MORx Funding Cuts Affect Over 60,000 Missourians

We’re All Just ONE INCIDENT AWAY

Leap Off Balcony Nearly Ends One Man’s Life

Area Agencies on Aging: Keeping seniors safe at home.
SeniorAge Board of Directors
Paul Brockman, President, LAWRENCE
Ray Weaver, 1st Vice Pres., CHRISTIAN
Dale Johnson, 2nd Vice Pres., OREGON
Rich Meyerkord, Treasurer, STONE
Barbara Beasley, Secretary, TEXAS
Jerry Arnold, BARRY
Armetta Sedge, DADE
Mae Burtin, DALLAS
Larry Morrison, DOUGLAS
Judy Warren, GREENE
Matthew Mansfield, HOWELL
Nancy Thomas, OZARK
Alvin Meyer, POLK
Sharon Thomas, SHANNON
Cy Murray, TANEY
John Gentry, WEBSTER
Earlene Coday, WRIGHT

SeniorAge Advisory Board
Sheryl Emery, Chairperson
Teresa Hall, Vice Chairperson
James Clemmons Arlie Rotenberry
Ron Clark Cheryl Fitch
Phil Gross Diane Gallion
Ann McCann Chuck Wooten
Kenneth Sedge Denice Gage

Senior Foundation of the Ozarks Board
Heather Johansen, Executive Director
Kevin Rusenstrom, President
Chris Blaine, Vice President
Hearld Ambler, Treasurer
Mike Haynes Ron Horn
Janet Morris Jeremy Hewitt
Susanne Gray Dave Taylor
Geoff Steele Janet Weber
Rob Kelsey Shannon Jacob
Sativa Boatman-Sloan John Conley
John Ray

Member ma4 - dedicated to carrying out its mission of service, information, and advocacy to improve the lives of older Missourians and to plan for the changes that will take place as the aging population grows in number and importance in the next decade.

SeniorAge Area Agency on Aging
1735 S. Fort  •  Springfield, MO 65807
Phone: 417-862-0762  •  Fax: 417-865-2683
www.senioragemo.org
facebook.com/senioragemo.org

SeniorAge, your Area Agency on Aging, provides these services through federal, state, county, grant, and Foundation assistance.

Information & Assistance Services
We’ll get you help with information about all kinds of situations. And, if we don’t have the answer, we’ll find out who does.

Senior Centers
Our Senior Centers are comfortable gathering places for food, fellowship, and fun. Center professionals and volunteers make it a trusted place to help you with your needs.

Meal Programs
Enjoy a noon meal in senior center dining rooms or help deliver to seniors who need home meals. There are currently 1,182,685 total meals being served through one of our 36 senior centers.

Care Coordination
Sometimes you just feel lost. You aren’t sure what you need, who to call, or what help is available. Trained care coordinators can help you identify problems, talk through alternatives, and guide you in finding appropriate solutions.

In-Home Services
A little help goes a long way to help a senior remain independent. We offer programs that help with housework, personal care (such as bathing), and respite care in the home which allows caregivers time away when a family member cannot be left alone.

Caregiver Encouragement
Caregivers need support. Our respite gives assurance that your loved one is in good hands when you must be away for a few hours.

Transportation Services
We fund programs that provide door-to-door transportation to business, health care, or shopping locations.

Tax Preparation Assistance
IRS-certified volunteers can complete your federal and state tax forms and housing expense rebate (MO-PTC) without charge.

Long-Term Care Ombudsman Program
A network of trained volunteers regularly visit nursing home residents. They can help address any concerns or needs.

Silver-Haired Legislature
Acting in an advisory capacity to the Missouri legislature, seniors (age 60 or older) are elected by their peers to promote legislation that is in the best interest of Missouri’s older adults.

County Senior Service Fund Projects
Special projects and enhanced services are made possible by county senior service fund grant initiatives. Currently, 11 counties have senior service funds including Barry, Christian, Dallas, Greene, Lawrence, Oregon, Polk, Shannon, Stone, Taney, and Webster.
Within the SeniorAge 17-county service area, there are currently 11 Senior Tax Boards. They include the counties of Barry, Christian, Dallas, Greene, Lawrence, Oregon, Polk, Shannon, Stone, Taney, and Webster.
We Need People Like **YOU**

Every year, SeniorAge delivers over 750,000 meals to seniors living at home with limited mobility. We are looking for dedicated volunteers to help us fulfill the nutritional needs of these seniors throughout our 17-county service area. Your brief visit delivering a meal can have a huge impact on a home-bound senior—it might be the only face-to-face interaction that individual may have that day. It also gives family members peace of mind knowing someone is checking in on their loved one’s well being and ensuring their safety.

Meal delivery is an ongoing, flexible, and fun opportunity. Drivers are needed Monday through Friday for just a couple of hours each day which makes this a perfect opportunity for stay-at-home moms, business owners who support the community through employee involvement, and even for retired individuals who just want to give back of their time. Pick a day that works for your schedule or become a substitute driver if you cannot make a weekly commitment.

Everything you need is provided and we even reimburse mileage expenses. Contact your local Senior Center to sign up for this golden opportunity or call 417-862-0762.

You can make a difference delivering hot, nutritious meals to homebound seniors.

When issues of mobility, illness, or disability make it difficult to get out of the house, seniors need a regular, nutritious meal delivered to their door. A friendly check-in with a caring driver provides an important link to additional services as they are needed. Oftentimes, meals are the single service needed to enable a senior to stay independent and at home.
James had lived a modest life and made just enough in social security to allow him to live comfortably in his duplex apartment. He received home-delivered meals from the local Area Agency on Aging which enabled him to remain at home.

A few years back, James fell and broke his hip, which landed him in a wheelchair and unable to drive. Friends rallied to build him a ramp that gave him access to the outside world. Last year, James received the horrific diagnosis of prostate cancer and was going to need immediate treatments to keep the disease from progressing. But James had no family to help him with the daily transportation trips to undergo his prescribed radiation and chemo treatments. He could not afford the fees of a taxi service, and he simply could not depend on friends to transport him and his wheelchair for the weeks to come.

The road to recovery looked grim; that is until a Care Coordinator from the Area Agency on Aging learned of his situation. She immediately came to James’ rescue, conducting a home assessment and needs survey. James still needed meal delivery, but also needed a little help in the home and immediate assistance with transportation.

James received three round-trip taxi vouchers each week so he could receive the medical treatment required. Because help was available through his Area Agency on Aging when he needed it, James is on the road to recovery.

Without adequate funding, Area Agencies simply do not have the resources to help every senior like James who need assistance in receiving life-saving medical treatments. Many patients must turn down or forfeit their treatment options due to lack of transportation options or funding for service. Help us keep the funding stream flowing for those who need us most. Transportation is one essential service needed to help keep seniors like James at home and thriving.

**Your Area Agency on Aging in Missouri has expert help.**

“We want to be here when you need us.”
MORx Prescription Drug Plan to End for Many Missourians

The Missouri Department of Social Services recently notified thousands of Missourians that the MORx prescription drug assistance program will expire for them as of June 30, 2017. At this time, the notice applies to approximately 60,000 Missourians of age and disability and those who were eligible for the program under established Medicare guidelines. For people who were eligible for the MORx program under BOTH Medicare AND Medicaid guidelines, the situation is less clear. Here’s why.

Earlier this year, the Missouri Legislature passed a bill that would reauthorize the MORx program and would allow dual eligible recipients to continue using the program. That bill, however, has not yet been signed into law by the Governor. If he signs it, dual eligible participants will continue to have access to this important program. If he doesn’t sign the bill, it will become law without his signature and the program will continue to be available – but only for people who meet both Medicare AND Medicaid guidelines. If the Governor vetoes the bill, the entire program will expire and NO ONE will have access to this program. The Governor has until sometime in August to make his decision on this important piece of legislation – and the Area Agencies on Aging will continue to monitor the status of this bill throughout the summer.

If you are among the group who will lose this important benefit, you may be eligible for some alternative assistance programs. If you are not sure if you will continue to qualify, or if you are not sure about your options, the Area Agency on Aging nearest you can provide you with important information about your situation.

The Area Agencies will continue to advocate for this program and will ask the Missouri Legislature to restore full access for the MORx program when the next legislature convenes in January. Until then, we will continue to provide you with important information that can help you find programs that are best suited to your unique health situation. Healthcare access is important to everyone – particularly Missouri’s seniors. Let us know if we can help you help yourself to lead a healthy and independent life.

What you can do

We encourage you to contact the Governor’s office to express your concerns.

https://governor.mo/get-involved/contact-the-governors-office
Phone: (573) 751-3222   E-mail: mogov.mail.mo.gov
Each year, an estimated five million older adults are abused, neglected, or exploited. Older Americans lose an estimated $2.6 billion or more annually due to elder financial abuse and exploitation—funds that could be used to pay for basic needs such as housing, food, and medical care. Abuse occurs in all demographics and can happen to anyone—a family member, a neighbor, even you. It is estimated that only one in five of these crimes are discovered.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect.

On June 15, SeniorAge employees rallied in support of this special day by wearing purple to work. You, too, can get involved by reporting elder abuse at 1-800-392-0210.
FEMA Assistance Available for Spring Flood Victims — Deadline August 1

According to reports from the Federal Emergency Management Agency (FEMA), 27 counties in Missouri were deemed eligible for disaster relief following the torrential storms that swept the state in May.


Homeowners and renters who sustained losses from the floods in Missouri can apply for disaster assistance online at www.DisasterAssistance.gov or by calling 800-621-3362 (FEMA) (voice, 711, or video relay service) or 800-462-7585 (TTY).

Information Needed to Register:
• Social Security number
• Address of the damaged home or apartment
• Description of the damage
• Information about insurance coverage
• A current contact telephone number
• An address where you can receive mail
• Bank account and routing numbers for direct deposit of funds

Partner organizations have rallied together to assist individuals with questions, concerns, and relief efforts. Individuals affected by the storms are advised to contact the agency direct at the following numbers or websites:

**Disaster Unemployment Assistance**
Missourians in the 27 affected counties whose employment was lost or interrupted due to flooding from April 28-May 11 may apply for up to 26 weeks of Disaster Unemployment Assistance (DUA).
• Call 800-788-4002 for help filing a DUA claim. To file a claim, call the MO Department of Labor & Industrial Relations Regional Claims Center Monday-Friday, 8 a.m.-5 p.m., or go to UIInteract to file online.
• For additional information and forms go to https://labor.mo.gov/contact-labor

**Disaster Legal Services Assistance**
• MO Flood survivors facing legal issues who are unable to afford a lawyer may call 800-829-4128, a toll-free telephone number established by The Missouri Bar in partnership with the American Bar Association Young Lawyers Division.

Callers will be asked for a brief description of their problem or question as well as a return phone number. Within 48 hours a volunteer attorney will return the call and provide free legal help. The volunteer attorneys cannot represent callers in court or accept the caller as a paying client. After talking with a volunteer attorney, callers may be referred to their local lawyer referral service if they decide they would like a lawyer to represent them.
For more information on this free legal service from The Missouri Bar, go to http://www.mobarpobono.net/

The type of legal assistance available includes:
• Assistance with securing FEMA and other government benefits available to disaster victims;
• Assistance with life, medical and property insurance claims;
• Help with home repair contracts and contractors;
• Replacement of wills and other important legal documents destroyed in the disaster;
• Assistance in consumer protection matters, remedies and procedures;
• Counseling on mortgage-foreclosure problems; and
• Counseling on landlord-tenant problems.

Insurance Questions & Complaints
The Division of Consumer Affairs within the Missouri Department of Insurance, Financial Institutions and Professional Registration (DIFP) provides consumer information and investigates consumer complaints against insurance companies and producers for most types of insurance.

The Division works to respond promptly and completely to consumers’ insurance-related questions and complaints, assist consumers in resolving those complaints whenever possible, and help consumers understand their options in handling insurance related matters.

Insurance complaints may be submitted in the following ways:
• Submit your complaint form electronically
• Fax to 573-526-4898; or
• Mail to P.O. Box 690, Jefferson City, MO 65102-0690

Disaster Fraud
The Attorney General works to protect consumers and ensure a fair marketplace by enforcing Missouri’s Merchandising Practices Act, as well as other laws. By filing complaints, consumers let the Attorney General’s Office know about unscrupulous businesses and individuals.

To report disaster fraud, contact the Missouri Attorney General Consumer Protection Hotline at 800-392-8222 or visit https://www.ago.mo.gov/app/consumercomplaint.

Veterans Needing Assistance
Veterans needing assistance with housing, replacement of medication and/or medical care should call the National Call Center for Homeless Veterans at 877-424-383.

877-WAR-VETS (927-8387) is an around the clock confidential call center where Combat Veterans and their families can be referred for support. Combat Veteran Staff will route your call to the nearest Vet Center or Medical Center where staff will provide assistance.

Additional recovery information can be found at https://recovery.mo.gov/
Our Senior Centers are Worth Celebrating!

New Marshfield Senior Center Hosts Grand Opening Celebration

After many months of fundraising and planning, a big dream became reality for residents in Marshfield. The new Marshfield Senior Center is now open! The entire community came together for an early June celebration featuring a BBQ lunch, entertainment by Ken Roberts, and a ribbon cutting ceremony with the Chamber of Commerce. It was a day well worth waiting for thanks to the efforts of SeniorAge staff, board members, the community, and the Webster County Senior Services Board.

Strafford Celebrates 15 Years of Service to Community

A grand celebration was held at the Strafford Senior Center, who for 15 years has provided their community with nutritious meals, a place to gather with friends, and essential programs and services. The day featured a delightful meal, speakers, and prize drawings. Nearly 90 guests attended.
Mom’s Honored During Mother’s Day Celebration

Alton Senior Center honored special moms during a Mother’s Day Celebration. They were all presented with hand-made corsage’s during the festivities.

Guests also had fun wearing their cowboy hats during another Center celebration.

Doughnuts with Dave

Dave Taylor with KWFC Radio recently hosted a “Doughnuts with Dave” promotional live broadcast from the Ozark Senior Center. Pictured with him are Board President Bill Achor, Dave Taylor, Vice President John Walker, and June Johns.

Shell Knob Celebrates the Young at Heart

Friends of Alleen Finegan helped her celebrate her 96th birthday last week at Central Crossing Senior Center. Alleen is a very giving individual and indeed an interesting, yet soft spoken lady, who has given so much to the community and friends from her church (Holy Family Catholic Church). Up until just recently, Alleen held a chauffeur’s license and was kind enough to offer transportation to many elderly in need. She is active in her church. Interestingly, during WWII in her younger years, she played women’s professional baseball. Alleen is proud of her accomplishments as a dancer for the National Barn Dancers Radio Show out of Springfield, Missouri. She was presented a beautiful bouquet of flowers to enjoy on her special day.
Sixth graders from John Thomas School of Discovery recently held a mini Farmer’s Market at the Nixa Senior Center. The students have been growing vegetables all winter in their greenhouse and came to share their crop with the seniors. They harvested tomato plants, squash plants, and a variety of flowers. The students set up right before lunch and then enjoyed lunch with the crowd. According to Administrator Marisa Andrews, this was a great multigenerational activity for everyone involved.

**Central Crossing Recognizes Volunteer Efforts**

Sharon Clute, a volunteer with the Central Crossing Senior Center in Shell Knob, recently received special recognition for her tireless efforts invested in creating and organizing the Center’s Recreational Library. What was once no more than an over-sized closet with a few paperbacks has now become a dedicated room where seniors can sit back and enjoy a current best seller, maybe a book on tape, or even a classic “who done it?” kind of read, all surrounded by the comforts of home. Her tireless efforts are apparent to anyone who’s ever checked out a book at the Center. The titles are ever changing and Sharon takes pride in providing new titles for her patrons to enjoy. The Library is open during normal business hours, Monday through Friday, 8:00 a.m. to 3:00 p.m.
Energize Your Tuesday Morning with Prime Time on KICK

Need a break from your Tuesday routine? Prime Time on KICK is a great way to complete your morning. Airing every Tuesday at 11:00 am, your hosts Juli Jordan and Chris Thompson bring you interesting, entertaining, and comprehensive interviews with experts in the field.

Healthcare, finance, travel, hospice, senior living, Medicare, nutrition, wellness, and fraud are just a sampling of the topics covered on Prime Time. The show gives you the news that helps make your “Golden Years...Golden.”

It’s our time. It’s your time. It’s Prime Time! JOIN us on Facebook, LIKE us, and SHARE us at facebook.com/primetimeonkick.

We would like your ideas for upcoming show discussions. If you have a subject you would like covered on the show, please e-mail us at primetimeonkick@gmail.com.

The following organizations support air time for Prime Time

- Bring It Home Physical Therapy
- Five Star Senior Living
- Hospice Compassus
- Mattax Neu Prater
- Parks and Jones Attorneys
- Phoenix Home Health Care
- Price Cutter Pharmacy
- Relay MO
- SeniorAge Area Agency on Aging
- Smooth Transitions Moving for Seniors

Providing you information from the experts to help make your “Golden Years...Golden.”
Home Lighting Tips Help Prevent Falls

Accommodating the needs of older adults who want to age in place takes a little planning and thought in order to maintain a safe environment. Proper lighting in the home is one sure way to make it a safer, more comfortable place to live. Based on research by the American Society of Interior Designers and the Illuminating Engineering Society, here are some tips to help you create a safer home with better lighting.

Throughout the House
• Provide more ambient light. As people age, they tend to need brighter light, but it should also be glare-free.
• Light levels should be consistent from one area to the next. Avoid situations where a brightly lit area blends into a darker area.
• Avoid monochromatic color schemes. A contrasting color scheme makes it easier for those with age-related vision problems to see shapes.
• Make the most of natural light. Remove heavy drapes and shades from windows.

Living Areas
• Provide uniform lighting from hanging fixtures, wall sconces, and recessed lighting.
• Use table or floor lamps near seating areas for reading or other activities, such as sewing.
• Place TVs and computers so that their screens don’t reflect light from lighting fixtures or windows.

Kitchens
• Hanging or ceiling-mounted fixtures can provide general lighting. If there’s space above the wall cabinets, fluorescent or LED strip lighting can be installed to reflect off of the ceiling.
• Provide dedicated task lighting at all work areas, including counters, sinks, and cooking appliances. Shielded under-cabinet lights make good task lighting.
• Consider installing a contrasting edge on the countertop, contrasting inserts in the counter, or even contrasting cutting boards placed on the counter. They’ll make the surfaces easier to see and safer to use.

Bathrooms
• If possible, place light switches outside of the bathroom so that the senior does not need to enter a dark room and struggle to find a light switch.
• Place vanity lights on the sides of the bathroom mirror at about eye level.
• Make bathtubs and showers safer by installing light fixtures designed for wet locations in the ceiling above the fixture.
• Provide safety for people who need to use the bathroom at night by lighting the path to the bathroom and the room itself.

Proper lighting can make a house safer and easier to navigate for elderly adults, providing a boost of confidence for those who wish to live independently in their homes. Choose the options that work best for you and your loved ones.
Missouri Senior Medicare Patrol Educates Seniors on Scams and Fraud

Thanks to special grant funding from the Missouri Senior Medicare Patrol (SMP), SeniorAge is able to educate Medicare beneficiaries through Scam Jam Sessions held at local Senior Centers. The goal of the SMP program is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse through outreach, counseling, and education.

The program also teaches Medicare beneficiaries how to protect their personal identity; identify and report errors on their health care bills; and identify deceptive health care practices such as illegal marketing, providing unnecessary or inappropriate services, and charging for services that were never provided. Above: The Scam Jam team of Jeff Jordan, Juli Jordan, Chris Thompson, JJ Bowler, and Brian Henning hosted a jailhouse scene during the recent Fearless Aging Expo to help educate attendees on Medicare fraud. For more information or to report Medicare fraud and abuse, call 1-888-515-6565 or visit the Missouri SMP website at www.missourismp.org.
Near Death

Life Lesson Opens Eyes for West Plains
Senior Who Now Dedicates Time to Serve Others

It was a warm evening over 20 years ago, a night that changed Gene Harrison’s life forever. What started as a fun celebration with his son and some friends ended with a near-tragic accident.

On May 25, 1995, Gene and his son were bonding at the lake over a great football season finale. They were staying at a local hotel, where team mates had also joined them. It became a pool party. As the night progressed, Gene had consumed a few beverages, and then a few more. Many of the young teens were jumping off of balconies into the swimming pool below.

At one point, one of the kids asked Gene if he wanted to jump. Not being of total sober mind, Gene joined in; however, his first attempt did not go as visioned. One...two...three...Gene jumped from his third-floor hotel balcony, missing the pool completely. He landed on the concrete deck, not really even knowing what happened.

“My first instinct was to roll on over into the water,” which is exactly what he did. Gene thought that if people saw him in the pool they would hopefully not have seen that he missed the water on his jump.

Unfortunately, Gene did not realize the danger he was in. Upon rolling into the pool, he immediately lost consciousness. His son jumped in to save him. Gene suffered broken bones, broken ribs, and bleeding in the brain. Even, worse, he went into a coma where he remained for the next four months. Upon his recovery from coma, Gene spent the next six months in rehab recuperating and learning to walk again on his own.

“It was literally the dumbest thing I have ever done,” Gene said. “I am lucky to be alive, and to this day live my life like it’s my last day.”

Although Gene learned from his mistake, he does not dwell on it. He is proud of the many outstanding things accomplished in his lifetime. He holds a construction management degree, has a musical background playing in bands and teaching others, and his storytelling is amazing according to former Center Administrator Jennifer Walker. But today, one of the most outstanding things Gene is proud to claim is the work he does at the Senior Center.

Five days a week, Gene delivers meals to home-bound seniors at a nearby senior living apartment complex, the place he also calls home.
He helps the Center in every way he can including the morning chores and making coffee. Jennifer says Gene always wears a smile, and would do anything for anyone. Gene says it’s true!

During Gene’s later recovery at home, he personally received home-delivered meals—and he *hates* vegetables. “The only way I could get them to stop bringing me vegetables was to go to the center myself and get my own meal,” he said. So that’s what he did. He worked up his strength and mobility and started going to the Center to get his own lunch. As time progressed, so did his desire to help.

To this day, Gene recalls the horrific day he almost died. He is thankful that the Lord above had better plans for him and that it was simply “not my time.” He learned a hard lesson about drinking 23 years ago, and to this day he remains alcohol free. “I won’t even jump off of the sidewalk now,” he joked.

So as the days and weeks go on, you will find Gene Harrision loading his truck every morning and hitting the road to visit with homebound neighbors and delivering them nutritious meals from the West Plains Senior Center. Despite a few pains and limp from his injuries, Gene has made a full recovery and proudly carries on serving others in need.

**Dade County Senior Center Sports a New Fresh Coat of Paint Thanks to A Special Grant Received from SeniorAge**

With the help of the Center Board and volunteers, Center Administrator Babette Terhune has been busy transforming the Dade County Senior Center.
Thanks to everyone who attended the May 6 Fearless Aging Expo hosted by Senior Foundation of the Ozarks. It was a great day full of fun, information, connections, and some shenanigans!

Superheroes Kara Ransom, Cameron Jones, and Clancy Parks ham it up with Spidey!

Thanks to Parks and Jones Attorneys at Law for being a GOLD sponsor.

Spiderman takes some time to relax with Jackie and Lori from Creekside.

A big thank you to Creekside and Elfindale for being a GOLD sponsor.

Fearless Aging Expo
Community Sponsors

Senior Foundation of the Ozarks

Americare Senior Living
The Baptist Home
The Cambridge
Equitable Mortgage
Hall Investments, LLC
Integrity and
Integrity Pharmacy
Home Instead Senior Care
Law Office of Sativa
Boatman-Sloan
417 Elder Law

Making Memories Tours
Medicine Store
Missouri State University
Oaks Retirement Community
Nikodem Dental
Osborne & Associates
Oxford Healthcare
Phoenix Home Care
and Hospice
Thrivent Financial
Visiting Angels
SAVE THE DATE

Morning and afternoon tee times available

Fall Classic
Charity Golf Tournament
September 11 at Millwood Golf and Racquet Club

4-person scramble (meal and cart included)
Contact Heather Johansen at 417-868-9514
I love pets. In my life I have been servant to many cats and dogs, a relentless Guinea pig, a super-pooper rabbit, a gimpy squirrel, a duck, and dozens of other creatures. Petting these fur babies offers a nice mental escape from my day job—tech support for about three dozen senior centers. Interestingly, there is a common thread between my job and my pets—sometimes it is hard to tell when something is dangerous and what just looks or sounds that way.

If you surf the web, chances are you have been interrupted, at least once, by a scary “dog” (a pop-up screen usually) that announces something like “You have been infected!” There may be flashing alarms and terrifying threats. Add the drama the relentless reporting of every cyber attack, often with good cause, and it can be stressful even to turn the computer on.

While the highly publicized outbreaks can be dangerous, a more likely pitfall is owners trying to pay for a solution for a fake or minor crisis. Scammers who write these programs often include pop-ups selling software guaranteed to “fix” the problem. When in doubt, take your system to a trusted computer shop or consult a knowledgeable expert.

It is impossible for me to tell you here, with certainty, which “dog” is simply annoying and which one really “bites,” but there are a few signs.

When something scary happens, try these steps first:
- Close your internet browser then, if you can, restart your computer.
- Next, immediately update Windows and update/run your antivirus and anti-spyware programs, quarantining anything it catches, and then clear your internet history to prevent returning to the link that caused the mess.
- Finally, try your browser again. If nothing pops up trying to scare you again, chances are good you avoided the danger.
- On the other hand, if you cannot close your browser or restart, attempt to turn off the computer by clicking Control+Alt+Delete at the same time, and then shut down.
- If that does not work, push and hold the power button (a last resort, but better than nothing).
- Once you restart your system, perform the above steps to solve the problem.

Prevention is critical. Frequently back up important pictures and documents onto either a USB drive or a popular cloud backup service. Always use current antivirus and anti-spyware software and keep current on Windows updates. Never click on links or buttons you do not recognize, even when sent by people you know. If you do all of these things, and you follow the steps above if something happens, your chances of being bit decrease and you can go back to enjoying your technology safely.
We Are Thankful for Our Agency Partners

On June 20, members from the Musgrave Foundation Grant Committee presented over 30 agencies with generous checks for projects that will better the community at large. SeniorAge Marketing and Development Director Juli Jordan applied for a grant on behalf of SeniorAge and received a check in the amount of $8,000 that will be used to help fund transportation for seniors needing rides to major medical appointments.

The Musgrave Foundation was founded in 1983 by Jeannette L. Musgrave to give “a hand up, not a hand out.” Their mission is to help fund projects benefiting the areas of children and senior services; healthcare and education; poverty, hunger, and homelessness; and arts and community betterment.

Thank you Musgrave Foundation for your generosity and support.

SeniorAge News and Senior Meal Sponsorships

**SeniorAge Newsletter Sponsor**

[ ] I would like to sponsor SeniorAge news at $100 per issue (Receive Business Card ad in issues you choose)

[ ] I would like to sponsor SeniorAge at $200 per issue (Receive 1/4 page ad in issues you choose)

* Circulation is 10,000 copies per issue (6 issues per year)

**Home-Delivered Meal Sponsor**

[ ] Our business would like to sponsor home-delivered meals for a senior
  [ ] $35.00 provides 10 meals.
  [ ] $70.00 provides 20 meals.
  [ ] $105 provides 30 meals.
  [ ] $210 provides 60 meals.

[ ] I would like to sponsor ______ meals at $3.50 each $ ___________

Your business will receive recognition for the meals delivered to individuals as well as name recognition in the SeniorAge newsletter.

**CONTACT INFORMATION**

Business
_____________________________________________

Contact Name
_____________________________________________

Address
_____________________________________________

Phone
_____________________________________________

E-mail
_____________________________________________

For more information on advertising opportunities or to sponsor meals through our Senior Centers, contact Juli Jordan at 417-868-9523 or juli.jordan@senioragemo.org
Senior Foundation of the Ozarks raises money and awards grants to Senior Centers and SeniorAge Area Agency on Aging to meet the needs of vulnerable senior citizens right here in southwest Missouri.

**Home-Delivered Meals**
Last year we delivered 820,171 meals to seniors and the list continues to grow. Home-delivered meals is one of the most utilized programs of an Area Agency on Aging. It’s that one hot meal that nourishes their bodies and enables many to remain at home. Will you help us keep the meals going out?

[ ] I would like to provide home-delivered meals for a senior
  [ ] $35.00 provides 10 meals.
  [ ] $70.00 provides 20 meals.
  [ ] $105 provides 30 meals.
  [ ] I would like to sponsor ______ meals at $3.50 each $ __________

**Memorial Donation**
Remembering a loved one through a personal memorial donation helps keep another individual independent and at home. Won’t you help ensure our services continue to those who need us?

[ ] I would like to give a memorial donation in the amount of $_______ in honor of the following person:

__________________________________________________________

Please mail announcement to:
Name_______________________________________________________
Street_____________________________________________________
City____________________________ State________ Zip_______________________

**Outreach**
Care coordination, transportation, in-home service, respite, and caregiver encouragement are just a few of the many outreach services offered to seniors and their families/caregivers.

[ ] My gift is for client services.
  [ ] A one-time donation of $ __________

**Capital Improvement**
[ ] I designate my gift of $_______ toward SeniorAge administrative building and equipment improvements.

**Leave a Legacy!**
Ask us how you can remember SFO in your planned giving.
The Foundation recognizes and celebrates the philanthropy of generous individuals who have made plans to address the future needs of seniors in southwest Missouri. Contact Heather Johansen at 417-868-9514 or heather@senioragemo.org.

**Our Vision:** We are building a solid foundation for seniors, Senior Centers, and caregivers in southwest Missouri. We believe all seniors should be nourished through food, resources, activities, and community support. We strive to help seniors THRIVE!

**Our Mission:** Funding Help and Hope for Seniors.

Please send donation payments to:
Senior Foundation of the Ozarks
c/o Heather Johansen
1735 S. Fort, Springfield MO 65807
<table>
<thead>
<tr>
<th>Senior Center Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alton Multi-Purpose Senior Center</td>
<td>204 S. Main, Box 403 65606</td>
<td>417-778-7342</td>
</tr>
<tr>
<td>Ash Grove Sunshine Center</td>
<td>310 Perryman, Box 72 65604</td>
<td>417-751-3826</td>
</tr>
<tr>
<td>Aurora - Heritage Harmony House</td>
<td>700 Hudson, P.O. Box 229 65605</td>
<td>417-678-5383</td>
</tr>
<tr>
<td>Ava Senior Center</td>
<td>109 N.E. Second, Box 1166 65608</td>
<td>417-683-5712</td>
</tr>
<tr>
<td>Bolivar - Polk County Senior Center</td>
<td>1850 W. Broadway 65613</td>
<td>417-326-5570</td>
</tr>
<tr>
<td>Branson Senior Center</td>
<td>201 Compton Drive 65616</td>
<td>417-335-4801</td>
</tr>
<tr>
<td>Buffalo - Engles Memorial Senior Center</td>
<td>103 Maples, Box 16 65622</td>
<td>417-345-8277</td>
</tr>
<tr>
<td>Cabool Satellite Center</td>
<td>515 Garst 65689</td>
<td>417-962-5983</td>
</tr>
<tr>
<td>Cabool Senior Center</td>
<td>910 Cherry 65689</td>
<td>417-962-3860</td>
</tr>
<tr>
<td>Cassville Senior Center</td>
<td>1111 Fair Street 65625</td>
<td>417-847-4510</td>
</tr>
<tr>
<td>Eminence Senior Center</td>
<td>108 Grey Jones, Box 513 65466</td>
<td>573-226-3839</td>
</tr>
<tr>
<td>Forsyth - Senior Friendship Site</td>
<td>13879 Hwy. 160 N, Box 248 65653</td>
<td>417-546-6100</td>
</tr>
<tr>
<td>Gainesville - Ozark County Senior Center</td>
<td>516 CR 800, Box 122 65655</td>
<td>417-679-4746</td>
</tr>
<tr>
<td>Greenfield - Dade County Senior Center</td>
<td>58 North Allison St. 65661</td>
<td>417-637-2626</td>
</tr>
<tr>
<td>Houston Senior Center</td>
<td>301 S. Grand 65483</td>
<td>417-967-4119</td>
</tr>
<tr>
<td>Humansville Senior Center</td>
<td>102 W. Tilden 65674</td>
<td>417-754-8303</td>
</tr>
<tr>
<td>Kimberling Area Senior Center</td>
<td>63 Kimberling. Box 873 65686</td>
<td>417-739-5242</td>
</tr>
<tr>
<td>Marshfield Senior Center</td>
<td>PO Box 305 65706</td>
<td>417-859-3555</td>
</tr>
<tr>
<td>Monett Senior Center</td>
<td>405 Dairy 65708</td>
<td>417-235-3285</td>
</tr>
<tr>
<td>Mt. Vernon Senior Center</td>
<td>425 N. Main, Box 51 65712</td>
<td>417-466-2072</td>
</tr>
<tr>
<td>Mtn. Grove Senior Center</td>
<td>700 East State St. 65711</td>
<td>417-926-5867</td>
</tr>
<tr>
<td>Mtn. View - R. Claude Trieman Senior Center</td>
<td>903 E. 5th St. 65548</td>
<td>417-934-6504</td>
</tr>
<tr>
<td>Nixa Senior Center</td>
<td>404 S. Main Street 65714</td>
<td>417-725-2322</td>
</tr>
<tr>
<td>Ozark Senior Center</td>
<td>727 N. 9th St., Box 681 65721</td>
<td>417-581-2538</td>
</tr>
<tr>
<td>Republic Senior Friendship Center</td>
<td>210 E. Hines 65738</td>
<td>417-732-7672</td>
</tr>
<tr>
<td>Rogersville Area Senior Center</td>
<td>197 Marshall, Box 52 65742</td>
<td>417-753-7800</td>
</tr>
<tr>
<td>Seymour Senior Center</td>
<td>205 Commercial, Box 26 65746</td>
<td>417-935-2211</td>
</tr>
<tr>
<td>Shell Knob - Central Crossing Senior Center</td>
<td>20801 YY-15 Rd., Box 707 65747</td>
<td>417-858-6952</td>
</tr>
<tr>
<td>Springfield: Northview</td>
<td>301 E. Talmage 65803</td>
<td>417-864-8606</td>
</tr>
<tr>
<td>Springfield: South Side</td>
<td>2215 S. Fremont 65804</td>
<td>417-890-1313</td>
</tr>
<tr>
<td>Strafford Senior Center</td>
<td>201 W. Bumgarner 65757</td>
<td>417-736-9898</td>
</tr>
<tr>
<td>Summersville Senior Citizens</td>
<td>129 Rogers Ave. 65571</td>
<td>417-932-4044</td>
</tr>
<tr>
<td>Thayer - Fun &amp; Friends Senior Center</td>
<td>100 Chestnut, Box 222 65791</td>
<td>417-264-7354</td>
</tr>
<tr>
<td>West Plains Senior Citizens Center</td>
<td>416 East Main 65775</td>
<td>417-256-4055</td>
</tr>
<tr>
<td>Willow Springs Senior Center</td>
<td>501 Senior Center Lane 65793</td>
<td>417-469-3892</td>
</tr>
<tr>
<td>Winona Senior Center</td>
<td>212 Sapper St., Box 7 65588</td>
<td>573-325-4636</td>
</tr>
</tbody>
</table>
Our Mission
Working together.

Our Vision
Opportunities, answers, and freedoms for all seniors.

How We Served Our Counties in 2016:

1,182,685 total meals to 17,559 seniors
820,171 home-delivered meals to 5,406 seniors
362,514 senior center dining room meals
76,222 hours of essential housekeeping service
7,063 supportive services to caregivers (respite)
61,729 transportation trips
12,864 electronically filed income tax returns

To better serve you, SeniorAge is now accepting appointments. If you need information and assistance, please call to schedule a personal consultation with a member of our Care Coordination team.

(417) 862-0762

Visit us on facebook at facebook.com/SeniorAgeMo.org

Watch for the rollout of our new website in July www.senioragemo.org