

HOSPICE—WHEN?

Fewer than 10% of the American public know that Hospice provides pain relief for the terminally ill. 80% don't think of it as a choice for end-of-life care. 90% don't know that Medicare pays for it.

Sometimes a physician, in his desire to heal, is reluctant to recommend a family seek the assistance of Hospice. Typically, Hospice care is given less than 30 days prior to death. This is generally because people either don't know or refuse to accept the inevitable.

Hospice care includes doctors, nurses, social workers, chaplains, home health care aides, and volunteers. These professionals dedicate their time and expertise to making a patient's last days as comfortable and enjoyable as possible.

Hospice serves not only patients, but family as well. Many times families are exhausted by the time they seek hospice help. Team members address many concerns such as final business arrangements, pain management,

spiritual counseling, and how the family will work with the death of its loved one.

Hospice care is usually provided in the family's home. This provides a sense of security and familiarity to the patient and family. Under some circumstances, the patient may be moved to a hospice facility. This facility is not a cold, anti-septic environment, but rather one which is intended to be warm and homey.

A key ingredient to a successful hospice program is volunteerism. Volunteers make the program work well. These volunteers provide house cleaning services or help bathe the patient. All of this is intended to make the patient comfortable and give the family respite. Often these volunteers are valuable because they just sit and listen to the patient while he talks about himself and his life.

Much more detailed information can be gathered by going to the Internet at: www.arkansashospice.com. Telephone:

Local: (501) 257-3400

Toll Free: (877) 257-3400

E-mail: Arkansas.Hospice@med.va.gov

STRENGTH IN AMERICA !

If you watched any of the memorial services on September 11th, you saw the incredible healing that has already taken place! The site of the World Trade Center twin towers awaits re-development. The destroyed section of The Pentagon has been completely rebuilt and reoccupied. The beautiful field in Pennsylvania where Flight 93 crashed is renewed and green again.

These examples of renewal and determination are beautiful to see.

In the same manner the great American spirit will bolster the economic recovery of this country. It always has and it will do so again.

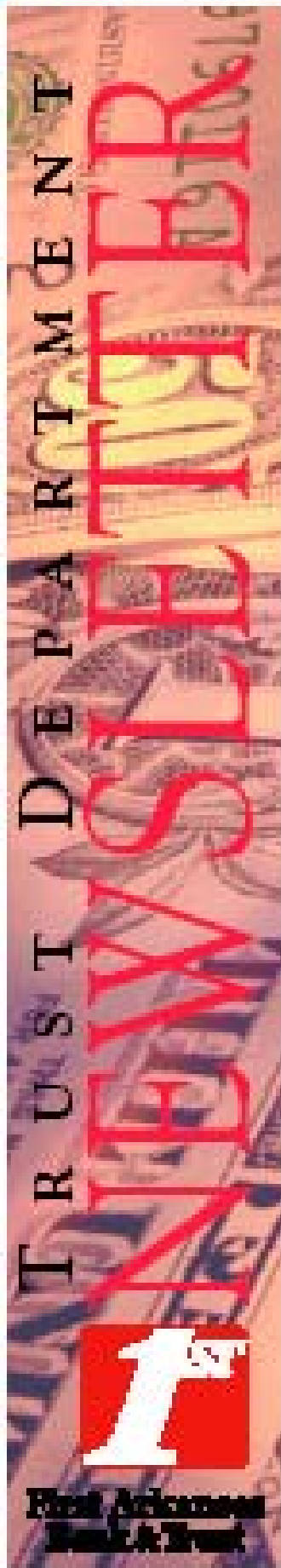
The important thing for investors to do is stay the course and "roll"!

Inside this issue:

Long-Term Care Insurance	2
Aspirin & Lower Blood Pressure?	2
Should You Learn to Like Broccoli?	2
Changes in Retirement Plans	3
Prescription Drug Program	3
How to Make a Million Dollars !	3
Your Trust Department	4

Special points of interest:

- *Long-Term Care Insurance*
- *Broccoli Anyone?*
- *Retirement Plan Changes*
- *Make a Million Dollars !*
- *About our Trust Department*



LONG-TERM CARE INSURANCE

There is a 1 in 80 chance that you'll ever use your homeowner's insurance. There is a 1 in 40 chance that you'll use your auto insurance. **But there is a 60% chance that you will spend time in a nursing home after age 65!**

Most responsible individuals have homeowners insurance and auto insurance. We consider this a reasonable cost of living. But most people do not invest in long-term care insurance. With statistics like those above, one has to wonder why.

The average cost of home care nationwide per year is \$35,000. The nationwide cost per year of a stay in a nursing home is \$55,000. It is somewhat less than that in Arkansas. You can expect a nursing home to cost about \$40,000 per year.

A fair question to ask is "should I pay money for life insurance when my liabilities are less than they used to be, or should I replace those premiums with a long-term care insurance policy which has the effect of preserving my assets for my heirs?"

Nursing home expenses (as well as in-home care) can

deplete assets that took a lifetime to accumulate. Often these expenses are absorbed by the children. Long-term care insurance can eliminate this loss of assets to late life care.

If you are age 55 or more, it is wise to consider this type insurance. Needless to say, as one ages, the premium costs escalate. There are many different levels and durations of coverage. When shopping, be sure to compare like provisions from different companies so that you are comparing "apples to apples".

There are many good reputable firms offering this coverage. If you don't know anyone who sells it, call Phillip Carlisle here in our bank at 985-4038. Phillip will be glad to explain the policies and their provisions.



ASPIRIN AND LOWER BLOOD PRESSURE?

Recent studies indicate that a simple household over-the-counter drug may have advantages previously unknown.

One aspirin taken **ONLY AT BEDTIME** has been shown to lower blood pressure in patients with mild-to-moderate hypertension.

The lone aspirin at bedtime lowered both the systolic (upper number in blood pressure readings) and the diastolic (lower number). This effect is in addition to the long held position that a single aspirin daily will lower the chance of a heart attack. This well might be one of those two-for-one benefits.

These conclusions were drawn after testing and tracking 109 patients with hypertension symptoms. Results of this study were reported to the American Society of Hypertension by Ramon Hermida of the University of Vigo in Spain.

"Visit the Internet at www.bayeraspirin.com for more information about aspirin."

It should be noted that this therapy should be undertaken **ONLY** with consultation with your physician and his permission.

WHY YOU SHOULD LIKE BROCCOLI !

Former President George H. W. Bush (No. 41) was known to dislike broccoli. He feeling is shared by a lot of people, but it might be worth a second look!

Broccoli appears to combat ulcers better than antibiotics and may help prevent most stomach cancers. Not only may it be effective in these ways, it is also much less expensive!

The vegetable contains a chemical that boosts the body's production of the substance sulforaphane, which destroys the *Helicobacter pylori* bacteria responsible for ulcers and most stomach cancer.

A team of researchers from the National Center for Scientific Research in France reported on their laboratory findings in the May 28 issue of the Proceedings of the National Academy of Sciences.

Sometimes the simplest of foods is the most effective at helping preserve our health. Add a little broccoli to your life for a measure of health.



Add Broccoli to your Life !

CHANGES IN RETIREMENT PLAN RULES

In 2001 there were changes to the tax laws that affect your employer-sponsored retirement plan. These changes went into effect in 2002.

allowed and the total contribution allowed.

Annual Contribution Limits

Pre-2002	\$10,500
2002	\$11,000
2003	\$12,000
2004	\$13,000
2005	\$14,000
2006	\$15,000
2007+	Indexed to Inflation

There are also provisions whereby individuals age 50 and older can "catch up" by contributing more to their retirement plans. The next table shows the additional amount



Age 50+ "Catch Up Provisions"

	<u>Add'l</u>	<u>Total</u>
Pre-2002	\$0	\$10,500
2002	\$1,000	\$12,000
2003	\$2,000	\$14,000
2004	\$3,000	\$16,000
2005	\$4,000	\$18,000
2006	\$5,000	\$20,000
2007+	Indexed to Inflation	

Under the new tax law graduated vesting has changed from a maximum of seven years to only six years now. This refers to the amount of the employer's contribution that belongs to the employee.

PRESCRIPTION DRUG PROGRAM

Many people are wondering what ever happened to the much-heralded prescription drug program that would reduce the cost of drugs to millions of older Americans.

The House and Senate developed different programs as well as the Democrats and Republicans taking widely varying approaches to a solution. The end result: nothing!

It is doubtful that any kind of program will be developed in this session of Congress. The session this Fall will be shorter than usual because of mid-term elections in November.

In addition to that limitation, the legislative agenda is so packed this session that most expect that much of it will go un-enacted. With that in mind, it would be reasonable to expect that

"Many people are wondering what ever happened to the much-heralded prescription drug program."

nothing will be done until the Fall elections are past and a new session of Congress convenes in 2003.

In the meantime, it would be wise to contact your Senators and Representative.

HOW TO MAKE A MILLION DOLLARS !

If you possess psychic powers and are able to correctly tell millions of individual savers and investors when the economy and the stock market will stabilize, you may be able to sell your information and make a quick million dollars!

Repeated projections concerning the economy, housing, employment, durable goods output, interest rates, inflation rates, and the return of the stock market to a "bull" environment have proven to be less than accurate.

For every economist talking on CNBC or any other cable or commercial channel, there are an equal number of business

projections. There seems to be little or no consensus.

We suggest you re-evaluate your financial holdings and if you find they are still good quality investments, then "stay the course". The market has always recovered.

Call John McNee at 985-4032 to discuss your holdings in detail.



TRUST DEPARTMENT

*Serving for over 50 Years!
Since 1949*



www.firstarkansasbank.com

First Arkansas Bank & Trust

FIRST ARKANSAS BANK & TRUST / 600 WEST MAIN STREET / P. O. BOX 827 / JACKSONVILLE, ARKANSAS 72078

Telephone: (501) 985-4030 or (800) 982-4511

YOUR TRUST DEPARTMENT

FIRST ARKANSAS BANK & TRUST has a long and proud history of service in central Arkansas. We are a state-chartered bank, chartered by the State of Arkansas, and regulated by the State Bank Department and the Federal Deposit Insurance Corporation (FDIC). We have a full-service Trust Department, a brokerage office, and a mortgage company, First Arkansas Mortgage Company, which is a wholly owned subsidiary of the bank.

The **Trust Department** was granted trust powers in 1972, and provides investment and trust services to individuals (Personal Trust), businesses (Employee Benefit Plans), and Corporate Trust in the form of servicing bond issues. The **Trust Department** manages approximately \$100 million in assets for its clients. The service provided is professional, confidential, personal, and utilizes the finest resources available in market research, investment information, and administrative systems.

The **Trust Department** of **First Arkansas Bank & Trust** is large enough to provide the quality of service its clients deserve, and small enough to provide a level of **personal** service appreciated by people who have accumulated some wealth.

CONTACT US VIA E-MAIL OR TELEPHONE

PAT TEAGUE

Senior Vice-President
Manager - Trust Department
(501) 985-4039
pteague@firstarkansasbank.com

JOHN McNEE

Vice-President
Trust Officer & Investment Officer
(501) 985-4032
jmcnee@firstarkansasbank.com

ROBIN BOYKIN

Assistant Vice-President
Assistant Trust Officer
Operations Manager
(501) 985-4031
rboykin@firstarkansasbank.com

GAIL PERRY

Operations Specialist
Bonds / Disbursements
(501) 985-4030
gperry@firstarkansasbank.com

JO ANDERSON

IRA Specialist / New Accounts
(501) 985-4033
janderson@firstarkansasbank.com

BETH HEGARTY

Operations Specialist / Daily Processing
(501) 985-4036
bhegarty@firstarkansasbank.com