We’re All Just ONE INCIDENT AWAY

Seniors living the Dream

Remembering Becky Pike

Area Agencies on Aging: Keeping seniors safe at home.

DON’T BE A VICTIM
Latest Scams Targeting Seniors

1-2017
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
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, 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 1,100,439 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 Age 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

Vision
Opportunities, answers, and freedoms for all seniors.

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

Are you looking for a truly meaningful volunteer opportunity? SeniorAge delivers over 750,000 meals each year to home-bound seniors throughout our 17-county service area. Your brief visit delivering a meal can have a huge impact on a homebound senior—it might be the only face-to-face interaction that individual may have that day. It also gives peace of mind knowing someone is checking in on their 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.

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.
Elimination of Tax Credits Effects Seniors

The Senate Ways and Means Committee recently approved SB 285 which would reduce the corporate income tax and eliminate several tax credits to help pay for that, including the property tax credit for senior renters.

More than 100,000 Missouri seniors and people with disabilities may lose a modest property tax credit in order to pay for another corporate tax cut, as a result of a proposal advanced by the Senate Ways and Means Committee. Despite having one of the lowest effective corporate income tax rates in the country, the Senate Committee Substitute for SBs 285 and 17 would eliminate the circuit breaker property tax credit for seniors and people with disabilities that rent their homes, and cap other tax credits, to further reduce the corporate tax rate.

“We appreciate that lawmakers understand that we can’t simply afford to continue to cut taxes without paying for them,” said Amy Blouin, Executive Director of the Missouri Budget Project, a nonprofit think tank that analyzes tax and budget policies. “But this bill puts the cart before the horse. Instead of comprehensively reviewing the tax credit system as the Governor has called for, this bill rushes to pay for a corporate tax break on the shoulders of 100,000 vulnerable seniors and Missourians living with disabilities.”

The estimated 100,700 Missourians who would lose eligibility for the credit rent their homes. While they do not pay property taxes directly, landlords incorporate those costs into rental prices. In recognition of this, most states with similar tax credits include renters in eligibility.

“Tax credits significantly reduce state revenue and deserve to be evaluated to make sure Missourians are getting a bang for their buck,” continued Blouin. “But there are ways to increase efficiency and lower the cost other than haphazard changes that harm seniors and people with disabilities to line the pockets of corporations.”

The AARP, Missouri Association of Area Agencies on Aging, NAMI St. Louis and Paraquad also opposed the bill.

Call to Action

Contact your Senators and ask them to oppose this bill.

David Sater (Barry, Lawrence, Stone, Taney)  david.sater@senate.mo.gov
Jay Wasson (Christian)  573-751-1503
Ron Richard (Dade)  ronald.richard@senate.mo.gov
Mike Cunningham (Douglas, Howell, Oregon, Ozark, Texas, Webster, Wright)  mike.cunningham@senate.mo.gov
Bob Dixon (Greene)  bob.dixon@senate.mo.gov
Doug Libla (Shannon)  doug.libla@senate.mo.gov
And the Award Goes to...

Hearld Ambler, whose long record of community service helping seniors through SeniorAge services, was recently honored as the 2016 Humanitarian of the Year. Hearld was prided for his efforts in helping seniors prepare tax returns for the past 27 years at the annual luncheon sponsored by the Community Foundation of the Ozarks. He was nominated by SeniorAge and the Senior Foundation of the Ozarks for his service as a volunteer, mentor, leader, and friend for both agencies.

“Hearld’s gentle smile, calming demeanor, and ‘wink of assurance’ have comforted confused tax filers, frazzled tax volunteers, and over-their-head program coordinators,” wrote June Huff. “Because of Hearld, we’ve all been able to say ‘I believe I can do this,’ and then proven we can.”

Hearld has been called a “remarkable teacher” by many of those he has mentored and touched. His giving ways have led him to other area organizations as well, including Friends of the Zoo and the Community Foundation of the Ozarks where he was one of 11 founders of the ever-growing charitable foundations in 1973. Hearld also established the Hearld and Marge Ambler Scholarship Fund which offers preference to accounting majors.

Hearld retired from BKD accounting firm in 1986, where he worked as its first managing partner from 1976-1986. He started with the firm in 1948 and helped lead its growth from a regional accounting firm to the nations 12th largest.

As Hearld accepted his honors, he jokingly commented “I am kind of flabbergasted.” He laughed, saying he would only accept the award if they “didn’t make me give a speech.”

The Humanitarian Award was first started in 1990 by Springfield donor Jewell Thompson Schweitzer to honor individuals in the region who excel at serving others in a humanitarian capacity. Hearld fit the bill! As this year’s recipient, Hearld received $5,000 cash award which he graciously donated to several charitable organizations, including SeniorAge.

Congratulations Hearld...we got you!
A social worker called her local Area Agency on Aging Senior Center to set up a senior on home-delivered meals. Administrator Maria obtained the senior’s information and made an appointment for the next day to deliver a meal and perform an in-home assessment.

Maria arrived at the senior’s home at the scheduled time, 10:00 am, but there was no answer after knocking loudly and calling out ‘Meals on Wheels.’ She also tried to call her but the phone had been disconnected. Maria left and immediately called the social worker contact to tell her of her concerns, but the social worker’s phone went to voice mail and so she left a message. Concerned, Maria went back to the senior’s home and tried one more time but still got no response. She left her business card in the door and called the social worker a second time to let her know she had tried once again.

On the way back to her Senior Center, Maria received a phone call from the social worker who was following up on Maria’s concerns. Maria had been right to be concerned - the senior was there, had fallen, and had been laying there for 11 hours after falling the night before. The fire department was called and they kicked the door in for access and rescue. Both the social worker and senior were so grateful Maria had called and notified them. Because of her quick response, all ended well for this homebound senior.

One Incident Away
Home Assessment Proves to be Life-Saving Visit

Your Area Agency on Aging in Missouri has expert help.
“We want to be here when you need us.”

Contact your legislators in support of the Growth and Development Fund for Area Agencies on Aging.

Senate Bill 192
House Bill 540
Niangua Senior Housing is Home Sweet Home

This is the story of Charles “Bear” and Candi. Their story dates back 33 years ago where they met in a night club Bear was playing at. He has been a musician most of his life, playing bass, keyboards, and singing. He shared his talents in the bands “Fire and Ice,” “Carter Country,” and “Jack Reaves.”

Throughout his career, Bear has had the opportunity to play with many well-known celebrities including Jack Reaves, Hank Williams Jr., Tanya Tucker, Chuck Berry, and Oscar Brown Jr. He even had the pleasure of meeting Bill Cosby. But it wasn’t his fame that drew him close to Candi’s heart. She said, “It was years of him asking me to marry him,” “After the 50th time or so, I finally said yes.” Bear had proposed numerous times, but it was these words later in life that finally made Candi accept— “There’s no one else I would even want to receive my social security checks but you,” Bear convincingly said.

Bear and Candi have lived a very modest life. They married only 10 years ago pool side in Costa Mesa, California, and traveled their way from California to Rolla to their current residence in Niangua, Missouri. Today, Niangua Senior Housing is the place they call home.

Through the years, Bear has suffered several minor strokes and on occasion stumbles and falls. Because of his tall size compared to petite Candi, it is next to impossible for her to pick him up. They have even had to call emergency personnel for assistance, but that doesn’t prevent them from leaving the place they call home. “We are both too stubborn to go into a nursing home,” Candi chuckled, so they make due and rely on the services of the Area Agency on Aging.

It is the home health visits and the house cleaning assistance that allows them to remain in their apartment in Niangua. A nurse visits them weekly while an aide helps Candi with essential house cleaning that she otherwise could not do. They also receive a monthly box of food from the Marshfield Senior Center that supplements their nutritional needs, which greatly helps offset their limited income.

“We love our senior living complex,” the couple nodded in agreement. “Everyone is like family here—checking in, assisting, and ensuring that our neighbors are safe each and everyday.”
About Niangua Senior Housing

Niangua Senior Housing was built in 1981 and offers both single and double apartments to individuals 62 and over as well as those with disabilities. It is nestled in a beautiful, rural, and quiet “pastoral” right in the middle of town, yet offers the feeling of a country farmland.

Residents enjoy the camaraderie and friendships the complex has to offer. It is within walking distance of the Post Office, City Hall, convenience store, library, and city park, and a nearby fire department is only a call away when assistance is needed.

According to another resident named Sunny, the units are quite spacious, energy efficient, and all maintenance is provided, which is a real bonus for senior citizens who are not able to maintain their lawns or provide their own handy work. Many of the residents utilize the home-delivered meals service of the Marshfield Senior Center. Home healthcare, respite, and house cleaning is also available to those who qualify.

According to Sunny, these are all great amenities that enable their residents to remain independent and living on their own. “Here in Niangua, our residents all look out for each other, but we all respect the privacy of our neighbors. It is an excellent and affordable choice for those who want to remain in their own homes.”

Sunny, a resident since 2014, loves the country setting and the garden spot she has acquired. She lives as organic as possible and grows a beautiful garden each year with heirloom seeds. Her green thumb affords her a supply of tomatoes, sweet and hot peppers, beans, basil, sweet potatoes, and Jerusalem artichoke, just to name a few, that supplements her diet all year long.

For more information on Niangua Senior Housing, contact (417) 473-6432

For senior housing in other areas, visit www.senioragemo.org and view our yellowbook listing or call 417-862-0762

“Senior housing is a great option for seniors on fixed incomes. The community is great... it feels like home.”
A ‘brand new’ shopping experience has opened up in the Forsyth area—a new store for gently used items that is. Volunteers from the Forsyth Senior Friendship Site rallied together to help put some big dreams into motion, according to Board President Jackie Graetz. The Senior Center just recently begun a multi-million dollar project to construct a brand new building, complete with a Senior Center, a Community Center and an Aquatic Center... something bigger and better than this area has ever seen before.

Once the vision launched, the Senior Center opened the Senior Thrift Store located at 14974 Hwy 160 in Forsyth to help fund the project. All proceeds from the thrift store sales go directly to the building project. To date, the store has averaged a monthly profit of $2500 - $3500, according to Jackie. “It has done very well,” she said.

Hours of operation are Tuesday thru Friday from 9 am to 5 pm and on Saturday from 10 am to 3 pm. A team of volunteers and co-managers staff the thrift store which consists of clothing, kitchen items, jewelry, household goods, electronics, children’s items, and more. Donations are accepted and greatly appreciated any time during operating hours.

The thrift store was the first steps in moving forward with the plans for a new center thanks to the help of many board members and volunteers. Once securing the loan and the land, they closed on the property on January 30 of last year. The thrift store opened on Black Friday of 2016, and since has been a big success.

A heart-felt thanks is extended to the many supporters of this project including the Hershend family who helped them secure a low-interest loan, Sherry Veltkamp with Haven House for her assistance in finding the property, Becky Roberts with the Community Bank of the Ozarks for her support in numerous ways, as well as many others who have helped in the vision and lends a helping hand.

The Board hopes to break ground later this year and Phase 1 of the project should be complete within the first 12-18 months. They have many folks helping with all aspects of the project thus far, including grant writers and fundraisers to help seek additional funding for the project.

continued
Plans are in place for a unique experience for seniors in our community—a place where folks can gather for good meals, fun, and friendships. As the project progresses, the board is seeking builders who might be interested in bidding on the project, as well as general contractors to assist in the many facets involved with a project of this scope.

"We are dreamers!"
- Seniors of Forsyth

Not only will this be home to the new 4,000-square-foot Forsyth Senior Center, it will play host to the many dreams of seniors in the community. Plans call for a huge commercial kitchen, a dining space more than double the space they currently have, a nice lounging area (complete with couches, chairs and a fireplace), an art room, pool room, computer lab, quilting/sewing room, fitness space, library, and extra rooms to host physician services and foot clinics.

Funding for a project of this scope doesn’t come easy. Currently, the project calls for an investment of at least 4 million dollars. Not only is the Thrift Store aiding in this funding effort, but the Senior Center also hosts a pancake breakfast on the 3rd Saturday of each month, in addition to other fundraisers.

In the coming months the board plans to seek both local and government grants, and already have the assistance of an official grant writer and the local health department who is aiding in their search.

A lot of work is still ahead of this thriving Senior Center, but the dreams will soon become reality for the seniors of Forsyth, Missouri, thanks to the efforts of this team.
Learning from you, Becky, has been one of the most humbling and one-of-a-kind gifts in my life. Life often seems crowded by those who are built sort of willy-nilly, made up of the easiest choices, the best pampering available to themselves, and the vain pursuit of material things and fanfare.

You weren’t one of these, Becky.

In 1985, Southwest Missouri Office on Aging’s (SWMOA) home office was located at 317 Park Central East, above the Park Central Senior Center. Following tradition, on the Friday before Christmas, we hosted our annual board meeting and Christmas luncheon. The meal was prepared and served by our staff and was a festive, dress-up occasion.

A lady named Edith (not her real name) was working for SWMOA part time on a job training program and she developed some sudden health issues shortly after Thanksgiving. The apartment she was renting was in a drafty old house that didn’t provide basic comforts of home. Edith didn’t have any family in the area and our staff rallied around to take her to the doctor, assure she had meals and help her find a more affordable, accessible place to live. In the midst of the board meeting, I received a call that a subsidized senior housing apartment had become available and Edith could move in any time.

Snow and ice were predicted for the following few days and we really wanted to make the move happen before the weather worsened. We so wanted Edith to be in an apartment for Christmas that had dependable heat and didn’t require climbing stairs. I put out a plea for some staff helpers who would be willing to help Edith move following the board meeting. Becky Pike was one of the staff to volunteer.

None of us had a set of “work” clothes at the office, so we took on packing and moving Edith still dressed in our Christmas attire. A team of us managed to pack and move Edith from one apartment and get her settled in her new apartment in less than three hours.

Becky was good to pitch in for any task and had a great mind for figuring out solutions to problems. That cold December day, I saw the warm heart Becky had for the seniors we meet and serve. Becky may have even taken Edith some of her homemade, sugar cookies which she was so famous for at Christmas.
When I was telling my mother several years ago about your genuine caring for the hurting, overlooked, and left out, and your willingness to help fill gaps in need, she said, “I know that well. When I worked there I was having horrible computer problems in the middle of tax season and trying to get a directory out. No one had time to help me and I was panicked and depressed. But Becky came in after everyone else had gone and stayed right with me for hours until she figured out the problem. She made me promise not to tell anyone that it was her who helped and got me on the right track. I’ve never forgotten that long night. She understood I was really in trouble, and she cared.”

Becky, the way you lived your life has ministered quiet caring to us—leading those who would learn toward intention, valiant courage, resilience, and unselfish gentleness. Thank you for being patient and caring in my learning. We so miss you.”

I met Becky Pike three years ago when I first became a volunteer in the tax program. I had prepared taxes for years. But this program was totally new to me, and it was much more than just taxes to Becky. We gave hope to a lot of people who felt they were at the end of their rope... but with our help they walked out with a brighter look on their face.

Becky was 100% into this program, and she put 100% into her volunteers. She always had time for me. She was kind and patient. She taught us all a lot. I will miss her.”

Every piece of you seemed to be a piece thought out and deliberately chosen, a rich diversity of interests and choices put together into an intriguing whole. Quiet, kind acts when no one else was looking; an honest valuing of those with challenges when others only pretended caring; chicken farming; courage in the face of sheer tasks, all kinds of intriguing health diets...and yet the best sugar cookies in the world.”

“We never got to do that Grand Canyon hike together, but when I go... I will think of you. Becky, you will forever be in all of our hearts.”
Fun and Friends Senior Center
White linen table cloths and wine bottles painted red with beautiful tall flowers stemming from within centered the tables for the first annual Thayer Valentines Day Senior Ball. Lights were hung from the ceiling and music played in the background, creating a romantic silhouette around the room. A photo booth played host to capture the moments to be shared for days to come. And students from the local high school flaunted their black and white aprons as they volunteered as waiters and waitresses for the evening’s festivities.

Some of those who attended had never been to an elegant event and it was that inspiration that prompted Administrator Heather Roberts to give them something spectacular and affordable. The meal consisted of an amazing seasoned beef brisket, antigua vegetables, foil-wrapped baked potato, salad, and home-made cheesecake drizzled in chocolate and garnished with strawberries.

Every detail created a memory for seniors in Thayer thanks to the creativity and dedication of many volunteers and Senior Center staff.

Branson Senior Center
Branson Senior Center served up a delicious and festive Valentine’s Day menu consisting of chicken kiev, scalloped potatoes, asparagus, and deliciously decorated cupcakes. Guests enjoyed live music, door prizes, Krispy Kreme donuts, and of course, lots of fun and laughter.

Mt. Vernon Senior Center
Mt. Vernon Senior Center kicked off their Valentine’s Day celebrations with a bake sale. Lot’s of good eats and yummy treats filled the table while volunteers mingled with the guests and shoppers.
June Carroll was crowned Queen at the Cabool Senior Center’s Valentine’s Day luncheon. June is 90 years young and loves spending time with family and her 70 grand, great-grand, and great-great-grand children!

George Casper was crowned King, not only for his outgoing personality, but because he was “our senior male willing to wear the sparkly silver hat,” according to Administrator Angie Nordquist. George is a horseman who trains and shows his fox trotters throughout Missouri.

The day’s festivities kicked off with an incredible lunch consisting of roast beef, mashed potatoes and gravy, crescent rolls, roasted brussel sprouts, and a mouth-watering red velvet chocolate cake with cream cheese icing, fresh raspberries, shaved white chocolate, chocolate sauce, all topped with a Hershey kiss!

A couple of center regulars, Marie Landsaw and Betty Perry, planned games, door prizes, and plenty of goodies for the celebration.

Humansville Senior Center hosted a fun hat day in celebration of the Day of Love. Three winners were crowned in the categories of the most creative, funniest, and prettiest hats. Winners each received a box of chocolates donated by Northwood Hills Care Center. Hats were judged by town celebrities including the town Mayor, a representative of Northwood Hills, and the owner of a local grocery store.

Everyone had a fun day which concluded with the ever-popular Bingo.
Buffalo Senior Center Hosts Annual Health Fair

The Engles Memorial Senior Center in Buffalo recently hosted their annual health fair. Over 100 local residents visited vendor booths, took advantage of free shingles and flu vaccinations, and gathered for various educational presentations by experts in the field. The center also raised over $750 from a recent fish fry and dance fundraiser. The event brought in lot’s of folks and was enjoyed by all who attended.

Marshfield Excited for Grand Opening of New Center

Bear State Bank hosted bingo and provided a pizza lunch and goodie bags at the temporary Marshfield Senior Center location. According to Administrator Chris Parker, the new building project is coming along nicely and a move-in date is anticipated for late March. “Come cozy up to our new fireplace,” Chris said. “We are all so excited for this wonderful new building and addition to our community.”
Alton Senior Center Expands

The Alton Senior Center recently added on a 12’ x 45’ space to their existing building including a garage door and loading dock. According to Board President Roland Desbiens, the new addition now houses all of their milk coolers, freezers, ice machines, and product storage—a necessary change to improve air conditioning efficiency inside the building. Grant support and fundraisers helped fund the project.

Shell Knob Honors Community Partner

The Central Crossing Senior Center in Shell Knob recently honored members of local partner Thrifty Closet for their generosity toward the Center. The Thrifty Closet operates in the Plaza in Shell Knob and primarily offers quality donated clothing at absolute bargain prices. Using a portion of those proceeds, the Thrifty Closet has subsidized the Senior Center’s salad bar for years and without their help, the salad bar could not be so delicious and varied as it is and has been for years. The salad bar is also supported by donations from those benefiting directly from it. On behalf of all of the Central Crossing Senior Center and SeniorAge, a huge thank you!

At left: Shell Knob has a little fun with “the masked doctor” during their costume party.
I sat at my desk trying to think of the right word. I would scribble something down and immediately cross through it. Nothing I wrote was capturing what I wanted to say.

Ok, breathe… what word best describes the seniors in my life?

Awesome? Sure, a good one, but I use it too much.
Funny? Absolutely, but it does not capture it all. Fierce? Not bad, getting warmer.

Fearless…that’s the one!

Fearless describes so many of the seniors I have met and loved. Whether jumping out of a plane at the age of 95 or facing the world alone after their partner of 60 years dies, seniors are resilient and strong.

For all of us, aging is often a set of compromises and unknowns. We are thankful we get to do it, but it probably doesn’t look the way we thought it would. Being fearless means looking past all the doubt and hearing past the noise. Fearless means being proactive and not settling for what society tries to spoon feed us about what it means to age or be “old.”

Old isn’t a negative term, old is awesome! Old means you have wisdom. Old means you are resilient. Old means you have LIVED LIFE. Old means you do not mess around with the small stuff.

This May, Senior Foundation of the Ozarks will host our annual expo which we have renamed the “Fearless Aging Expo!” Please join us to celebrate the age you are, how far you’ve come, and where you are headed.

Let’s make 2017 the year of being Fearless.

From the desk of Heather Johansen
Executive Director
Senior Foundation of the Ozarks
Giving Opportunities

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.
[ ] I designate my gift of $________ toward support of senior centers southwest Missouri.

Leave a Legacy!
Ask us how you can remember the 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.

Rally the Troops

Friends from the South Side Senior Center–Peggy and Margaret, along with Administrator Kendell Prall–joined other supporters during a Medicaid rally at the Southwest Center for Independent Living in Springfield to express concerns over the proposed budget cuts to seniors and individuals with disabilities.

Without appropriate home- and community-based services and care, Missouri’s most vulnerable populations could experience a further decline in health, resulting in an increase in emergency room visits and hospitalizations. We urge you to contact your local legislators in support of funding for senior services.
Executive Director Dave from a neighboring Area Agency on Aging recently received several phone calls on his cell phone. He did not immediately answer, not knowing the number, but did try to return the calls. The number, (202) 531-1247, was not accepting calls.

Later in the day, Dave received another call from the same number. Knowing someone from the Washington, DC, area where the call originated, he took the call. When he answered, the gentleman on the other end excitedly explained that Dave had been randomly selected, along with 1500 other persons in the St. Louis area, to receive a grant in the amount of $7,000.

Dave immediately knew this was a SCAM, but decided to play along. The caller told him this was NOT a loan, but rather it was free money for him to spend any way he chooses. The man said he worked for the southwest region’s US Grant Department of Health and Human Services in DC and kept congratulating Dave on being chosen for this opportunity.

The caller already had Dave’s name, address, and e-mail address, and of course had his cell phone number, which is easy enough to obtain these days with modern technology. He proceeded to instruct Dave to call back at a number at the Washington, DC, Treasury Department (202) 854-8359 to arrange for the transfer of funds.

Dave, still playing along, called the number given to him. They wanted him to send them $200 in order to get the “free” grant. They asked Dave for his debit card number to deposit the money but when he said he would not, they asked him to wire the money to them instead. Dave asked them to send him an account instead that he could withdraw the money from, but the folks on the other end got frustrated and hung up.

Dave said they spoke in broken English, and were very hard to understand. Although Dave knew it was a SCAM, he investigated by checking the internet. The calls were originated in India and Pakistan, which is the same story many individuals have been reporting lately.

Advice from an Area Agency on Aging:
• **HANG UP** and report the call to city officials or Better Business Bureau. The sooner you get off the phone, the less likely you are to give up any personal information that can be used against you.
• **NEVER** give your personal banking information to anyone over the phone.
• **ALWAYS REMEMBER**, free money is too good to be true... don’t get caught up in the moment and become a victim of phone scams and fraud.
**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, wellness and fraud are just a sampling of the topics covered on Prime Time. The show brings 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.

**Listen Live**

AM 1340 or FM 92.3  
Live on-line at 1340bigtalker.com

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**

- Hospice Compassus  
- Johnson Physical Therapy  
- Mattax Neu Prater  
- Morning Side Residential Care  
- Parks and Jones Attorneys  
- Phoenix Home Health Care  
- Price Cutter Pharmacy  
- Relay MO  
- Securities One Reverse Mortgage Specialists  
- SeniorAge Area Agency on Aging  
- Senior Benefit Services  
- Smooth Transitions Moving for Seniors

Providing you information from the experts to help make your “Golden Years...Golden”
INDIVIDUAL DONOR OPPORTUNITIES

Mr./Ms./Mrs./Mr. & Mrs.

Address

Home-Delivered Meals

Last year we delivered 817,362 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 to SeniorAge 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  $ __________

BUSINESS PARTNER OPPORTUNITIES

Business

Contact Name

Address

Phone

E-mail

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.

Capital Improvement

[ ] I designate my gift of  $ __________ toward
   home office building and equipment improvements.

MAIL THIS FORM WITH DONATION TO:
SeniorAge • 1735 South Fort Avenue • Springfield, MO 65807
OR CALL 417-862-0762 (Juli Jordan) to pay by credit card.
SeniorAge Senior Center Directory
(Formerly Southwest Missouri Office on Aging)

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 ......................573-226-3839

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

Gainesville - Ozark County Senior 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
PO Box 305   65706 ..................................417-859-3555

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

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

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

Mtn. 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

Strafford 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   65793 ............................417-469-3892

Winona Senior Center
212 Sapper St., Box 7   65588 ............................573-325-4636
Our Mission

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

How We Served Our Counties in 2016:

1,158,430 total meals to 17,205 seniors
817,362 home-delivered meals to 5,387 seniors
341,068 senior center dining room meals
76,222 hours of essential housekeeping service
10,068 supportive services to caregivers (respite)
61,729 transportation trips
5,572 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

Save the Date!
Senior Foundation of the Ozarks presents...
Fearless Aging Expo!
Saturday, May 6th
9am-2pm
E*Plex at Ozark Empire Fairgrounds

need more info?
Contact: Heather Johansen
417-869-9514
heather.johansen@senioragemo.org