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Bettering lives.

We’re Your Connection to Information and Opportunity

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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
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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.
How it Works...

**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.

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**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

*Please say THANK YOU to your Greene County Board!*

There are currently 11 Senior Citizens’ Service Fund 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.
Creating New Around Every Bend
by Starr Kohler, CEO SeniorAge

Who doesn’t like “new”?

My first photo choice for this “New Year” message was a new box of crayons, open and ready to use. But, the more I considered it, the less I liked it. The older I get, the more I long for hopeful ‘reality’—not ‘make believe’ hype.

We never get “an all new box of crayons” to begin any new year. Some of our broken crayons are still there. Some of the colors we don’t like. Some of our favorites are down to nubs. Some are worn and others hardly used. Some neglected, waiting to be picked.

What we do get is a forward page to color on. Then another forward page. And a forward page every day after that. We don’t always get to throw away the pages we mess up. They may have to stay in the pile. But, we get to move past them with other pages. Better pages. New tries.

I’m prone to rehash the “done.” So, I have to choose intentionally the “undone.” Perhaps, in the true sense, that is what makes some of us ‘old’ and some of us ‘new’—no matter our years. We choose whether to live in the ‘done’ or never stop opening new and better things—within our worlds and within ourselves. New challenges. New steps. New courage. Going further along.

Will you join the SeniorAge journey this new year? Help us remake ourselves every day... help us win...help us better lives? There’s room in tomorrow’s hopeful reality for you.

Of course, the other options are to camp where we stand, going no further into “Narnia ahead.” Or retramp where we’ve already been—amid mistakes and achievements that are already done. We can ponder too long about what’s coming up next. We can fuss over who’s right and who’s wrong about what’s ahead.

Creating New Around Every Bend
by Starr Kohler, CEO SeniorAge
Sisters Maxine, Billie, and Louise have lived most of their lives modestly in their own homes, just minutes away from each other. Almost nightly, they gathered for dinner and a game of cards or marbles.

As the years passed, the sisters realized safety was becoming a concern for each of them. It became a fearful issue for 89-year-old Maxine especially, following her diagnosis of cancer. Could she safely manage the stairs and hallways of the only home she had known for 46 years?

Fortunately, the sisters were familiar with the Area Agency on Aging, having been blessed with in-home help and guidance in the past, so they knew just where to turn. Thanks to a Senior Services grant to the AAA, several pieces of safety equipment were delivered to Maxine’s home. Grab bars were installed throughout her home. A shower bench and non-slip mats, a seated, wheeled walker to help with mobility and stability; and periodic visits with her Care Coordination team have ensured Maxine’s well-being and safety. She still lives at home today.

Billie also continues living at home, protected by a life alert safety pendant as well as grab bars throughout her home. Their older sister Louise’s time in her home was extended through similar help, until she moved into a nursing home. She is now in her 90s.

“We are so thankful for the many kindnesses and help the Area Agency on Aging showed us,” the sisters say, almost in unison. “Our lives would be so different if they weren’t here for us. We thank everyone who makes them possible for those of us who need them.”

Your Area Agency on Aging in Missouri has expert help.
Loss of Spouse Spawns New Love of Quilting for Family

written by Anabeth Minx, SeniorAge

Gladys Silvey never thought she would enjoy anything more than baking. “When our babies were born, Blaine wanted me to be at home with them. He’d work two or three jobs just to ensure I could stay home. I took up baking, and ended up doing cakes for any special event our little town of 2,400 needed a cake for. Eventually I saved enough money to buy a Kitchen Aid mixer; and it took me awhile because I practically gave those cakes away!” Gladys said.

The mixer is 45 years old and still does the heavy lifting for all the cookies and cupcakes she whips up for the faculty at Hollister Middle School where her daughter Sandy is a counselor. But her new favorite thing? Quilting.

“I never thought I would ever make a quilt,” she said as she gently rubbed her fingers over a blue, embroidered bird that seems somewhat out of place against the fish and golf-themed patterns dominating the rest of the quilt. “My mother stitched this years ago, and I worked it into a quilt for my brother because he and mom were really close to one another.”

Come to find out, this is one of 12 quilts Gladys has pieced together in five short months, with the help of her second daughter and son-in-law.

After losing her husband of 60 years last March, a trip to Estes Park that same spring gave birth to the idea of making personalized quilts as gifts for her family. She recounts numerous trips to the fabric store, great hunts for particular half-yards of fabric that led to day trips to other cities and, of course, ventures to the local DAV on half-price day where you walk out with a huge bag of scraps no one else wants. Within, you find a large block of fabric that inspires the next quilt.

“My job was to put the quilt top together, and then it went on to the quilters. Afterwards it was returned to me so I could hand stitch the binding on, a task that took four hours alone.” said Gladys.

“The laborious process was a time of healing for the loss I had just suffered. I spent hours just thinking about the person the quilt was being created for...and praying to God that through his love he would offer guidance in that person’s life.”

Gazing at the quilts brings the mind to ponder the loved ones she created them for. Each is unique from the last, in pattern and print. One bears beautiful glistening snowflakes and jet black cleft notes to evoke admiration for snow and music, and others, like the one for her entrepreneurial son, features a block bordered in shimmering black silk, remnants from his dad’s favorite tie.

“I enjoyed the process of taking all the little pieces and putting them together for someone special,” Gladys said, pausing to point out a common theme in this labor of love: Every quilt is adorned with a bible scripture, hand-picked for the loved one receiving it.
Sampling of quilts that Gladys Silvey and her daughter created as Christmas gifts for loved ones.

**These Hands**

**Nixa Senior Center Quilting Group Brings Back Interest in Lost Art**

Faye, Sunshine, MaryLou, and Betty—quilters from the Nixa Senior Center—all concur: Quilting is a lost art. Why? “People today want immediate satisfaction. They don’t take time or have the time to hand make items any more, especially quilts which take a lot of time. If they want it, they go buy it already made,” commented Betty, who has attended the Center since 1991.

All of these ladies share one common goal—to bring back interest in the lost art of quilting. Weekly, this group gathers at the Center to create beautiful works of art, for both the public and donation to the Center for fundraisers and raffles. Together, they have created countless quilts, all which include a unique and special touch from each member of the group.

From piecing and hand stitching to machine quilting and binding, each member has a special talent they contribute to the finished pieces. Together, they hope to bring in new quilters and share their passion with others to keep this fine art alive. “It’s the satisfaction of making something so pretty and being able to use it or give it as a gift that motivates me to keep this tradition going,” said MaryLou.
Patrons of the The Center in Gainesville enjoyed a wonderful Christmas Party and meal complete with cranberry glazed ham, green bean casserole, mashed potatoes and gravy, fresh baked roll, and homemade pumpkin pie. Also featured was an amazing dessert buffet with a variety of cakes, cookies, and candies along with home-fried chips and refried bean dip. A large Christmas sheet cake was made by the kitchen staff.

According to Administrator Lisa Engelhardt, everyone loved the hot chocolate bar, including Santa who made a visit to the Center.

Mtn. View volunteers contributed extra time to ensure everyone had a spectacular Christmas lunch. Over 110 center diners enjoyed a hot meal and home diners received special bags and holiday treats with their meal.

A volunteer at the South Side Senior Center made pot holders for in-home diners. They were made in the shape of Christmas trees because she wanted the recipients to be able to enjoy the spirit of the holiday and show them that someone cares.
In-home diners in the Branson area were presented with these candy-filled stockings for Christmas which were crocheted by a sweet lady who attends the Center.

Marshfield Senior Center anxiously awaits a new walking trail that will be located behind the Center. Funded by grants from the Marshfield Area Community Foundation, CMT Engineering, the Greater Springfield Board of Realtors, and local donations, the walking path will be a paved, six-foot-wide trail and will connect to the Senior Housing and the Senior Center. It will be bordered by trees and benches. The Senior Center also received a $7,400 grant from the Missouri Department of Conservation to plant native wild flowers in the center of the area. The 1/4 mile trail will benefit the seniors as well as local neighbors, and those who work on the nearby square.

Folks at the Marshfield Senior Center enjoyed a visit from Santa. He is shown with 95-year-old Dr. T.M. Macdonnell, former state representative and local doctor, also known as Dr. Tommy (left) and Cliff Bates. A delicious lunch included ham, sweet potatoes, green beans, rolls, and pumpkin pie.
Willow Springs Senior Center guests had an opportunity to give Santa their wish list items during the Center’s annual Christmas lunch which brought in 100 diners. Dave Miller takes time to share his wishes with Santa.

Sargent Jeff Kinder with the Missouri Highway Patrol presented a senior safety program at the Willow Springs Senior Center. Discussion topics included public safety, telemarketing fraud, scams, auto theft, and keeping your home safe.

Line dancing was part of the entertainment line up for seniors attending the annual Christmas gathering at the Central Crossing Senior Center in Shell Knob. There’s always an abundance of activities taking place at this bustling Activity Center.
According to the Glaucoma Research Foundation, National Glaucoma Awareness Month is an important time to spread the word about this sight-stealing disease that affects more than 3 million people in the United States and 60 million citizens worldwide.

Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don’t know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don’t raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

What is Glaucoma?
Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, it does affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.
‘Alexa,’ Tell Me A Joke written by Mark Applegate, SeniorAge

I remember it with fondness like it was yesterday, my Grandma Applegate berating the Zenith console TV loudly enough the neighbors could hear her had they not been yelling at their favorite soaps at the same time. At the time, I thought my grandma was a little off her rocker yelling at the TV like that, although I didn’t see anything wrong at all with me yelling at Hulk Hogan dropping an elbow on my favorite wrestling villain.

Talking to our electronics, it seems, has always been a fun part of owning them…and more so than ever today since some of them now talk back. Enter Alexa.

Alexa is technically called a digital assistant. ‘She’ is a piece of software (Alexa comes standard with a feminine voice) that comes pre-installed into some equipment by her primary producer and innovator, Amazon.com, ‘She’ is also available as an application that can be installed on certain phones and other devices. Amazon.com has a complete line of “Alexa-enabled” goodies ranging from under $50 to around $200 with no subscription fee.

For example, the Echo Dot, the base model of the chain, is a small disk shaped like a two-inch-thick coaster. The Dot takes voice commands, plays music in her integrated speaker, and performs many of the same functions as the higher-priced models. At the other end of the spectrum is the Cadillac of the line, the Echo Show, which offers a 7” video screen for watching movies and video conferencing, multiple enhanced speakers, and the “Drop In” feature allowing you to quickly connect with friends and family of your choosing.

The logical question is what kinds of things can these little pieces of tech actually do? Alexa uses voice recognition software to “listen” for you to call out the magic word “Alexa,” then she comes to life (lights up) and waits for your requests. Examples of requests are seemingly endless, although she cannot answer every question or complete every task (no worries, she will tell you quickly enough what she can and cannot do).

Alexa also possesses primitive artificial intelligence. With a basic command, she can be programmed to allow you to check the weather in your town or anywhere: “Alexa, what is Friday’s weather in Branson?” or “Alexa, is it going to snow?” Ask practical things like “Alexa, how is the traffic from here to St. Louis?” and she will spot any reported slowdowns that may impede your journey. She can also learn skills like “Alexa, order me a large Pizza Hut BBQ Pizza.” No worries about accidentally ordering since you will need to “teach her” these skills and set passwords and restrictions to prevent mistakes.

Alexa can also read audio books, play music of your choosing, or just converse with you.

Throughout 2018, I will be sharing articles focused on ‘Alexa’ and her benefits so you can get to know her and the many things she can be taught to do to make life easier and your home safer. Watch for other resources in our newsletter and on our website, Senioragemo.org, about the many ways we are using technology to find solutions that better lives.

What would my Grandma Applegate think? I have a strong feeling that she would get a good belly laugh from talking to a little disk that talked right back.
With the help of our community, SeniorAge was able to provide a little Christmas Cheer to over 200 adopted individual seniors this year. Special thanks to the teams of O’Reilly Auto, Central States Industries, Americare, and Digital Monitoring Products, who adopted over 60 seniors among them. Individuals, groups and families also adopted multiple seniors, taking it upon themselves to ensure their holiday was extra special. Everyone made a contribution that changed the lives of someone else!

The River radio station also supported our efforts with a Christmas Memories campaign. Sponsors of the program helped to fulfill extra special Christmas wishes for 20 individuals in need. Their hands-on workshop and delivery day was so much fun! Special thanks to Bank of Little Rock, Glennstone Roofing, Priority Pest Control, Mattax Neu Prater, Dr. Kienstra, and The River 106.7 for their participation.

Additionally, with the holiday baskets that many volunteers assembled, plus those received from Harter House customers from the ornament tree, we served an additional 100+ folks who received baskets of food and care items. And I can’t forget Baron Financial Group and Grooms Office Supply who so graciously purchased, packed, and delivered 150 holiday baskets to our friends at a senior housing development and to three of our Senior Activity Centers. WOW!

Add that all up and together we put a smile on the faces of nearly 500 seniors.
Accidents do Happen – the Final Chapter

by Rita Cox, Customer Support Assistant

Rita was in a car accident back in June of last year. She has been providing accounts of her story in the past three issues of SeniorAge news. The final chapter begins now.

On the evening of November 20, 2017, I attended my court-mandated driving class following my accident earlier in the year. There were 35 other offenders attending with me. I use that word, “offenders,” because it pretty well describes all of us. There were people of all ages; guilty of running stop lights, red lights, and speeding. Others were not sure what happened, but we all ended up in an accident.

There are lots of reasons for accidents: speeding, drunk driving, and inattention due to distractions. The last one is the one that really caught my attention. The others were obvious. Our teacher asked what distractions we thought would hinder our ability to drive safely. Many people spoke up with distractions to them including talking on the phone, putting on makeup, picking up something from the floor board, smoking, and listening to the radio. There were others but the one that I questioned was having other people in your car, which is proven one of the main culprits of young drivers being distracted. They are excited, happy, and laughing—which leads to distraction—and, just for the briefest moment, oftentimes results in tragedy.

This can happen to any of us so take it from me, focus and keep sharp attention to the task at hand—driving.

It takes just three seconds of eyes off the road. Three seconds! You can travel a long way in three seconds, and during this time you could be heading for the ditch, across the center line, or even hit a curb that can send you off into the path of oncoming traffic.

During class, a highway patrolman showed us pictures of fatal accidents. He gave us relevant information regarding speed of travel, distance of travel, and force at which we hit another object. It was mind numbing. How could anybody, literally a body, take that impact and live through it.

This class was a wake-up call. A loud one. I want to engage everyone in the “older driver” category, to be calm, watch intently, and drive defensively. More importantly, wear your seat belts. More than half of the fatalities from last year were not wearing seat belts. I have learned some very valuable lessons from my accident and I truly hope you have learned something from reading my series.
Prime Time Tuesday Continues Another Year

It's my time. It's your time. It's Prime Time!
And lucky for our listeners the show has been renewed for yet another year. Join us every Tuesday at 11:00 am for an educational show featuring topics of importance to seniors. 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.”

Chris Thompson                          Juli Jordan

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Prime Time is owned and managed by Vision Communications. SeniorAge hosts the show weekly, gathering and sharing valuable information with show listeners.

Follow Us On Facebook for Great Information and Resources - facebook.com/senioragemo.org

STAY CONNECTED TO HELP.
When it comes to aging successfully we are all rookies in one way or another. We are on an ever-changing dance floor for the first time. My advice is to swallow, take a deep breath, and then jump in and dance to the song that happens to be playing. We get a choice about how we manage every season of life. When I have focused on the opportunities presented along the way, I’ve always found something wonderful.

Let me share one example. A “dance move” I never would have anticipated in my older life, nor could I have foreseen what wonderful music it would add, is Silver-Haired Legislature (SHL). If you are like I was, the word “legislature” translates to “politics” which translates into lamenting what will be taken away from us next.

In fact, what I found in SHL is new knowledge and the opportunity to make a big difference in my life and the lives of others. I have been introduced to many legislators who want to do the right thing despite a complicated set of limitations. I’ve also had the opportunity to help legislators understand what is important to seniors, and why.

But one person alone cannot push a U-haul down the street. Missouri has 150 Silver-Haired delegates; but that’s not enough, either.

If hundreds of us would even gently lean on the right truck headed in the right direction, we would eventually find ourselves at the destination we all envision.

How do we do that? We need to come to a common agreement about where the U-haul needs to go and on what side to lean on so we get there. And then, we all need to step up and help push. We only struggle when we are alone, or pushing in different directions. Will you help us improve senior opportunities in Missouri by putting your shoulder to the task, too?

This is how you can help SHL:
Our top priority in 2018 is to improve funding for Senior Centers and services offered by Area Agencies on Aging. Check out the inside cover of this newsletter to see all that SeniorAge does to value seniors and help strengthen independence throughout the aging journey.

The Growth and Development Bill, HB 1906 and SB 695, asks for some of the insurance revenue Missouri already collects to be designated for the growth and development of services for seniors. Current legislation now allocates only 50% of that revenue which is designated to support children and education.

Seniors are the fastest growing segment of Missouri’s population. Please help us rally support for this bill toward the goal. Call or write your Missouri Senators and Representatives and ask them to support HB 1906 and SB 695. Inquire at your nearby Senior Activity Center to find out who your local Silver-Haired Legislature representative is, then devise a plan to take action together! You can make a difference.
My learning curve taught me I’m too old to be a Domestic Goddess! Keeping clean housing during the day and serving cocktails until late at night was taking a physical toll. I was not too impressed with the first snow of the season that left 11 inches in its wake in early September, so I determined it time to move on.

After spending a few days at a niece’s home, I traveled from Wiggins, Colorado, through the Denver traffic and west on Interstate 70 to the Evergreen mountains. Penny, a childhood friend, had invited me to her mini-farm and assured me of motor home hookups and lots of fun. We were exemplary in our four fun-filled weeks.

Penny was fattening seven pigs for family and friends as well as feeding two miniature horses, so farm activity and runs to feed stores were routines we accommodated. We were also able to spend one day making a drive to Mt. Evans, one of Colorado’s 14,000-foot mountains. It provided a gorgeous backdrop for photographs.

I departed as soon as it was safe to travel to spend time with my son Rex and granddaughter in Kanika. Rex is a skillful mechanic, specializing in big fleet rigs, busses, and RVs. He lent those talents to solve problems such as a sticking brake pedal, replacing head lamps, securing an exhaust pipe, and topping off fluid levels.

Squeezing in an over night trip to Canyon City, I had a good visit with two couples I previously met in different cities in Missouri who had since moved to Colorado. I was able to introduce them to each other and they will both be moving in the near future to Cotopaxi. Small world!

This turtle (me) found lots to be thankful for at Thanksgiving this year. Full or part time, I had enjoyed 11 years at America’s Best Campground in Branson. The owners are great friends that called asking if I might want off the roads for the winter and spring. So, guess what? I’m back! The campground hosted it’s 19th annual Thanksgiving celebration, feeding 275 grateful souls with 240 pounds of turkey, mashed potatoes, gravy, and stuffing. Campers brought side dishes and desserts. My new WorKamper position enabled me to remain here for the holidays through to summer. I will enjoy family and friends, work, and have ample time to make random visits.

From me to you, Happy New Year. Be happy, healthy, wise, and find abundant joy. I’ll be accruing new tales and share in time for Valentines Day. Counting blessings sure beats counting sheep!
Senior Foundation of the Ozarks has been funding help and hope for seniors since 1989. We believe all seniors should be nourished through food, resources, activities, and programs that enrich their lives and help them thrive. Please join us by giving a gift today!

Home-Delivered Meals
Last year SeniorAge delivered 820,171 meals to in-home diners 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_______________________

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@seniorfoundationmo.org

Follow us on social media!

Please send donation payments to:
Senior Foundation of the Ozarks
c/o Heather Johansen
1735 S. Fort, Springfield MO 65807

For credit or debit cards visit:
www.seniorfoundationmo.org/donate or call 417-868-9514
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

Fall Grove 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   65483 ..............417-967-4119

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

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   65795 ..................417-256-4055

Willow Springs Senior Center
501 Senior Center Lane   65793 ..................417-469-3892

Winona Senior Center
8498 Sapper St., Box 7   65588 ..................573-325-4636
SeniorAge Area Agency on Aging
Formerly Southwest Missouri Office on Aging
1735 S. Fort Ave.
Springfield, MO 65807
Address Service Requested

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:
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