HOW-TO CHOOSE

4 A Retirement Community
6 An Attorney
8 Senior Housing
9 An Insurance Provider
11 Services at Home
12 A Pharmacy
14 A Landscaper
15 An Interior Designer
Take part in this special section produced and distributed by the Hot Springs Village Voice. Get your message in front of 5,000 subscribers. This section would be great for home improvement businesses including home exterior care, landscaping, windows & doors, decks, painters, furniture, appliances, home decor & accents, remodeling, lighting and more! Contact your sales representative today!

Ad Deadline: Friday, March 16

Publishing: Tuesday, March 20
How to Choose a Retirement Community

West Shores Senior Living Community “Welcome Home”

West Shores Senior Living Community, a beautiful and affordable Senior Living residence celebrates 32 successful years. Experience has set West Shores apart from any other community in the Hot Springs area with a proven track record of excellence and continuity of service to their residents and the seniors of this area. For over 20 years, West Shores has been recognized as one of the finest Senior Living Residences in the community, according to a poll taken by the Sentinel Record.

Located on 17 acres and situated in a park-like setting, West Shores offers beautiful views from all four floors. An essential factor in choosing a retirement community is having the availability of Independent Living and Assisted Living within the same community, allowing Residents to age in place gracefully. Residents can rest assured that they can make this transition with ease, if the need arises.

Expanding the capacity of Assisted Living units has been a huge advantage for current residents who often had to wait for an opening. Licensed as an Assisted Living Facility 2 program, allows Residents who need more assistance, to stay in the same apartment and receive assistance with Activities of Daily Living, such as bathing, dressing and medications without having to relocate to another floor, which is comforting and reduces stress.

Tabatha Fox, LPN, Director of Nursing, works with Residents and their families to design plans that will enable them to function as highly as possible. The most exciting and comforting aspect of the Assisted Living Unit is the home-like atmosphere. Employees work diligently to provide an environment that addresses the personal needs of each Resident. In 2017, West Shores added a Full Time Registered Nurse to oversee the care of the residents in the Assisted Living Program.

West Shores also provides a Restorative Assistance program for Residents who have completed rehab programs. This program will allow those residents who have been through rehabilitation either through Home Health or Rehabilitation Centers, the assistance and encouragement of a trained Restorative Aide. This means that those who have worked so hard to regain strength and mobility, will have reminders and assistance to maintain their exercise and therapy program.

For one monthly fee, Residents receive three delicious meals each day served table side in spacious dining rooms, transportation to all major shopping centers, doctor appointments, banks and other personal appointments. In addition, the month- to- month rent includes weekly housekeeping and linen service, 24-hour staffing for security, assistance and maintenance of the apartment. All utilities, with the exception of phone are covered in the monthly fee.

According to the Executive Director of over 19 years, Nina Alter, “Our monthly fee covers all the day to day needs of our Residents, but a price cannot be placed on the companionship, warmth, care and socialization that our Residents receive by being here. Many Seniors today become isolated and we offer them a family like atmosphere to enhance their quality of life.”

Nina Alter, a Hot Springs native, leads a staff of dedicated and caring employees which exemplifies a personal commitment to a family type atmosphere. Alter, who has more than 35 years experience in the Senior Housing Industry served as the Assisted Living Representative on the Arkansas Health Services Permit Authority for over 10 years.

Lucas Rhodes, Maintenance Director with many years of experience, recently joined West Shores. A Hot Springs native, he manages a staff of maintenance technicians who keep the building safe and running smoothly.

West Shores Residents have the choice to participate in an organized on site exercise program with trained instructors. “We realize the importance of a professional fitness program designed to encourage seniors to maintain their level of independence.” Alter stated. “Research has proven that keeping our bodies strong during the aging process is a substantial key to an enhanced quality of life.” For those Residents who want more challenging exercise programs transportation is provided to the gym four times a week.

Weather is no longer a concern, as Residents can go to the Beauty/Barber salon, attend Chapel services and entertain their guests without leaving the building.

Petronella Giurgea, Housekeeping Director, and a 15 year employee, directs a staff of hard working people who are dedicated to providing exemplary service. One Resident commented, “I go to lunch and come back to a spotless apartment, freshly laundered bed linens and towels, and rest a few minutes before leaving for my favorite card games. What a life!”

Operated by one of the nations’ largest Senior Housing companies, Capital Senior Living, West Shores offers studio, one and two- bedroom apartments with no “buy-in”. West Shores boasts a 96% satisfaction score for the last 20 years.

Alter stated “Seniors today have a choice in where they live and they select West Shores because of the assurance that they will receive the uppermost level of service in the community.”

Activities Director and 10 year employee Karen Burchell, brings excitement and enthusiasm to the Planned Activities program at West Shores. Activities range from painting classes to off- campus excursions! A diverse catalog of daily activities and entertainment makes life at West Shores fulfilling and pleasurable!

Joanna Funderburk, Business Manager for over 17 years, assists Residents when needed with computer issues and helps keep the office running smoothly.

Carole Lacey has served as Sales Director for over 8 years. Carole helps residents choose just the right apartment and services to suit their needs. Her love of the lakes and beautiful Hot Springs area shows through when visiting and helping people make this all important change. “I often hear from our prospective residents they are amazed at how everyone they meet are always smiling and so warm. I love to share West Shores at meal time, a time where our prospective residents can find old friends they may have lost track with, and a time where they can meet all of our residents and their future friends and family.

West Shores is a wonderful place to work and this is exemplified by the tenure of the employees and residents many of whom have lived here over 10 years.

Many employees have served West Shores for over 10 years which provides the peace of mind that residents aren’t concerned with constant turn-over.

All four floors have been refreshed with new carpet, paint and furnishings. 2 new spa-like bathing rooms have been added so that residents can take advantage of therapy tubs. Driveways and parking lots have been renovated. The common area spaces such as the Game Rooms, Library, Activity Room and Cafe have received completely new equipment and furnishings.

“It is a pleasure to leave your work place everyday feeling that you have helped to enhance someone’s life by saying “Welcome Home” Lacey stated.

West Shores’ web site is extremely helpful to people who live in another City or State, and want to see what West Shores is all about. By accessing www.westshores.org, they can gather information needed and see our many events.

We are truly Hot Springs’ premier Senior Living Community offering independent living, assisted care living and respite care. Contact Carole Lacey Sales Director at 501-767-1200 to schedule a tour and lunch.
EXPERIENCE COUNTS

When choosing a Retirement Community, be sure to consider that “new” is not always “best”. West Shores, with a proven track record of excellence and continuity of service for the last 30 years, offers both Independent and Assisted Living services.

We are extremely proud of our staff of professionals who have provided services to our Residents through the years.

- 21 Years as The Sentinel-Record Readers Choice
- 2014 Hot Springs Village Readers’ “Best”
- 96% Resident Satisfaction Average for 16 Years

WEST SHORES
2607 Albert Pike
Hot Springs, AR 71913
tel 501-767-1200  |  fax 501-767-2083
westshores.org
How to Choose an Attorney

Selecting an attorney is a very personal decision. In some ways, it is similar to choosing a doctor who specializes in a certain area of medicine. Lawyers typically confine their practices to a few certain areas of the law, such as estate planning and elder law, or criminal defense, or bankruptcy.

For most Villagers, the only attorney they will need to retain is one whose practice focuses in the areas of estate planning and elder law.

Because estate planning is not confined to wealthy families, everyone who owns any assets needs to have an estate plan, regardless of the size or value of those assets. To choose a qualified, skilled estate planning lawyer, you should start with referrals from trusted friends and/or relatives, professionals with whom you work (such as your financial advisor or CPA), and local bankers and trust company representatives.

Lawyer referral services may be used; however, you should keep in mind that most services, such as those provided through local or state bar associations, are listings of lawyers, with no guarantees of the quality of the firm. Typically, the attorneys are not screened by the association, nor are they required to meet with any special qualifications, other than being licensed to practice here.

Some factors to consider when selecting an estate planning attorney are:

- How long has the attorney been practicing?
- What percentage of his/her practice is in the area of estate planning?
- Does the attorney communicate well with you?
- Is there a general fee schedule for services?

If you are considering a law firm or specific attorney, ask for written material about the firm/lawyer including credentials, education, professional associations, and experience. If you plan to interview the attorney, you should be prepared to pay for the office visit. Very few estate planning attorneys offer free consultations, although some will apply the fee towards the cost of preparation of the estate planning documents, if prepared shortly after the consultation.

Instead of a free consultation, look to see if the attorney offers seminars or educational programs in the community, and, if so, attend one. You can get a real feel for the lawyer’s expertise and communication skills, and you will better educate yourself about the basics of estate planning.

One final factor to consider is the attorney’s reputation in the community. If the lawyer is known for his/her diligence, skills, conscientiousness, and he or she has loyal clients and the respect of other professionals, this is not accidental! To find an attorney qualified in another area of law, contact your estate planning attorney. He or she will often know what attorneys are good, and, perhaps more important, what ones you should avoid.

Contact my Village office of the Legacy Law Group to set an appointment with Attorney Sherrill Nicolosi, to meet all of your estate planning, elder law, and real estate needs.
Voted Best Attorney

Hot Springs Village
Voice Readers' Choice
2009•2010•2011•2013
2014•2015•2016•2017

SHERRILL NICOLOSI

YOUR

TRUSTED

ATTORNEY

Services include:
• Revocable Living Trusts- Estate Planning
• Wills- Planning for Nursing Home Expense
• Durable Power of Attorney
• Living Wills and Health Care Documents
• Real Estate Transactions

SHERRILL NICOLOSI
Village Office
710 DeSoto Blvd, Suite A • HSV, AR 71909 • 922-2999
How to Choose Senior Housing

Living Your Life The Way You Want

Our journey through life. What will our life experiences be, and how will they affect us and our families? There are several levels of Senior options available to meet your needs which can feel overwhelming. Good Samaritan Society provides a Continuum of Care to meet your needs if and when they change. Knowing you may have an important decision to make some time here is some information to help you make an informed decision.

Independent Senior Living: Tired of caring for the yard? Travelling a lot and worrying about your home? Too many bills to pay? Independent Senior Living provides all the services you need so you don’t have to worry while maintaining your independence.

Assisted Living: Maybe you or your loved one has had a decline in health and you just need some extra help with your daily living tasks. This still provides independence but also assistance where you need it so that you can continue to live wholly and healthfully.

Post-Acute Rehabilitation: Perhaps you have had an injury, an unexpected illness or a surgery and you need therapies in a setting away from home for a temporary time. Here you will be cared for and receive therapies – physical, occupational, speech or a combination necessary for you to be able to return home safely. Your physician and your medical care team can help you determine the best option for you if and when needed.

Long-Term Care provides care for you or your loved one when they are no longer able to care for themselves due to illness, injury or other life changing events. Selecting an option that can meet your needs is a difficult decision that often happens after a stressful event such as a fall, surgery or a rapid decline in health. The community you choose should treat you or your loved one as an individual, someone with a unique story. You should feel confident that staff members have experience helping people in similar situations and will treat you with compassion and patience.

If you are considering a move to an independent situation we recommend that you start to review the options a couple of years before you plan on moving. It is much easier to make an informed decision when you’re not under a lot of stress to make the decision quickly.

Good Samaritan Society – Hot Springs Village provides a Continuum of Care community. We understand that it is difficult to leave a place full of memories, one that has provided comfort and safety. Whichever option you choose or need you should feel like you’re at home. You should feel loved, valued and at peace.

Good Samaritan Society – Hot Springs Village can help you start the next journey in your life. Call now for more information (see ad) and we will help you choose your best option.
How to Choose an Insurance Provider

Instead of giving away unwanted items that have gathered dust around the house, many people turn to garage and yard sales to transform their clutter into some extra money. Yard sales may not be a “get rich quick” scheme, but they present an environmentally friendly way to clean up a home. What’s more, they can be an ideal way to connect with neighbors and meet new people. Any money earned is an added bonus.

Statistics collecting resource Statistics Brain says that roughly 165,000 yard/garage sales take place in the United States each week. Nearly 700,000 people purchase something at those sales, leading to millions of dollars exchanging hands. Yard sales may seem straightforward, but there are a few strategies to ensure such sales go boom rather than bust.

Choose the right date and time
Plan when to hold the sale by looking at the calendar and choosing an open weekend. Many people host their yard sales on Friday, Saturday or Sunday mornings, theorizing that this is when the most people will be free to browse their wares. Begin early in the morning so that shoppers will not need to disrupt their schedules much to visit neighborhood sales. A 7 a.m. start time will attract the early birds and free up most of the day.

Advertise the sale
To reach the maximum number of shoppers, advertise your sale in various ways. Signage around the neighborhood announcing the sale is one method. Signs should be bold, simple and easily readable for passing motorists. Place ads in local newspapers, online and on grocery store bulletin boards, and use social media to spread the word of the sale even further. Be sure to give ample notice of the sale so that shoppers can mark their calendars.

Make for easy browsing
Arrange goods for sale into categories and pay attention to presentation. You may generate more sales if items are easy to see and browsing is made easy. Put items you expect to draw the most attention popular near the end of the driveway to entice passers-by. A neat and inviting appearance also may convey that you’ve taken care of your home and your belongings. Play some music and offer light refreshments to create a convivial atmosphere.

Price things reasonably
It’s tempting to overprice items, but a good rule of thumb is to mark things for one-half to one-third of the original value. Be open to negotiation, but try to haggle with a “buy one get one” approach, rather than marking down the price considerably. After all, the goal is to get rid of as many items as possible, with financial gain a distant second.

Yard sales are popular ways to make money and clear homes of unwanted items. Hosts can make their sales even more successful by employing a few simple strategies.
Routine testing helps pool owners stay on top of sanitation and pH levels to keep pool water optimal.
Cherish life for what it has been — and is still to come

Are non-medical services right for my family?

Your loved one is set on staying at home, but it’s clear he or she could use some help around the house. You try to be there as much as you can, but with your own busy schedule and responsibilities, it’s not always easy to take care of your loved one’s daily household needs too.

Are you feeling challenged by your loved one’s needs?

Does your loved one need more help than you feel you can provide?

Have you recently noticed a strain on your relationship that might not have been there before?

If that sounds familiar to you, in-home services may be the perfect fit. By letting someone else help out with some of the daily needs, you’re free to get back to the relationship with your loved one that means so much to both of you.

Are you feeling burnout as a caregiver?

Your loved one is becoming more dependent.

Is your loved one having difficulties with everyday activities that used to be easy? Have friends or family mentioned concerns? It’s not always easy to recognize when it’s time to get a little extra help. Here are a few more signs that it may be time to begin in-home services:

• Your loved one isn’t cleaning or eating regularly.
• He or she depends solely on you for transportation.
• Friends and neighbors have expressed concerns about your loved one being alone at home.

Caregivers in each agency offer a variety of specialties and experience. Maybe your loved one could use a helping hand around the house. Maybe he or she would enjoy some extra social time. Non-medical services include a wide range of services, so it’s important to ask your agency what it offers. Examples may include:

• Respite care (temporary relief from duties)
• Companionship

• Light housekeeping
• Personal hygiene and grooming
• Dressing
• And more

Your house. Your way.

No two people are exactly alike, which is why it’s essential that services be customized to fit the individual — and how he or she likes tasks to be completed. For example, do towels need to be folded a certain way? The consultation is a perfect time to explain your specific wishes.

Your schedule is important:

In-home services should fit your loved one’s routine. Your schedule is important, and caregivers should accommodate that schedule. After all, in-home services should be a convenience — giving you and your loved one more time to do the things you truly enjoy.

Give services a try. Cancel anytime.

Perhaps you’re still unsure if in-home services are the best choice for your family. Consider temporarily giving in-home services a try with one or more services. You can always decide whether or not services should continue after that, making it a more comfortable decision for everyone involved.

At the Good Samaritan Society, our name for non-medical in-home services is Services@Home.

As a caregiver for your loved one, you have a unique role in your family.

But you are not alone.

To just begin the conversation and gain information call 501-922-9747 and we will answer Services@Home, may I help you?

Life changes. But it doesn’t mean everything has to.

Home care can help you find the best solutions to fit your needs, so you may never have to leave the place you call home.

To learn more, call (501) 922-9747.
How to Choose a Pharmacy

If you are like most people, you didn’t choose a pharmacist, you chose a pharmacy for your medication needs. Regrettably today, insurance programs do not always contract with all pharmacies to accept your insurance benefit, so it remains up to the patient to call and ask if the pharmacy of your choice accepts your plan.

We at Village HealthMart are proud to say we accept all major insurance plans.

A lot of small independently-owned pharmacies do not have the option or clout to be listed in provider networks like chain stores do, but we are members of the 2500 store Health Mart franchise program that gives us all of the advantages of being part of one of the largest pharmacy chains in the country, yet we can still give our customers the advantages of an independently owned pharmacy.

This unique merging of chain and independent pharmacy is what helped the Health Mart chain get the 2009 J.D. Powers #1 in Customer Service Award for all pharmacy chains.

Your pharmacist can be a significant resource for you, therefore it is important that you develop a personal relationship with him. Through the delivery of personalized programs and services, today’s independent pharmacies are often the top choice for consumers seeking a trusted healthcare advisor to help them maintain and improve their overall health and well-being.

Dr. Michael Butler, owner of Village Health Mart Pharmacy and Compounding Center, and also Health Mart Home Medical and Oxygen Supply, is proud to be the oldest independent single-owned business having served Hot Springs Village and the surrounding area for over 40 years.

We have enlarged or moved our locations, added a third location, added compounding and DME & Oxygen Supply, added sophisticated computerization and automation so that we could continue to provide the best service to our customers.

Our newest building on HWY 7 is our DME warehouse which includes a showroom and our insurance billing.


Things to consider when choosing a pharmacy:

• Independently-owned pharmacies are operated by their owners they cannot help but care a little more!
• If you have questions or concerns about your medications, are you able to speak directly to the pharmacist?
• Is your pharmacy able to develop your film faster than they are willing to fill your prescriptions?
• Does the pharmacist tell you about each new medication and explain such things as how and when to take the medication and what you can and cannot take it with?

If the answer to any of these questions is no, come by any of our five convenient locations and find out why we are part of such a prestigious national award and why our customers have voted us “The Best.”
FREE PRESCRIPTION DELIVERY SERVICE

HSV & Surrounding Areas

Village HealthMart
We Handle Insurance Claims For You!

Village HealthMart Drug #1
4440 Hwy 7 North  HSV,AR
501-922-0777
Mon-Fri 9am-6pm, Sat 9am-4pm

Drug #2
399 Ponce De Leon Dr.
501-922-0909
Mon-Fri 9am-5pm
Free Delivery!

Stop by one of our 5 convenient locations & find out why we're #1!
Spring bursts with beauty and color throughout the Village as well maintained gardens show the best of Southern and Midwestern plant varieties. But, our steep wooded hillsides and rocky soil cause many homeowners to cry for help. Molly Baldwin, Clear Creek Gardener’s graduate horticulturalist sees three themes as she visits troubled yards; overgrown, dull, and dead.

Years of neglect, or being shaped round or square by power tools have ruined the natural beauty of many crape myrtle, holly, azalea, rose, camellia, quince, and forsythia. Professional pruning is different for each type of shrub and goes a long way toward regaining control of a yard. It can be part of an annual maintenance or repeated as needed.

Lack of sunlight and fertilizer or improper initial planting causes stunted plants that don’t flower. No plant can prosper if it’s stuck into gravel without soil. When planting gardens in the Village Clear Creek Gardener uses an electric jack hammer to make a hole three times larger than the pot, and they fill that with good soil. For a large tree or shrub in a 30 gallon container, that’s a big hole! Most planting projects require 2-3 cubic yards of custom blended garden soil to fill those holes.

Then there are the bugs. Lace bugs infest your azaleas, aphids and white flies are on your ornamentals, powdery mildew is killing your crape myrtles, and scale and black spot are sapping the potential of your roses. Caution is called for here. There’s a reason the State of Arkansas requires a license to spread pesticides. A lot of harm can be done to the environment by the wholesale application of chemicals. Some contractors don’t know what’s in the tank they’re spraying from, and couldn’t identify the pests they’re attacking. Clear Creek Gardener resorts to the judicious use of pesticides only when specific pests are identified. They do selective weed control and fertilizer application.

Roger Baldwin, former Navy Seabee and surveyor, handles drainage and hardscape issues. Rainwater diversion and channeling is more effective than French drains. His crew builds flower beds, retaining walls, steps, flagstone patios, and water features that survive the test of time.

Clear Creek Gardener is a licensed retail nursery with 3 acres of plants and a greenhouse. They offer free landscape consultations and troubleshooting. Clear Creek can improve, revise, and maintain landscapes for the most discriminating homeowner and offers a wide and unique selection of annuals, perennials, shrubs, and trees. They have container grown trees up to 3” in diameter. Visit the nursery at 1923 Mountain Pine Road. Call Roger or Molly at 463-9531.
Thank you for voting me

Best Interior Designer

Arkansas’ top designers will once again showcase their talents at the Symphony Designer House in Little Rock.

Come see our work April 13th – May 13th.

SANDY SUTTON
Dwell. Well.

Full Service Residential & Commercial Design Center

- New Construction
- Kitchen & Baths
- Luxury Furnishings
- Remodeling
- Interior Décor
- 3D Design Plans

4112 Central Ave • Hot Springs, AR • 501-624-6700
http://www.sandysuttonsdesigns.com
designcenterwithsandy@gmail.com
https://www.facebook.com/SandySuttonsDesignCenter
Guess who can set you up with digital marketing?
(Here’s a hint, it’s us).

There are more ways than ever to market your business, and the Hot Springs Village Voice is here to help!

We’ve added the power of ThriveHive® — everything you need to market your business online.

There’s a great big world of opportunity out there waiting for you. And it’s closer than you think. Contact the Hot Springs Village Voice to get started today.

Hot Springs Village Voice + ThriveHive

POWERFUL. DIGITAL. MARKETING.
501-623-6397 | www.hsvvoice.thrivehive.com