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 Activity Centers**
Our Senior Activity 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.
Senior Citizens’ Service Funds Help SeniorAge Programs

It’s More Than A Meal

The Greene County Senior Services Fund provides generous funding support for these essential SeniorAge programs:

- Nutrition Enhancements
- Information and Assistance
- Emergency Pendants
- Care Coordination
- Wellness Programs
- In-Home Services
- Transportation
- Home Safety

SeniorAge Area Agency on Aging (formerly SWMOA)
SeniorAge is a mission-led, not-for-profit Area Agency on Aging serving 17 counties in southwest Missouri: Barry, Christian, Dade, Dallas, Douglas, Greene, Howell, Lawrence, Oregon, Ozark, Polk, Shannon, Stone, Taney, Texas, Webster, and Wright.

The Older Americans Act (OAA)
In 1965, this Congressional act established helpful services for seniors and their families under the Administration on Aging.

The Aging Services Network
The Administration on Aging sends OAA funding to State Agencies on Aging. Funds are then distributed to the regional Area Agencies on Aging (AAA) within each state.

AAAs are the stewards for initiating and maintaining OAA programs. There are 10 AAAs in Missouri. SeniorAge is one of them. Each AAA is closely monitored by strict federal and state guidelines.

Senior Foundation of the Ozarks
Because seniors have many needs not covered by OAA funding, in 1989 the SWMOA Foundation, now Senior Foundation of the Ozarks (SFO), was created to raise and distribute special needs funds.

Mission
Working together.

Vision
Opportunities, answers, and freedoms for all seniors.

There are currently 11 Senior Tax Boards, each which help further the programs and services to seniors in the counties they serve. These include the counties of: Barry, Christian, Dallas, Greene, Lawrence, Oregon, Polk, Shannon, Stone, Taney, and Webster.

Please take time to say “THANKS” to your local board.
Putting the Pieces Together Through Quilting

by Starr Kohler, CEO SeniorAge

I’m progressing through a new experience these days—rather clumsily hand-pieceing a quilt. It’s for my daughter. As I sew, I imagine her someday, sometime reaching for this quilt to feel the same kind of comfort and centering Aunt Nonie’s quilt brings me.

I’m learning some things about myself as I sew. I don’t cut very straight and I don’t like marking tedious seam lines. I do like making tiny stitches at a gallop, the homely look of wobbled lines, and a jumble of colors. When the fabric edges don’t seem to quite match up, I can always stretch one bit to fit the other. Too much fuss and foo-foo would ruin the fun for me.

I’ve also discovered the pleasure of counting the number of squares I’ve added at the end of the day—the sense of finishing something “real.” Since many of the other things I do in a day can’t be measured this way, an uneasy sense of not having ‘finished’ anything can creep in.

Yet, I was thinking as I sewed tonight—just like the quilt, the pieces of my life story are multiplying every day. It’s all in motion. Just like my needle going in and out of the fabric, sewing little things into bigger things. The process of choosing pieces and changing keeps on going and growing. I grow in kindness to the measure I seam in more kindness. I grow in wisdom and courage to the measure I tackle the knots and sew on through. I grow in dreams to the extent I reach for polka-dot or upside down pieces. The power of focus and growing and surprise is in all of us—no matter our age. In some measure, we always choose.

If your fabric drawer ever gets low, there’s a bunch of new choices at our centers: We don’t mind wobbly lines or galloping stitches. We like a jumble of colors and patterns. And we can always stretch one bit to fit the other.

You can become a volunteer tax counselor, learn how to advocate for seniors in the halls of the capitol, help us answer our phones, become a Medicare expert counselor, take meals to someone who needs a friend, deliver Christmas gifts as Santa’s elf, join in our pickle ball or pinochle or music jams, help start a new support group, become a certified wellness class instructor, learn to write your life story, tai chi with the best, help out in one of our gardens, or even...learn how to quilt.

Surprise us! And, you might even surprise yourself.
John and Anna, a couple in their 80s, visited their local Area Agency on Aging. Anna was crying because she could not find her little girls. John shook his head and said “Our girls are adults now, but she still thinks they are children. She won’t stop crying. I just don’t know what to do for her.” John was beside himself.

Care Coordinator Denise complimented Anna on her beautiful pink dress. Anna stopped crying, turned to her spouse and said “Let this lady talk.” John said Anna had been in three different facilities and had walked off and even fallen several times. Soon after, they brought her home. Their daughters were looking for a place that had more security but they both worked and had limited time to search.

John kept repeating “I just never expected this to happen.”

Denise was able to talk him through lists of long-term care facilities and offer caregiving options to help them manage life at home. Anna, in her beautiful pink dress, smiled and patted Denise’s arm as she walked out the door. John reached with one hand for a tissue to wipe away his tears and extended the other thanking her for her help and guidance. It was Denise’s reassurance and listening ear that they needed most.

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

“Wewantto behere when you need us.”

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Our Programs Depend on Your Helping Hands

You know the old saying “It takes a village?” This is certainly true. It takes a village to survive. We all need community, support, and encouragement—we all need a little help once in a while. At SeniorAge, we strive to do just that...HELP.

Our motto is that “It takes an army!” It takes an army of willing folks who have the desire to help implement the many programs and services we offer that benefit seniors.

SeniorAge delivers over 750,000 meals to seniors living at home with limited mobility. We depend on dedicated volunteers to help us fulfill the nutritional needs of these seniors throughout our 17-county service area. WE NEED YOU! Your brief visit delivering a meal can have a huge impact on a senior at home—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, making 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.

Other volunteer opportunities are available that enable you to help us provide crucial services to seniors, including kitchen assistants, greeters, board members, program leaders, and much more.

Contact your local Senior Center to find out how you can make a difference in your community. We need you!
Beginning sometime between April 2018 and April 2019, individuals will receive a new Medicare card. Social Security numbers are being removed from Medicare cards to help protect individual identity and prevent fraud and malicious behaviors from taking place.

According to the Department of Health and Human Services, individuals will get a new Medicare Number that’s unique to each person, and it will only be used for Medicare coverage. The new card WILL NOT change your coverage or benefits. More information will come when the new card is mailed. Meanwhile, here is what you can do to get ready:

- MAKE SURE your mailing address is up to date. If your address needs to be corrected, contact Social Security at 1-800-772-1213 or www.ssa.gov/myaccount.
- BEWARE of anyone who contacts you about your new Medicare card. Medicare will NOT ask you to give out personal or private information to get your new Medicare Number and card. Medicare already has that information.
- UNDERSTAND it might take some time for you to get your card, and yours might arrive at a different time than your friend’s or neighbor’s card.

As always, report suspected Medicare fraud or abuse to the Missouri Senior Medicare Patrol at (888) 515-6565.

Falls are Preventable

According to the National Council on Aging (NCOA), falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten older adults’ safety and independence and generate enormous economic and personal costs. However, falling is NOT an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and community partnerships, the number of falls among seniors can be substantially reduced.

Important facts about falls:
- Falls are a common concern.
- In 2014, 1 in 4 older adults reported a fall.
- Less than half of falls are probably reported.
- 20% of falls cause serious injury, such as broken bones or a head injury.
- More than 95% of hip fractures are caused by falling.
- More than 7 million falls required medical treatment or restricted activity for at least a day.
- More than 27,000 older adults died as a result of falls—that’s 74 older adults every day in 2014.
SeniorAge Seeking 2018 Tax Volunteers

Tax Counseling for the Elderly Program Helps Seniors File Taxes for Free

Thanks to the efforts of 80 dedicated volunteers of the 2017 Tax Counseling for the Elderly program, SeniorAge Area Agency on Aging’s team filed over 10,000 state and federal tax returns for seniors, putting in excess of ONE MILLION DOLLARS back into their pockets. We are looking to break that record next year.

You don’t have to be a math genius to help – SeniorAge provides all the training and software needed for our volunteers to succeed in helping seniors and/or moderate-income families electronically file their State and Federal income tax returns as well as Missouri Property Tax Credit Rebates.

Training for new volunteers will take place in Springfield December 4-8. On January 9-11, an additional training is scheduled in Springfield for all tax volunteers, those new to taxes and returning volunteers. The same training will take place in West Plains on January 4-5, 2018.

The Tax Counseling for the Elderly Program has provided a much needed service to seniors for over 29 years. The dedication of the tax volunteers helps thousands of seniors through a difficult process, but more importantly puts money back into their pockets so they can afford other necessities that life demands.

Six Things You Need to Know About Becoming a TCE Volunteer

1. You don’t need prior experience. You’ll receive training from instructors and certified TCE Volunteers and can serve in a variety of roles like greeters, appointment setters, reviewers, Missouri Property Tax credit return assisters, or tax preparers.

2. You will receive free tax law training, e-file training, and all the materials needed to prepare basic individual income tax returns. All returns are using IRS approved software. You do need basic computer skills.

3. The hours are flexible. Volunteers are asked to serve an average of five or more hours per week from February through April 17, 2018.

4. Volunteer sites are generally located at senior centers, community and neighborhood centers, libraries, and other convenient locations.

5. All of our TCE sites offer free electronic filing of tax returns.

6. As a volunteer, you’ll join a program that’s helped millions of people file tax returns at no charge for over 40 years. Your help will make a difference. It’s people helping people. It’s that simple!

If you are interested in becoming a part of our great volunteer team, contact Susan Hughes at susan.hughes@senioragemo.org or call 417-868-9524, or talk to your Senior Center Administrator about availabilities at your local Senior Center.
**Health Fair Offers Helpful Information to Shell Knob Residents**

Central Crossing Senior Center in Shell Knob hosted a Health Fair on October 17 offering a wide variety of tests and information for the community.

Technicians from Mercy were on hand to provide lab tests, blood pressure checks, BMI, EKG, PFT, and pulmonary tests. The Plaza Pharmacy administered flu shots and Hearing Wellness Solutions provided hearing tests.

Other community partners also participated, offering information on their services. Represented were Cox Health Clinic, Cox Hospital, Oxford Home Health, Wedgewood Gardens, Oak Point Senior Living, Cassville Health Rehab, Peachtree Senior Living, and OACAC. Special thanks to all the participants and providers for taking time to attend this successful event.

**Freezers Provide Storage Options for Seniors in Forsyth**

The Forsyth Senior Friendship Site recently purchased 12 freezers to be loaned out to individuals receiving frozen meals but who were lacking in space to store them. Two weeks of frozen meals takes up a lot of room in a regular freezer so this came as much relief for those who received them.

Special thanks to volunteers Leland Krebs, Glenda Hunt, Ronda Dorsey, Rodney Dempsey from the Friendship Site, and to Cody Matthews, Mykal Charleton, Kristen Cooper, and members of the Forsyth R3 ROTC for helping with this project.

The center is also seeking donations to stock the Forsyth Senior Thrift Store located at 14974 US 160. Coats, sweaters, boots...everything for fall and winter are being accepted. Proceeds from the store help support the programs and activities at the Friendship Site. The store is open every Tuesday through Saturday.
Aurora Hosts Breast Cancer Awareness Program

Aurora Senior Center recently hosted a Breast Cancer Awareness Day with Three Rivers Hospice. An educational discussion was held on breast cancer myths and facts and how to prevent breast cancer. The Center’s activity volunteer Arelis made pink ribbons to give to all patrons and attendees participated in a “wear pink” contest. Pink treats rounded out the festivities and were offered in a bake sale. All proceeds were donated to the Cox Health Foundation for breast cancer research. It was a fun day for a worthy cause.

According to the Breast Cancer Foundation, breast cancer is the most commonly diagnosed cancer in women. One in eight women in the United States will be diagnosed with breast cancer in her lifetime. Thanks to medical advancements, education, and early detection, over 3.3 million breast cancer survivors are alive in the United States. SeniorAge celebrates you and your loved ones who have been diagnosed with or affected by this disease.

Cabool Celebrates Fall on the Farm

What an afternoon...Cabool Senior Center recently celebrated the birthday of Elmer Turner, who turned 98 years young. Oxford Healthcare provided a delicious cake in his honor. Twenty-four attendees also enjoyed a hayride and bonfire with goodies to roast over the fire. “We couldn’t have asked for a better day,” raved Center Administrator Angie Nordquist.
Essential Oils Becoming Popular Self-Treatment Option

Have you been asking yourself “What are essential oils?” Essential oils are the highly concentrated version of the natural oils in plants. Not all plants produce essential oils, and in the plants that do, the essential oil may be found in the roots, stems, leaves, flowers, or fruits. They have been used throughout history in many cultures for their medicinal and therapeutic benefits.

The most common therapeutic application of essential oils is that of aromatherapy, where healing effects are achieved through the aromas of the essential oils. Many oils are believed to have an uplifting effect on the human’s mind; and many essential oils also have antiseptic properties, which means they reduce the possibility of infection when applied to the human skin.

Three favorites of essential oils for therapeutic benefits have been identified as:

- **Lavender** – helps to alleviate stress, anxiety, irritability mental fatigue, panic attacks, depression, bruises, and stretch marks.

- **Peppermint** – helps with nausea, vertigo, exhaustion, and headaches.

- **Frankincense** – used for immune system stimulation and to help with asthma, coughing, and bronchitis.

You can access the power of essential oils many ways, but the most common practices include aromatic diffusion, topical application, and dietary consumption. These methods bring the pure essence of health-promoting botanicals to your home, family, and life.

Where You Can Find Out More About Essential Oils

The Buffalo Senior Center will be hosting an Essential Oil Basics program on Friday, November 10 at 1:00 pm. Attendees will learn about what essential oils are, how they work, general uses, application methods, and how to choose a quality oil. For more information, contact the Center at 417-345-8277.

Branson Senior Center Hosts Grief Support Group

Grief has many paths. From the first steps of deep loss to the later steps of seeking a new life... the path often holds unexpected turns and side roads that beckon. The Branson Senior Center is hosting Grief Support Groups on the first and third Friday of each month from 1:30 - 2:30 pm. This support group deals with issues that often are not addressed and questions that often are left unanswered. For more information, contact Suzanne Angyal or Kim Berry at 417-581-4968.
Branson Educates Seniors on Falls Prevention

Branson Senior Center recently hosted a Falls Prevention Awareness Day. Prizes were offered throughout the day and Betty Mahaffey won the grand prize. Ozark Family Vision Center cleaned and adjusted glasses while Oxford presented a program on falls awareness. The Branson Band was in house to play and sing for the guests. Lunch was served and it was fun for all, according to Center Administrator Lisa Arnold.

Call to start your New Beginning!
(417) 881-7442
3033 S Kansas Expy.
Springfield, MO 65807

Hospice
Designed to meet physical, spiritual and emotional needs of our clients and families facing end-of-life health care needs.

Home Health
Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Home Health Aides, Medical Social Work

Private Care
Companion Care, Housekeeping, Assistance with Mobility, Medication Set-Ups, Personal Care & MORE!

In-Home Services & Consumer Directed Services
In-Home: Personal care, Assistance in transferring, Advanced personal care, Light housekeeping and laundry, Grocery shopping and errands, Preparing meals and cleaning up, Range of motion, Maintenance nursing, Respite and advanced respite care
Consumer Directed Services: For those who can direct their own care.
Grill Master Retires from Central Crossing

OJ Thompson, former Professional Bronco, former School Superintendent, and former Central Crossing Senior Center Administrator can officially add one more “former” to his list of life’s accomplishments: former Central Crossing Senior Center Grill Master.

On the last Friday of nearly every month for the last five years, OJ has selflessly given his time and talents to grilling brats, steaks, hot dogs, and hamburgers for all of the diners at the Senior Center. OJ’s jovial nature and commitment to enhancing the lives of all who frequent the Center did not go unnoticed; it actually attracted more guests.

During his last official cookout, the board thanked him for his many years of friendship by presenting him with a Denver Bronco’s sheet cake, created by Assistant cook Rita Warner. He was also honored with a plaque recognizing his culinary gifts, presented by Board President Jerry Arnold.

OJ has promised his friends in Shell Knob that he will be back from time to time, but as a patron enjoying the talents and efforts of others at the Center. Thank you, OJ, for your many contributions to Central Crossing Senior Center.

Board President Jerry Arnold presents OJ Thompson with a Grill Master award, honoring his dedication and volunteerism to the Central Crossing Senior Center.
The SeniorAge Santa’s Little Helper program helps make the holidays a little brighter for seniors aged 60 and over. It was established with three main goals in mind:

1. to comfort those who are alone and have no one to celebrate the holidays with
2. to provide a gift (s) to those who might not receive Christmas gifts from anyone else
3. to give a little financial relief by providing basic supplies, and food and personal care products.

It’s time for you to become a part of something grand! Grab your friends, church groups, co-workers, and family and help us make the holidays more delightful for seniors throughout our 17-county service area. Become a Santa’s Little Helper today!

Allie, Stan, Carla and Robert

If you would like to receive a wish list of a special senior, contact Juli Jordan at 417-868-9523 or e-mail juli.jordan@senioragemo.org
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/senioragemo.org.

We would like your ideas for upcoming show interviews. If you have a subject you would like covered on the show, please e-mail us at juli.jordan@senioragemo.org.

Recent Guests on Prime Time:
- Hospice Compassus
- South Side Senior Center
- Home Instead Senior Care
- Mansion at Eflindale
- Silver-Haired Legislature

Providing you information from the experts to help make your “Golden Years...Golden.”
Free Medicare Counseling is once again being offered at several Senior Centers across our 17-county service area. This year, the enrollment period is from October 16 through December 7. During this time, eligible seniors can review and make changes in their Medicare Part “D” and may change from Advantage Plans to Medicare or Medicare to Advantage Plans.

It is wise to have your plans reviewed each year because as plans change you may be able to save money; not reviewing your plan could cost you money. For example, do you know if your current Part “D” provider has changed its drug costs–its premiums or its deductibles? Medicare Part “D” has numerous changes that you may not be aware of. Additionally, there is much to learn regarding the differences between Medicare and the various Advantage Plans available for next year.

All of our Medicare counselors are trained Centers for Medicare Services (CMS) volunteers. They offer their services free of charge and remain completely unbiased. Their motivation is to assist area seniors in choosing the best health plan available.

Since the inception of Medicare Part B in 2005, SeniorAge has run thousands of plan comparisons for seniors. It is expected that in 2017 alone we will have run over 600 plans saving seniors between $50,000-$100,000.

The program today is as valuable to seniors as the day it began—the savings per person could be as great as $5,000 per year.

Central Crossing Senior Center in Shell Knob has helped heighten awareness of this service in their community, and since, over 974 Seniors have saved $444,695. That’s an average savings of $457 per person. These seniors will unanimously agree that it is important to have an independent and unbiased review of your Medicare options!

Using this service is free and easy – schedule a plan comparison today and get the most out of your Medicare plan coverage at the best cost. Call SeniorAge at (417) 862-0762 to schedule your appointment at the location nearest you.

CLAIM, the State Health Insurance Assistance Program, also has several enrollment event sites. Visit their website at www.missouri.org or call (800) 390-3330 for more information.

Central Crossing Senior Center’s Medicare Enrollment Team loves what they do!
Long-Time Agency Friends Enjoying Life of Retirement

Glenn and Cathy Phillips, our beloved senior advocate heroes from the Shell Knob area, have moved to Kansas City to be close to family and a medical research project. We thought you’d enjoy hearing they are doing very well and send their love to everyone.

Glenn and Cathy continue to follow the Senior Growth and Development revenue initiative. It has become Silver Hair’s number one priority for 2018. As we all remember, Glenn was the brain behind the initiative’s beginning many years ago.

With the help of Ron Clark, they crafted the first foray into requesting that a portion of the state of Missouri insurance premium fund be designated for Senior Centers and services through the Area Agencies on Aging.

Glenn and Cathy hope this is the year for the Senior Growth and Development Bill to see the light of success!

We continue to wish them the very best in their new home, surrounded by family and new adventures. And, if you’re on e-bay, you might check for Glenn’s new enterprise. He’s teaching entrepreneurship to his grandchildren the e-bay way!

Silver-Haired Legislature Announces Top Priorities for 2018

The 44th Annual Conference of the Silver-Haired Legislature took place at the State Capitol in Jefferson City on October 16, 17, and 18. The 114 delegates in attendance chose their Top Five Priorities and formulated plans to advocate for senior issues during the coming legislative session.

After spirited debates in the legislative chambers, the delegates chose these issues as their Top Five Priorities for the 2018 legislative session:

1. Senior Services Growth & Development Services
2. Revision of MoRx
3. Increase Funding for Home-Delivered Meals Provided by Area Agencies on Aging.
4. Maintain Property Tax Credit Known as the Circuit Breaker for Renters and Homeowners at the 2016 Level
5. Approval of Medical Marijuana Use in Missouri
Accidents do Happen

by Rita Cox, Customer Support Assistant

I was in a car accident on June 20 of this year and wanted to share my story. Now that is one big statement for me! I was an accident-free driver of 45 years—not even a speeding ticket. Was I proud? Well, to be perfectly honest I never really thought about it. I just drove.

Believe me, this was one of the most shocking events that I have had in my life. Not that I ever thought I wouldn’t or couldn’t have this happen to me, I just always tried to be a safe and alert driver. But this brings up some questions. What happened? I was driving along my usual route to work; it was bumper-to-bumper traffic. I drive the speed limit or just a tad under. I always keep in the lane that I need to turn. I do not text and drive nor do I talk on the phone. So where did I go wrong?

I was watching straight ahead of me and saw the light turn red, and in turn all of the tail lights of the cars ahead of me. They braked and I braked. They braked again. I was edging towards a full stop when I realized I was going to hit the car in front of me. It all happened in slow motion...until the impact. I just sat there, looking around, checking myself out. My arms were both hurting and so kept them in a stable position. “Possibly broken” went through my mind. I looked up to see if there was any movement in the car I hit. Could there be children in the car? This could be so very serious. I was doing everything right. I had driven this road many times, never deviating from my routine, and my trips were always successful...until today.

Following the accident my day in court came. It was concluded that I was “guilty” of causing the accident, but I was very hopeful I would not get points taken off of my license. I have heard the horror stories. The Prosecuting Attorney was very gracious to me, but told me how it was going to be. I accepted his offer, and walked away with a “Drive safe, and have a good day.” Later I stood before the Judge. He hit his gavel twice and announced “The Court approves.” I have had to attend a driving class, and pay court costs, but in the end was fine with the sentencing. It could have been much worse.

I’ve come to the conclusion on what happened that day, and it was an accident! So today I drive even more safely, leaving more than two car lengths in front of me. I look around me constantly. Even though I listen to the radio, it isn’t blaring. I tell myself, “I am the older generation now.” I’m not like I used to be but I am still a very capable driver.

After this experience I feel I know when I should give up my keys, and will graciously do so when the time comes. Until then, drive safe and remember, accidents do happen!
November is National Diabetes Month

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans.

Living with diabetes can be challenging to manage every day. You are the most important member of your diabetes care team, but you don’t have to manage your diabetes alone. Seek support from health care professionals, your family, friends, and community to manage your diabetes.

There are three main types of diabetes:
Type 1 diabetes – Your body does not make insulin. This is a problem because you need insulin to take the sugar (glucose) from the foods you eat and turn it into energy for your body. You need to take insulin every day to live.

Type 2 diabetes – Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.

Gestational (jest-TAY-shun-al) diabetes – Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the baby is born. But even if it goes away, these women and their children have a greater chance of getting diabetes later in life.

Take diabetes seriously.
You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high.” These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can learn to manage it.

People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. It’s a lot to do. It’s not easy, but it’s worth it!

Know the Facts

- According to the American Diabetes Association 30.3 million Americans, or 9.4% of the population, had diabetes in 2015.

- Approximately 1.25 million American children and adults have Type 1 diabetes.

- The percentage of Americans age 65 and older remains high, at 25.2%, or 12.0 million seniors (diagnosed and undiagnosed).

- 1.5 million Americans are diagnosed with diabetes every year.

- In 2015, 84.1 million Americans age 18 and older had prediabetes.

- Diabetes was the 7th leading cause of death in the United States in 2015, with 79,535 death certificates listing it as the underlying cause of death.

Take control of your diabetes. November is the month to start!
Determined effort to create adventure out of retirement put me on an unending learning curve. Friends well versed in all things “RV” aided my inspection prior to purchase. They encouraged me to invest in new tires. The tread seemed quite okay to me but the age of the back tires was 2006—too much time on the ground for the low mileage weakened the rubber. Who knew?

Those same friends called suppliers and negotiated the best price. I promptly called to order four new tires and set the appointment to get them mounted and balanced (only to learn later that I needed six...there are dual wheels on the rear axel. Who knew?

The next new item on my learning curve was modification of my front-wheel-drive auto so I could tow it behind my motor home. Few services facilities will do this work due to the liability, and the one local company to say “yes” was booked out over two weeks. When alterations were completed and I picked up my car, I was surprised to see two chrome rods protruding from my grill. First thought was, “I could be driving a James Bond auto.”

Meanwhile, registration of my motor home was to be completed, per Missouri law, within 30 days. I took possession on Saturday, June 10. I called the DMV asking what fees were required. I was appalled considering my expectation was to travel elsewhere.

I resolved to get a travel permit instead and find other options to complete the registration process. It is a very long story...today is September 29 and I am still waiting to receive all of the legal documents.

Because I had employment waiting for me on my first Workamper position, even though my Turtle Shell was not properly tagged, I departed on schedule from Branson and headed for northern Colorado. I had been experiencing frustration because the rear camera was not working and I had been unable to ensure my car was still traveling behind me. In exploring the complication later that evening, I discovered the camera had an “on/off” button. Who knew?

Finally, upon check-in at the Glen Echo Resort, I solicited help disconnecting my car and hooking up my utilities. Orientation began the next morning and I started my housekeeping assignment the next day, August 5. I received time off to attend my 56th Class Reunion back at the Canyon. It was a “grand” time indeed.

The resort has its share of black bear visitors. I learned to carry a bright LED lantern after working split shifts as a bartender on my trek from the pub to my motor home. I am happy to report that I have had no sightings, as confrontation with bears is not on my bucket list.

Until next time...Lynie
Christmas Mile & 5K

Nonrefundable Entry Fee
$25 per person ($30 per person on race day)

Please indicate which race: 1 mile 5K Both races

First name: ______________________ Last name: ______________________
Address: ______________________ City/State/Zip: ______________________
Phone: ______________________ E-mail: ______________________

Gender: ______________________ Age on 12/9/17: ______________________

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather and the condition of the roads, all such risks being known and appreciated by me. Furthermore I agree to yield to all emergency vehicles. I also am fully aware that baby strollers, wheelchairs, mobility aids and animals will be on the course. Furthermore, I agree not to go back onto the course after finishing. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and of their agents, employees, assigns or anyone acting for or on behalf of any other record of this event for any purpose. Applicants for minor accepted only with a parent or guardian signature.

Signature: ______________________ Date: ______________________
(Parent or Guardian MUST sign if entrant is under 18 years of age!)

Please mail signed form and payment to:

Attn: Heather Johansen, 1735 S. Fort Avenue, Springfield, MO 65807
(checks payable to “Senior Foundation of the Ozarks”)

Office use only: Total Received: $_______ Cash ___Check #__________

SeniorAge News – Advertising Opportunities

Business Card Ad
[ ] I would like to purchase an ad in SeniorAge News at $100 per issue

1/4-Page Ad
[ ] I would like to purchase an ad in SeniorAge News at $200 per issue

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

Choose the issue(s) you would like your ad to run:
[ ] January-February
[ ] March-April
[ ] May-June
[ ] July-August
[ ] September-October
[ ] November-December

SeniorAge will bill you for your advertising.

CONTACT INFORMATION

Business

Contact Name

Address

Phone

E-mail

For more information on advertising opportunities 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 beneficial 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 senior 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
SeniorAge Senior Center Directory

Alton Multi-Purpose Senior Center  
204 S. Main, Box 403  65606 ..................417-778-7342

Ash Grove Sunshine Center  
310 Perryman, Box 72  65604 .................417-751-3826

Aurora - Heritage Harmony House  
700 Hudson, P.O. Box 229  65605 ..........417-678-5383

Ava Senior Center  
109 N.E. Second, Box 1166  65608 ........417-683-5712

Bolivar - Polk County Senior Center  
1850 W. Broadway  65613 ..................417-326-5570

Branson Senior Center  
201 Compton Drive  65616 ..................417-335-4801

Buffalo - Engles Memorial Senior Center  
103 Maples, Box 16  65622 .................417-345-8277

Cabool Satellite Center  
515 Garst  65689 ........................417-962-5983

Cabool Senior Center  
910 Cherry  65689 .......................417-962-3860

Cassville Senior Center  
1111 Fair Street  65625 ..................417-847-4510

Eminence Senior Center  
108 Grey Jones, Box 513  65466 ........417-679-4746

Fair Grove Senior Center  
PO Box 41  65648 ..........................No Phone

Forsyth - Senior Friendship Site  
13879 Hwy. 160 N, Box 248  65653 ....417-546-6100

Gainesville - The Center  
516 CR 800, Box 122  65655 ..............417-679-4746

Greenfield - Dade County Senior Center  
58 North Allison St.  65661 ...............417-637-2626

Houston Senior Center  
301 S. Grand  65483 ......................417-967-4119

Humansville Senior Center  
102 W. Tilden  65674 ........................417-754-8303

Kimberling Area Senior Center  
63 Kimberling, Box 873  65686 ..........417-739-5242

Marshfield Senior Center  
427 W. Washington  65706 ...............417-859-3555

Monett Senior Center  
405 Dairy  65708 ..........................417-235-3285

Mt. Vernon Senior Center  
425 N. Main, Box 51  65712 .............417-466-2072

Mt. Grove Senior Center  
700 East State St.  65711 ..................417-926-5867

Mt. View - R. Claude Trieman Senior Center  
903 E. 5th St.  65548 ....................417-934-6504

Nixa Senior Center  
404 S. Main Street  65714 ...............417-725-2322

Ozark Senior Center  
727 N. 9th St., Box 681  65721 ........417-581-2538

Republic Senior Friendship Center  
210 E. Hines  65738 ....................417-732-7672

Rogersville Area Senior Center  
197 Marshall, Box 52  65742 ............417-753-7800

Seymour Senior Center  
205 Commercial, Box 26  65746 ........417-935-2211

Shell Knob - Central Crossing Senior Center  
20801 YY-15 Rd., Box 707  65747 ....417-858-6952

Springfield: Northview  
301 E. Talmage  65803 ....................417-864-8606

Springfield: South Side  
2215 S. Fremont  65804 ................417-890-1313

Stratford Senior Center  
201 W. Bumgarner  65757 ...............417-736-9898

Summersville Senior Citizens  
129 Rogers Ave.  65571 ..................417-932-4044

Thayer - Fun & Friends Senior Center  
100 Chestnut, Box 222  65791 ..........417-264-7354

West Plains Senior Citizens Center  
416 East Main  65775 ....................417-256-4055

Willow Springs Senior Center  
501 Senior Center Lane  65593 ..........417-469-3892

Winona Senior Center  
8498 Sapper St., Box 7  65588 ............573-325-4636
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

3 Easy Ways to Contact Us:
Phone: (417) 862-0762

Visit our NEW website at www.senioragemo.org

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