Working together.
Finding options.
Bettering lives.

We’re Your Connection to Information and Opportunity

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

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

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

Senior 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 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
Working together.

Vision
Opportunities, answers, and freedoms for all seniors.

There are currently 11 Senior Citizens’ Service Funds, each of 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.
July is the “self-evident . . . unalienable . . . freedom month.”

Freedom from tyranny. Freedom of life, liberty, and the pursuit of happiness. Originally this bold claim was for “all men,” but nowadays we hold the spirit of this “Declaration of Independence” to mean, generically, all humankind.

We say “all”...but do we really, really mean... all?

When we were young, did we readily see ourselves as bold claimants of these rights? Now that we are older, have we allowed the passing of time and the invisibility we sometimes encounter dull us to the certainty of freedoms for ourselves?

Do we sometimes sense that the role left to us, as we age, is to get out of the way of others’ pursuit of happiness, out of the way of others deciding what will be done with us?

If this is true, then the fault isn’t with others, it is with us; because freedom has never come “free” of cost. The freedoms worth having have quite often come only through the enlightened who felt unalienable enough to protect, fight for, and pursue them. They’ve never been won without risk. Without courage.

Regardless of age, at times we all need help from others in claiming these rights. But, in no season of life should we become so assured that we leave the ‘pursuing’ to others. The victory belongs not to the young and the bold but to all humankind.

At SeniorAge, we believe in seniors staying smack-dab in the pursuit, keeping ourselves very visible in the freedoms of problem-solving and ingenuity and integrity. We believe seniors possess the nimbleness to pursue change, growth, success...and our unalienable rights. Senior Foundation of the Ozarks calls it Fearless Aging!

Here’s to the freedoms fearless aging can bring to our lives!
Grandma Gaga was a dedicated family woman. She cared for her son, a Vietnam Veteran who was exposed to agent orange and developed a brain tumor, which left him disabled. This was also during a time when her husband, a World War II Veteran, developed dementia. Unfortunately time took its toll and both son and husband had to be placed in a nursing facility.

Gaga is now 94 and lives independently on her own. But independence didn’t come easily. One day she suffered a fainting spell, broke her wrist, and was admitted to the hospital. This led to two episodes of pneumonia, two stays in rehab, and two additional hospital stays. That’s when her friend Mary contacted the local Area Agency on Aging for assistance and Care Coordinator Liz sprang into action.

Liz arranged for in-home care and meals to be delivered to Grandma Gaga. Despite a few setbacks, Liz never gave up. Thanks to the efforts of others, Gaga is now recovering comfortably in her own home again. Extended family and friends prepare extra meals, help with home chores, and do what they can to help make life easier for her. The Area Agency continues to fill in the gaps where extra help is needed.

Without the assistance of the Area Agency on Aging, Gaga would have been just another statistic of a senior on Medicaid being forced to spend her final years in a nursing facility. Fortunately, she is thriving at home with her beloved dog companion and is grateful for the help she receives from others.

Last year, SeniorAge provided over 55,000 hours of light housekeeping that helped seniors at home.
IN THE SPOTLIGHT

Tax Counseling for the Elderly Volunteer Shines

Peggy Horn, TCE Volunteer

One interesting fact about yourself:
My husband and I traveled extensively behind the Iron Curtain in the 1980s before the fall of communism. We spent time in nearly every nation in the Eastern area, working with a parachurch organization.

How long have you been a TCE volunteer?
18-19 years

How did you get started with the program?
I enjoy numbers and there was an ad in the paper for volunteers.

Do you volunteer other places?
I have spent several years helping Convoy of Hope with local events and disaster relief.

What is the best thing about volunteering for the TCE program?
It keeps my mind active; I enjoy helping people, and it is a social activity for me.

What advice would you give someone considering volunteering for this program?
Just do it! It is both rewarding and fun.

Do you have a funny or interesting story about someone you have helped?
I was doing a tax return for an in-home, legally blind client. While visiting and preparing his return, he looked at me and said, “You are as cute as a button.” Just a short while later he said, “Now remember I’m legally blind in regard to my taxes.”

This past season, SeniorAge tax counseling volunteers helped file over 11,400 electronic federal and state income tax returns!

CALL 417-868-9524 to volunteer for the TCE program.
Retired Senior Volunteer Program Seeking Volunteers

If you are 55+ and passionate about serving the community, volunteer for RSVP, the Retired and Senior Volunteer Program! RSVP is an outreach service of the Council of Churches of the Ozarks. Volunteer opportunities include:

**Homebound Shopper:** Provide grocery shopping services and social engagement to a Greene County senior, 60 or older, who is homebound due to health reasons.

**Pre-K Pal:** Work with preschool children in Springfield to develop the social, emotional, and literacy skills needed to be successful in kindergarten.

**Reading Buddy:** Read one-on-one with a child in grades K-3 who has been identified as needing assistance with literacy skills and/or needing a positive adult role model (Christian, Greene, and Webster counties).

**Crosslines Volunteer:** Assist staff in greeting clients, distributing information, answering phones, taking memos and/or directing clients to services.

To find out more about these opportunities, attend RSVP’s orientation, held on the 2nd Thursday of every month from 10:00-10:30 a.m. at the Council of Churches of the Ozarks (627 N. Glenstone). Visit [www.rsvpspringfield.org](http://www.rsvpspringfield.org) for more information or contact Sarah at 417-831-9696 or sderr@ccozarks.org.
The Affordable Care Act made improvements to original Medicare to include a yearly “Wellness” visit and many preventative services in an effort to promote quality aging.

When you become eligible for Medicare benefits you should schedule your, “Welcome to Medicare” preventive visit within your first twelve months of coverage. This is an opportunity to review your medical and family history with a professional and learn about preventative services that may apply to your needs.

Once you have had Part B for 12 months, you can schedule a yearly “Wellness” visit to develop and/or update your health risk assessment for personalized health advice. If appropriate, preventive exams, lab tests, shots, or screening services may be ordered. Remember, early detection and intervention is when treatment works best and you can “Age Strong.”

Talk to your health care provider to find out which preventative services are appropriate for your individual situation and how often you need them.

Other things you can do to “Age Strong” include 20-30 minutes of physical activity daily; eat a healthy, balanced diet low in saturated fat; maintain a healthy weight through portion control; and, if you smoke, speak with your doctor about getting help to quit.

Did you know that Medicare pays for many preventative services to keep you healthy?

Medicare-Covered Preventative Services Include:

- Abdominal aortic aneurysm screening
- Alcohol misuse screening and counseling
- Bone mass measurement
- Breast Cancer screening (mammogram)
- Cardiovascular disease (behavioral therapy)
- Cardiovascular disease screening
- Cervical and vaginal cancer screening
- Colorectal cancer screenings
  - Fecal occult blood test
  - Flexible sigmoidoscopy
  - Colonoscopy
  - Barium enema
  - Multi-target stool DNA test
- Depression screening
- Diabetes self-management training
- Flu shots
- Glaucoma tests
- Hepatitis B shots
- Hepatitis C screening test
- HIV screening
- Lung Cancer screening
- Medical nutrition therapy
- Obesity screening and counseling
- Pneumococcal shot
- Prostate cancer screening
- Sexually transmitted infections screening and counseling
- Tobacco use cessation counseling
- Welcome to Medicare preventive visit (one time)
- Yearly “Wellness” visit
**SENIOR SOCIAL**

**MIDTOWN CARNEGIE BRANCH LIBRARY**

*In the Basement Meeting Room.*

*Enjoy social time & refreshments during this come-and-go event.*

11 am - 2 pm Wednesdays  397 E Central St., Springfield
June 20, July 18, and August 22 for adults age 60 and over

11 am - 12 pm: Social time - browse books, newspapers and magazines; play board games; get help with smart phones, devices, etc.; and enjoy conversation with others.

Noon - 2 pm: Lunch and program. Healthy Living for Seniors, provided by SeniorAge Area Agency on Aging and SeniorAge Choice Presenters. Registration required. A $3.50 suggested donation to SeniorAge is encouraged.  Call 862-0135 to register.

**Lunch Program Schedule:**

**Wednesday, June 20:** Introduction to Tai Chi
Get up and move with an introduction to Tai Chi.

**Wednesday, July 18:** Indoor Bocce Ball
Learn the benefits of staying active while enjoying the game of Bocce Ball in the cool comfort of indoors - a great way to spend a HOT July day!

**Wednesday, August 22:** Chair Yoga
Enjoy the benefits of staying active and join a session of gentle chair yoga.

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The CHOICE program is offered in partnership with SeniorAge and the Library Stories for Life Program.

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Stage Fright Put to Rest at Polk County Senior Center

Thanks to the efforts of a coordinated team of staff and volunteers, the Polk County Senior Center finally dismantled their corner stage to make the area safe for all performers.

**The Wall**

Right: The wall outside the Ozark Senior Center received a needed paint job transformation thanks to a team of young volunteers.
Central Crossing Closes June with Car Show

Central Crossing Senior Center in Shell Knob celebrated the end of the month with a Car Show and BBQ. Over 100 people showed for the event which featured 21 classic cars on display.

Faye Cole Celebrates 100th Birthday in Forsyth

Left: Every day is a fun celebration at many of the SeniorAge Activity Centers. Ash Grove enjoyed celebrating National Doughnut Day with a few boxes of Hurts Donuts.
Fourth of July Fun

Branson-Hollister Senior Center celebrated the July 4th holiday with over 100 patrons. The BBQ chicken, baked beans, and deviled egg potato salad was a hit, as was the great music and wonderful fellowship.

Cassville seniors enjoyed a delicious flag cake made especially for the holiday celebration.

Monett was decorated to the hilt for their Fourth of July festivities.

The Senior Friendship Site in Forsyth enjoyed burgers on the grill, prepared by none other than OJ Thompson, aka “Grill Master.”
Lessons Learned in Senior Safety

A First-Hand Account of His Personal Attack - Written by Ron Clark, Volunteer

As I sit here pondering what it is I should share this issue, I realized that by the time you gaze upon this article that media, activities, and music may already be swirling around, causing each, either playfully or seriously, to focus on the word INDEPENDENCE.

Among the many activities I joyously fill my waking hours with is Silver-Haired Legislature. This, stated in simple terms, means that I get to wander the hallowed halls of the peoples’ house in Jefferson City, in an organized fashion, advocating for legislation that seems to promise an improved quality of life for seniors.

One of the catch phrases we often use to gain the attention of legislators is “We are all one step away.” At the root of that phrase is, “from being institutionalized...either temporarily or permanently.” In an instant we morph from creatures of self choice to complete dependency on those who know what is best for us and/or our society. We remain locked in this new self, struggling to regain our freedom. Until we are released, if temporary, those who grasp that role use whatever means they have to determine our very existence.

Freedom/independence has always been a struggle from conception to death. As we age and become more fragile, the battle waxes hotter and hotter.

If we study, and share, we can harden the shell that protects us and our freedoms. It is in that spirit I share my personal missteps, lessons learned, and the wonder of those who wrap their arms around us to prevent us from falling into the hole...and who sometimes even succeed in plucking us back out.

On May 30, I was busy sorting through my leftover household goods after recently downsizing from a home too large for me to maintain, but at the same time allowing me to improve my proximity to medical facilities and give me more time to do the things I most enjoy. I felt pretty proud of my plan and the progress I’d made.

I had accumulated a heap of items, mostly duplicated or no longer needed, and wanted to donate them to the SeniorAge Money Follows the Person Program which assists individuals who have been institutionalized in setting up adequate means of living on their own once again. SeniorAge graciously accepted my offer of donated items said they would help me put them in a storage shed at the back of their parking lot when I came by. If it was after normal hours of operation, I was to tap on the window and they would let me in. All of that went as planned.

Continued on next page
It was sprinkling and threatening rain when I arrived and I insisted the staff stay inside while I put my items in their shed—by myself. They finally agreed and handed me keys to the shed.

**Mistake #1**
There truly is safety in numbers. I should have accepted their offer to help, or perhaps delayed my donation to normal business hours.

**Mistake #2**
I left my truck running while unloading. Never leave your valuables, or children, in a running vehicle, or with keys in the ignition; it invites attack by those looking for victims.

**Mistake #3**
I was approached by a man asking for money. When I refused him, he verbally abused me and walked off. I thought he had left. Security film and an eye witness led the investigating officer and prosecutor to believe he was planning the attack all along and that he was simply using that ploy to be sure he had sized up the opportunity correctly.

After the verbal confrontation, my response should have been to secure the storage building and my truck, then immediately seek shelter inside the SeniorAge office and call 911.

**Mistake #4**
My final mistake involved confrontation—thinking I could verbally stop him from hijacking my pickup—which resulted in my being kicked in the chest. This could have resulted in serious physical injury, or perhaps even death, but luckily for me it did not.

Changing any one of those four mistakes might have kept me from being a victim. Watch for Part II of this story next month where I will continue this saga with things you can do to gather your resources and recover from loss and injury.

As long as there is breath there is hope. Thanks to resources I didn’t know I had, and despite all my mistakes, I’m still here sharing my lessons learned with you.

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**SeniorAge Welcomes New Board Members**

![Dan Ricciardelli](image1.jpg)  **Dan Ricciardelli**  
**Douglas County**

![Imogene Knell](image2.jpg)  **Imogene Knell**  
**Christian County**

![Tim Taylor](image3.jpg)  **Tim Taylor**  
**Taney County**

We would like to thank Ray Weaver (Christian), Larry Morrison (Douglas), and Cy Murray (Taney) for their service to our agency.
The Senior Farmers Market Nutrition Program Persisted and Passed

Why it Matters - Senior Farmers Market Nutrition Program strengthens local economies because it injects tens of thousands of federal dollars at Missouri’s farmers markets.

This bipartisan and beloved bill made it so close to passing multiples times in recent years. Well, it finally crossed the finish line this session as one of the last bills taken up and passed by the Senate. HB 1625 will establish the Missouri Senior Farmers Market Nutrition Program to provide low-income seniors with fresh, Missouri-grown produce. Our Silver-Haired Legislature and senior advocates rallied long and hard and this is a big win for the seniors of Missouri.

The Senior Farmers Market Nutrition Program is a federally funded program that provides low-income seniors with coupons they can use to purchase eligible foods at farmers markets, roadside stands, and community-supported agriculture programs. It also generates income for farmers and boosts local economies.

Join Us For Prime Time Every Tuesday at 11 am

It’s my time. It’s your time. It’s Prime Time!

And lucky for our listeners the show still growing strong! Join us every Tuesday at 11:00 am for an educational and entertaining 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.”

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

Prime Time is owned and managed by Vision Communications. SeniorAge hosts the show weekly, gathering and sharing valuable information with show listeners.
Engage at Every Age
A Spotlight on Active Seniors in Cabool

What is your favorite thing about the exercise programs offered at your Center?
“I’m in my 90’s and I can still move “it” with the ladies!” (He laughs) ～ Cecil

“Making the Box Step exercise move; it is close to dancing.” ～ LaVaughn

How has exercise changed your life?
“Well I’m still able to get up and do what I like—garden and go to the Senior Center.” ～ Cecil

“I’m not stiff and my bones don’t crack like they used to before I started.” ～ LaVaughn

What keeps you motivated?
“When I want to back out of coming, my partner Vivian makes sure we get here.” ～ Cecil

“Seeing my friends with canes and walkers and I am still able to move about without one.”
～ LaVaughn

What tips do you recommend for other seniors who are thinking of exercising?
“Stop thinking on it and just come and do it. You will feel better.” ～ Cecil

“Just do it, and do it daily!” ～ LaVaughn
Planning is bringing the future into the present so that you can do something about it now.” ~ Alan Lakein

One of my multi-hat roles as the SeniorAge Director of Systems Alignment is leading efforts in disaster preparedness and recovery. I work with Brenda Torres Barraza (Catholic Charities) and a host of partners in an organization called COVER Ozarks. The purpose of COVER Ozarks (Community Organizations for Vulnerable Emergency Recovery) is to assist groups we have identified as potentially vulnerable to not receive or be able to use emergency/recovery information. We “cover” seniors, homeless Ozarkers, those with a disability, non-English speaking/undocumented residents, latchkey children, and similar groups to help them prepare for disasters and emergencies, whether natural or otherwise.

Traditional preparedness efforts often aim at groups that are flooded with information but may or may not act on it. Our organization is attempting to fill in gaps for people who either do not get information or may not be able to act on the available information for a physical, cultural, behavioral health, or other reason.

To that end, we join the Greene County CO-AD in promoting the Missouri Department of Health and Human Services’ “Ready in 3” preparedness model. Would you like to be ready for the next of life’s storms? Here is the simple, three-step model:

1. Create a plan for your family.
2. Prepare an emergency kit.
3. Listen for information about what to do and where to go during an emergency.

First, sit with your family, your caregiver, and your social circle to discuss, for example, tornadoes. The time to figure out where you will take cover is NOT in the pressure of the situation. Consider your own unique circumstances. Do you have medical equipment you must take? Are your medicines and prescriptions available? Will your shelter take Eisenhower (your Schnauzer)? Is your shelter accessible? Do you have transportation and backup transportation? Social circles like civic organizations, churches, and senior centers can help work through these questions.

Secondly, build an emergency kit. Tailor your kit to your unique circumstances. Include staples like three days’ worth of water, your prescription information (and 3 days’ worth, if possible), a couple of flashlights with batteries (stored outside in their package), copies of important paperwork, a radio that operates on battery or charges with a crank handle, a first aid kit, and a small amount of money or change. Refresh this kit at least yearly, perhaps on 9/11 as a reminder. The DHSS website (dhss.mo.gov), RedCross.org, and Ready.gov have many more suggestions for your emergency kit that will help you match it your needs.

continued on next page
The last step in getting prepared is getting information. You need to be able to receive changing information quickly. My time leading a team of Joplin tornado volunteers taught me to have a plan, have an alternate plan, and be aware enough to know when to change. This disaster hit over 20 churches and the hospital, primary places many seek shelter in a storm, and led to hundreds of residents’ plans needing to change quickly. Hurricane Katrina taught me that, too. Many individuals sought shelter in attics but didn’t receive information that flooding was going to be too deep to survive there. Please be sure you have a working radio to keep appraised of the current, changing circumstances of the emergency.

Knowledge is power and that can help you have peace in an emergency. If you would like more information or options, search for Cover Ozarks on Facebook or call me (417-862-0762) or Brenda (417-720-4213). Thank you for helping us make the Ozarks a more resilient place in times of need.

Here are some more suggestions from the Missouri Department of Health and Senior Services for building your safety kits:

**For Your Car** - Keep a small, portable emergency supply kit in your car at all times. You should include a gallon of water, several cans of food, a manual can opener, blankets, money, and first-aid supplies.

**For Your Pets** - Make sure your pets have identification tags and up-to-date vaccinations. If you must leave home, bring your pet with you, if possible. You can plan ahead by creating a supply kit for your pet that includes extra food and medications. A carrier and leash will also be important. For cats, remember to include extra litter.

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**Registration Open for Summit on Aging**

For the 15th year, ma4 and its sponsoring organizations will stage a three-day event focusing on topics of importance to Missouri seniors, caregivers, and businesses who serve the senior population. The three-day event will take place at the Embassy Suites Hotel in St. Charles, Missouri, from September 10 – 12. Make reservations now to be a part of this “must-attend” event. For more information, visit [http://www.ma4web.org/featured/15th-annual-summit-on-aging-health-scheduled-for-sept-10-12](http://www.ma4web.org/featured/15th-annual-summit-on-aging-health-scheduled-for-sept-10-12). To be a vendor at this event, call 573-634-2914 or visit the website listed above.
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
205 Park Central East, Ste. 312
Springfield MO 65806

For credit or debit cards visit:
www.seniorfoundationmo.org/donate
or call 417-868-9514
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<th>Senior Center Name</th>
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<tr>
<td>Alton Multi-Purpose Senior Center</td>
<td>204 S. Main, Box 403 65606</td>
<td>417-778-7342</td>
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<tr>
<td>Ash Grove Sunshine Center</td>
<td>310 Perryman, Box 72 65604</td>
<td>417-751-3826</td>
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<td>Aurora - Heritage Harmony House</td>
<td>700 Hudson, P.O. Box 229 65605</td>
<td>417-678-5383</td>
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<td>Ava Senior Center</td>
<td>109 N.E. Second, Box 1166 65608</td>
<td>417-683-5712</td>
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<td>Bolivar - Polk County Senior Center</td>
<td>1850 W. Broadway</td>
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<tr>
<td>Branson Senior Center</td>
<td>201 Compton Drive 65616</td>
<td>417-335-4801</td>
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<td>Buffalo - Engles Memorial Senior Center</td>
<td>103 Maples, Box 16 65622</td>
<td>417-345-8277</td>
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<tr>
<td>Cabool Satellite Center</td>
<td>515 Garst 65689</td>
<td>417-962-5983</td>
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<td>Cabool Senior Center</td>
<td>910 Cherry 65689</td>
<td>417-962-3860</td>
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<td>Cassville Senior Center</td>
<td>1111 Fair Street 65625</td>
<td>417-847-4510</td>
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<td>Eminence Senior Center</td>
<td>108 Grey Jones, Box 513 65466</td>
<td>573-226-3839</td>
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<tr>
<td>Fair Grove Senior Center</td>
<td>PO Box 41 65648</td>
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<tr>
<td>Forsyth - Senior Friendship Site</td>
<td>13879 Hwy. 160 N, Box 248 65653</td>
<td>417-546-6100</td>
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<tr>
<td>Gainesville - The Center</td>
<td>516 CR 800, Box 122 65655</td>
<td>417-679-4746</td>
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<tr>
<td>Greenfield - Dade County Senior Center</td>
<td>58 North Allison St. 65661</td>
<td>417-637-2626</td>
</tr>
<tr>
<td>Houston Senior Center</td>
<td>301 S. Grand 65483</td>
<td>417-967-4119</td>
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<td>Humansville Senior Center</td>
<td>102 W. Tilden 65674</td>
<td>417-754-8303</td>
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<tr>
<td>Kimberling Area Senior Center</td>
<td>63 Kimberling, Box 873 65686</td>
<td>417-739-5242</td>
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<td>Marshfield Senior Center</td>
<td>427 W. Washington 65706</td>
<td>417-859-3555</td>
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<td>Monett Senior Center</td>
<td>405 Dairy 65708</td>
<td>417-235-3285</td>
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<td>Mt. Vernon Senior Center</td>
<td>425 N. Main, Box 51 65712</td>
<td>417-466-2072</td>
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<td>Mtn. Grove Senior Center</td>
<td>700 East State St. 65711</td>
<td>417-926-5867</td>
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<td>Mtn. View - R. Claude Trieman Senior Center</td>
<td>903 E. 5th St. 65548</td>
<td>417-934-6504</td>
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<td>Nixa Senior Center</td>
<td>404 S. Main Street 65714</td>
<td>417-725-2322</td>
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<td>Ozark Senior Center</td>
<td>727 N. 9th St., Box 681 65721</td>
<td>417-581-2538</td>
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<tr>
<td>Republic Senior Friendship Center</td>
<td>210 E. Hines 65738</td>
<td>417-732-7672</td>
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<td>Rogersville Area Senior Center</td>
<td>197 Marshall, Box 52 65742</td>
<td>417-753-7800</td>
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<td>Seymour Senior Center</td>
<td>205 Commercial, Box 26 65746</td>
<td>417-935-2211</td>
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<td>Shell Knob - Central Crossing Senior Center</td>
<td>20801 YY-15 Rd., Box 707 65747</td>
<td>417-858-6952</td>
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<td>Springfield: Northview</td>
<td>301 E. Talmage 65803</td>
<td>417-864-8606</td>
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<td>Springfield: South Side</td>
<td>2215 S. Fremont 65804</td>
<td>417-890-1313</td>
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<td>Strafford Senior Center</td>
<td>201 W. Bumgarner 65757</td>
<td>417-736-9898</td>
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<td>Summersville Senior Citizens</td>
<td>129 Rogers Ave. 65571</td>
<td>417-932-4044</td>
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<td>Thayer - Fun &amp; Friends Senior Center</td>
<td>100 Chestnut, Box 222 65791</td>
<td>417-732-7354</td>
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<td>West Plains Senior Citizens Center</td>
<td>416 East Main 65775</td>
<td>417-256-4055</td>
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<tr>
<td>Willow Springs Senior Center</td>
<td>501 Senior Center Lane 65793</td>
<td>417-469-3892</td>
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<tr>
<td>Winona Senior Center</td>
<td>8498 Sapper St., Box 7 65588</td>
<td>573-325-4636</td>
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</tbody>
</table>
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 2017:**

- 1,227,274 total meals to 17,796 seniors
- 871,097 home-delivered meals to 5,590 seniors
- 356,177 senior center dining room meals
- 55,048 hours of essential housekeeping service
- 11,928 supportive services to caregivers (respite)
- 61,398 transportation trips
- 11,421 electronically filed income tax returns
- 5,253 units of disease prevention/health promotion

**Senior Foundation of the Ozarks is on the Move!**

Well, things have changed since we last spoke. At the end of May SFO moved to beautiful downtown Springfield. Our office is now located in the lovely Historic Holland Building overlooking Park Central Square. The area is rich with history and a buzz with activity, creative minds, new businesses, and events! We look forward to this new location bringing focus to our cause and fostering new partnerships.

Even though we have moved our mission and vision remains the same. We are here to fund help and hope for seniors in the Ozarks. We believe all seniors should be nourished through food, advocacy, resources, and support. We accomplish these goals by offering support to 37 senior centers in 17 counties and our local Area Agency on Aging, SeniorAge.

**Our new address is:**  
205 Park Central East, Office 312  
Springfield, MO 65806  
Phone: (417) 868-9514