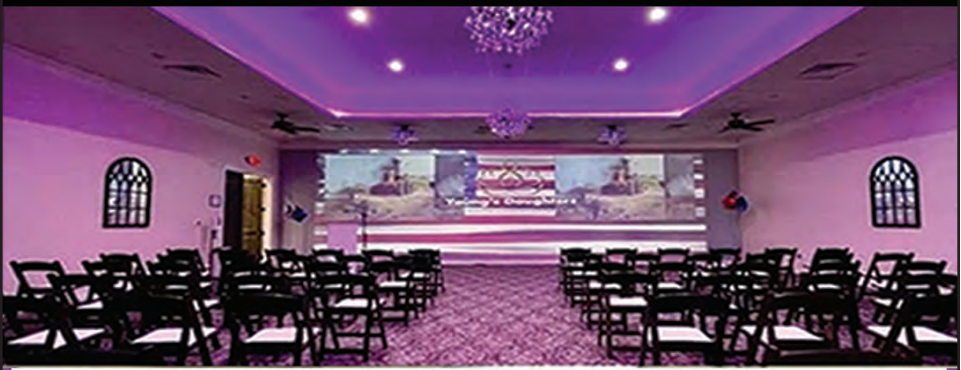
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- "Top of the Shop" – 90

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or game afternoon can help seniors stay connected. Even simple routines, such as calling a friend after a morning walk or inviting a neighbor for lemonade, can reduce isolation and make the season feel more joyful.

Practice Summer Safety

Older adults are more vulnerable to heat-related illness because the body may not adjust to temperature changes as easily with age, and some health conditions or medications can affect hydration and cooling. Seniors should drink water regularly, wear lightweight and light-colored clothing, use sunscreen, rest in air-conditioned spaces, and avoid very strenuous activity during hot or humid weather.

It is also important to watch for warning signs such as dizziness, headache, nausea, muscle cramps, confusion, heavy sweating, or unusual weakness. If symptoms appear, the person should move to a cooler place, rest, drink fluids if appropriate, and seek medical help when symptoms are severe or do not improve.

Sample Summer Activity Ideas for Seniors

Take an early-morning walk at a park, mall, or community center.

Join a water aerobics, stretching, or chair exercise class.

Plant herbs, flowers, or vegetables in raised beds or containers.

Plan a shaded picnic with friends or family.

Attend a matinee movie, library program, or senior center event.

Try indoor hobbies such as painting, puzzles, music, journaling, or crafts.

Volunteer for a local organization in a comfortable indoor setting.

Enjoy birdwatching, porch sitting, or photography during cooler parts of the day.

Conclusion

Summer can be a season of movement, friendship, creativity, and relaxation for seniors. By choosing activities that fit personal interests and health needs, planning around the heat, and staying connected with others, older adults can enjoy the best parts of summer while protecting their well-being.



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To help make information about Medicare easier to understand, UnitedHealthcare® also has an educational program called Medicare Made Clear®. This program provides general information about Medicare to help people better understand their choices.

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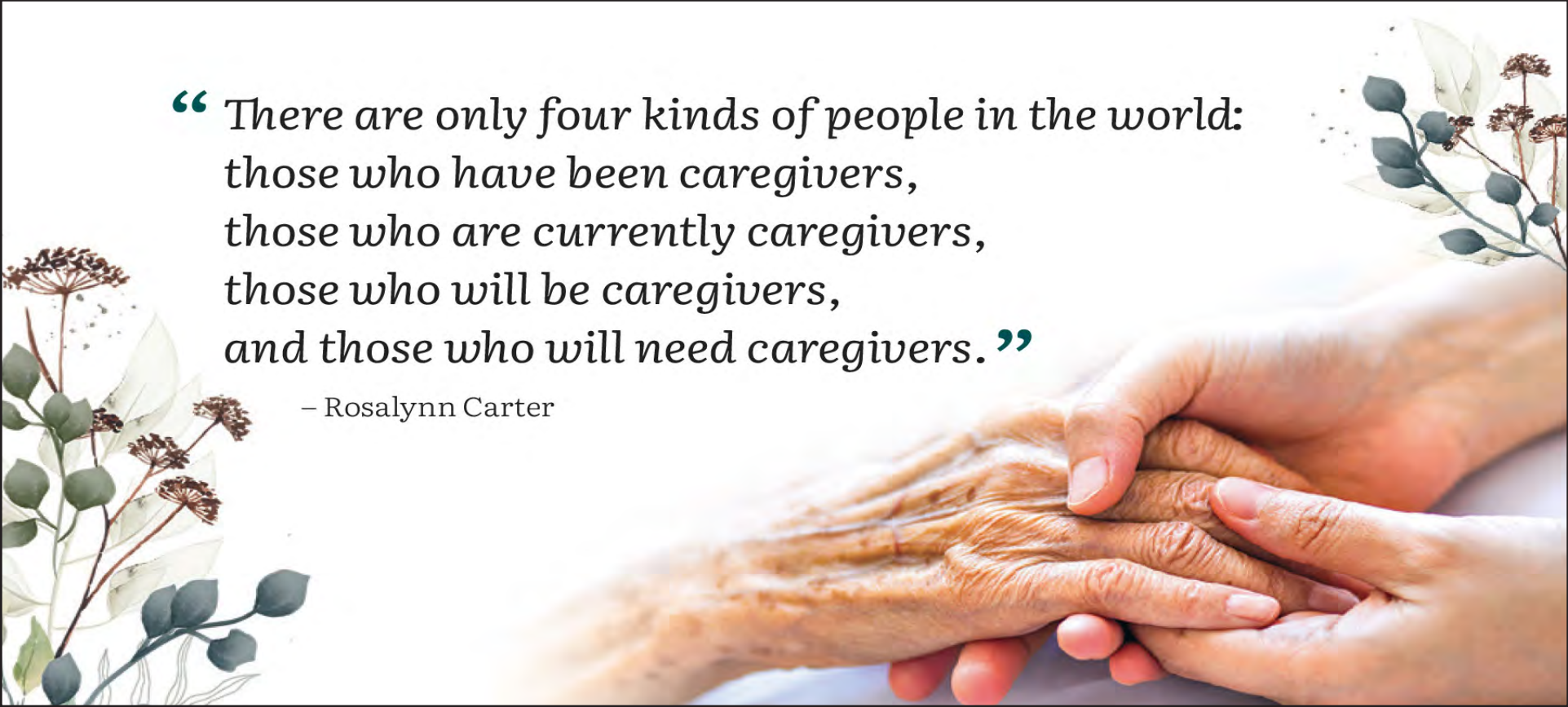
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42	4 8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D.	5 9 Exercise 10:30 Bible Study 12 Bingo 1 Arts & Crafts	6 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:30 Dance	7 9 Exercise 10 Improver Line D 12 Bridge 12 Dominos 42 12 Majong - New!	8 Dance is Thurs., Aug. 6 at 6:30 with Backroads Band.
9	10 9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42	11 8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta	12 9 Exercise 10:30 Bible Study 12 Bingo 1 Art Painting	13 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 6 Zumba Class	14 9 Exercise 10 Improver Line D 12 Bridge 12 Dominos 42 12 Majong - New!	15
16	17 9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42	18 8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta	19 9 Exercise Class 10:30 Bible Study 12 Bingo 1 Arts & Crafts	20 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:30 Dance	21 9 Exercise 10 Improver Line D 12 Bridge 12 Dominos 42 12 Majong - New!	22 Dance is Thurs., Aug. 20 at 6:30 with Good Ol' Boys Band.
23 Pot Luck is Monday, Aug. 24 at 5:30 p.m. Entertainment TBA	24 9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42 5:30 Pot Luck	25 8 Mex.Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9Quilting/12 Canasta	26 9 Exercise Class 10:30 Bible Study 10 Diamond Pntg. 12 Bingo 1 Art Painting	27 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta	28 9 Exercise 10 Improver Line D 12 Bridge 12 Dominos 42 12-Majong - New!	29
30	31 9 Exercise 9 Woodcarvers 10 Improver Line D 12 Dominos 42		Upcoming Events: 1. The Center is partnering with the City of Belton on offering a Zumba class on Tues. and Thurs. from 6-7 p.m., except for 1st and 3rd Thursdays when we have our regular dances. Cost is \$5 per class. Classes have been off for the summer but will return in September. 2. Dances - Thurs., Aug. 6 with Backroads Band; and Thurs, August 20, with Good Ol' Boys. Dances are at 6:30 p.m. Cost is \$5 per person. Bring a dish to share! 3. Pot Luck is Monday, Aug. 24 at 5:30 p.m. Entertainment TBA 4. <u>Renovations are complete, and the Library and Pool Table are now open!</u>			

SENIOR HUMOR CORNER

1. Why did August bring a fan everywhere?
Because it wanted to stay cool!
2. What do you call a lazy day in August?
A heat retreat!
3. Why do watermelons have such good summer parties?
Because they're full of melon-choly... until someone cuts them open!
4. What did the sun say to August?
"You always make me work overtime!"
5. Why did the tomato turn red in August?
Because it saw the salad dressing!

Did You Know?

August is named after Emperor Augustus Caesar. It was originally called Sextilis because it was the sixth month in the ancient Roman calendar.

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The 2026 Coryell Senior Expo highlights community service and senior support

Coryell Health and The Central Texas Area Agency on Aging, in partnership with local organizations and community sponsors, invites older adults caregivers, veterans, family members, and community residents to attend the 2026 Coryell Senior Expo on Thursday, August 20, 2026, from 9:00 a.m. to 12:00 p.m. at the Gatesville Civic Center.

This year's expo will feature a festive Fiesta theme while providing valuable health, wellness, and aging resources for residents throughout Coryell County and the surrounding area. Admission is free, and attendees will have the opportunity to visit with dozens of

exhibitors offering information on healthcare, Medicare, veterans' services, home health, transportation, financial resources, nutrition, long-term care services, and programs designed to help older adults remain healthy, independent, and engaged in their communities.

One of the highlights of this year's event is the "Ask the Expert" series, where attendees can visit one-on-one with local professionals to receive trusted information and answers to their questions. Featured "Ask the Expert" Participants are as follows: Dr. Shrey Goel – Ask a Doctor, Dr. Amy Chung – Ask a Doctor, Dr. Betsy Spitzer – Ask a Dentist, Russell Hoelscher – Medicare Benefits Counseling, Tom Wilson – Estate Planning.

Whether you have questions about your health, Medicare options, dental care, planning for the future, or available community services, the Coryell Senior Expo offers a unique opportunity to connect directly with knowledgeable professionals in one convenient location. Visitors can also enjoy health screenings, educational materials, giveaways, door prizes, and opportunities to learn about programs that support aging well in Central Texas.

"The Coryell Senior Expo is designed to bring important services and trusted professionals together under one roof," said David Myers, Director of Counseling, Social Services, Patient Experience. "Our goal is to provide older adults and their families with the information and resources they need to make informed decisions while celebrating the vibrant older adults who make our communities stronger."

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