

## Forrest City Water Utility

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### Special points of interest:

- **Aging: What to Expect Part III**
- **5 Tips for a better night's sleep**
- **Manager's Corner**

*If you have a water emergency after-hours, weekends or on holidays, please call us at 870.633.1571*

**Our Office will be closed 12/23, 12/26 to observe the Christmas Holiday and 01/02/2017 to observe New Years Day**



Calvin Murdock 12/06

DeShaun Cochran 12/09

Ed Jimmerson 12/16

**ASK ABOUT E-BILLING:** Get your water bill sent to you through your email.

# Alive With Pride

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## Aging: What to Expect Part III

**Wonder what's considered a normal part of the aging process? Here's what to expect as you get older — and what to do about it cont. (This is the final conclusion of this article)**

[By Mayo Clinic Staff](#)

**.Your eyes and ears**

### What's happening

With age, you might have difficulty focusing on objects that are close up. You might become more sensitive to glare and have trouble adapting to different levels of light. Aging also can affect your eye's lens, causing clouded vision (cataracts).

Your hearing also might diminish. You might have difficulty hearing high frequen-

cies or following a conversation in a crowded room.

### What you can do

To promote eye and ear health:

**Schedule regular check-ups.** Follow your doctor's advice about glasses, contact lenses, hearing aids and other corrective devices.

**Take precautions.** Wear sunglasses or a wide-brimmed hat when you're outdoors, and use earplugs when you're around loud machinery or other loud noises.

### Your teeth

### What's happening

Your gums might pull back

(recede) from your teeth. Certain medications, such as those that treat allergies, asthma, high blood pressure and high cholesterol, can also cause dry mouth. As a result, your teeth and gums might become slightly more vulnerable to decay and infection.

### What you can do

To promote oral health:

**Brush and floss.** Brush your teeth twice a day and clean between your teeth — using regular dental floss or an interdental cleaner — once a day.

**Schedule regular check-ups.** Visit your dentist or dental hygienist for regular dental check-ups.

## 5 tips for a better night's sleep

Sleep is a critical part of managing stress and making healthy choices. Get a restful night's sleep with these tips.

Sleep is a remarkably productive and critical part of life; it's the time when the brain and body recharge for another day.

Yet, most of us simply aren't getting enough sleep. Stress, everyday demands and — yes, your smartphone — are likely culprits negatively impacting your sleep.

Either too little or too much sleep can make it tough to

function at your best.

Sleep better and wake up feeling more rested with this advice.

Eat meals (especially dinner) at the same time each day and at least two to three hours before bed-

## Alive with Pride

### Your skin What's happening

With age, your skin thins and becomes less elastic and more fragile with a simultaneous decrease of fatty tissue just below the skin. You might notice that you bruise more easily. Decreased production of natural oils might make your skin drier. Wrinkles, age spots and small growths called skin tags are more common.

### What you can do

To promote healthy skin:

**Be gentle.** Bathe in warm — not hot — water. Use mild soap and moisturizer.

**Take precautions.** When you're outdoors, use sunscreen and wear protective clothing. Check your skin regularly and report changes to your doctor.

**Don't smoke.** If you smoke or use other tobacco products, ask your doctor to help you

## Aging: What to Expect Part III cont.



quit. Smoking contributes to skin damage, such as wrinkling.

### Your weight

#### What's happening

Maintaining a healthy weight is more difficult as you get older. As you age, your muscle mass decreases and body fat takes its place. Since fat tissue burns fewer calories than does muscle, you need fewer calories to maintain your current weight.

#### What you can do

To maintain a healthy weight:

**Include physical activity in your daily routine.** Regular moderate physical activity can help you maintain a healthy weight.

**Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods

and lean sources of protein, such as fish. Limit sugar and foods high in saturated fat.

### Watch your portion sizes.

You might not need as many calories as you used to.

### Your sexuality

#### What's happening

With age, sexual needs and performance might change. Illness or medication might affect your ability to enjoy sex. For women, vaginal dryness can make sex uncomfortable. For men, impotence might become a concern. It might take longer to get an erection, and erections might not be as firm as they used to be.

#### What you can do

To promote your sexual health:

**Share your needs and concerns with your partner.** You might experiment with different positions or sexual activities.

**Talk to your doctor.** He or she might offer specific treatment suggestions — such as estrogen cream for vaginal dryness or perhaps oral medication to increase libido in women or oral medication for erectile dysfunction in men.

Remember, it's never too late to adopt a healthy lifestyle. You can't stop the aging process, but you might be able to minimize its impact by making healthy choices

I do hope you learned something on this (3) three part series of aging. Live healthy!

## 5 tips for a better night's sleep cont.

time.

Limit naps to 30 minutes at least six to eight hours before bedtime.

Stay active. Any activity is good. For best results, get moving 20 to 30 minutes most days,

at least four to six hours

before bedtime.



Limit your caffeine intake and avoid it after noon. Also avoid stimulants such as decongestants and nicotine. Go to bed at the same time every night and get up about the same time every morning —

even on weekends.

A healthy amount of sleep for most adults is seven to eight hours a night. If self-care techniques don't help, talk to your health care provider. Sleep problems are treatable.

# Sleep

Arkansas One Call



Know what's below.  
Call before you dig.



# ADEQ

ARKANSAS  
Department of Environmental Quality

## Manager's Corner

"Life's most persistent and urgent question is: What are you doing for others?"

As we approach this holiday we can examine our spirit of giving, not that we need to wait for a given date or season, but that we develop a culture and community of cheer-

ful givers.

Across this state there are many with tremendous needs. What will our responses be? We all come from many diverse backgrounds, experiences and beliefs, but we must not forget that "our beliefs don't make you a better person, your be-

havior does.

Have a Happy Holiday!!  
W.H. Calvin Murdock,  
Utility Manager

Happy  
Holidays