We’re All Just ONE INCIDENT AWAY

The Silent Killer
Carbon Monoxide

Ron Clark
Recipient of Senior Service Award

Area Agencies on Aging:
Keeping seniors safe at home.

Tax Volunteers
Helping Maximize Refunds

SeniorAge
AREA AGENCY ON AGING
Your connection to information and opportunity.

2-2017
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
Rob Kelsey  Shannon Jacob
Sativa Boatman-Sloan  John Conley
John Ray

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

SeniorAge, 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.
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 or call 417-862-0762. We need you!

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

Care Coordinator Denise complimented Anna on her beautiful pink dress. Anna stopped crying, turned to her spouse and said “Let this lady talk.”

John said Anna had been in three different facilities and at one of the facilities she had wandered off several times. At the last facility, Anna had fallen multiple times so they brought her home. John placed no blame on the facility because since coming home he realized how unsteady she was on her feet at times. She often wandered at night, making it difficult to keep up with her. Their daughters were looking for a place that had higher security but they both worked and had limited time to search.

John kept repeating “I just never expected this to happen.” Denise was able to talk him through lists of long-term care facilities and offer caregiving options to help them manage life at home.

Anna, in her beautiful pink dress, smiled and patted Denise’s arm as she walked out the door. John reached with one hand for a tissue to wipe away his tears and extended the other, thanking her for her help and guidance. It was Denise’s reassurance and listening ear that they needed most.
Ombudsman Program Seeking Volunteers

The Long-Term Care Ombudsman Program has openings for volunteers throughout Region 1, a 17-county service area of Southwest Missouri. The Ombudsman Program is a free and confidential nationwide service provided to all residents living in skilled, residential, and assisted living homes.

According to Regional Coordinator Connie Payne, volunteers serve as advocates for all residents, assuring them of their rights, providing them with a way to resolve problems, and being a welcome friend from outside the home.

**Volunteers must be able to:**
- Communicate orally and in writing
- Be sensitive to the needs of others
- Be open-minded and non-judgmental
- Be resourceful with a sense of humor
- Be tactful, diplomatic, and a good listener

Volunteers work under the supervision of the Regional Ombudsman, must complete training requirements, and attend scheduled in-service training. Interested persons must be 21 years of age, pass a background check, and have transportation to their assigned nursing home.

If you are interested in this very worthwhile and rewarding volunteer position, please contact:

Connie Payne, Regional Ombudsman
P.O. Box 3947
Springfield, MO  65808
Phone:  417-862-3598
E-mail:  cpayne@ccozarks.org

Discounted Park Pass Available to Seniors

Did you know there are 417 national parks in the U.S., spanning across more than 84 million acres! And, if you’re 62 or older, $10 will get you into all of these parks for the rest of your life. It’s not just national parks. The National Park Service said the **$10 Senior Pass** provides access to more than 2,000 recreation sites managed by five federal agencies, including the Fish and Wildlife Service, USDA Forest Service, the Bureau of Land Management, the Bureau of Reclamation, and the U.S. Army Corps of Engineers.

That price, though, is about to go up significantly. According to AARP, the lifetime pass for senior citizens will go up to $80 before the end of 2017. The NPS said the price increase is not expected within the next few months.

The price increase comes after Congress approved the National Park Service Centennial Act in December 2016, which raises fees and sets up an endowment to help pay for projects and visitor services. If you get a Senior Pass online or through the mail, it adds $10 to the overall fee. If you don’t want to pay that extra $10, here’s a list of where you can get the pass in-person: [http://12ne.ws/2o7uqkZ](http://12ne.ws/2o7uqkZ)
April Showers Lead to Spring Flooding

Keeping Yourself Safe

When spring hits, whether it’s “official” or just feels like spring, many of us are eager to get out of the office and into the fresh air. However, too much rain or thawing snow after a long winter can bring severe flooding. Floods are the most common and costly natural disaster in the United States. Here are some things to keep in mind as the spring flood season draws near.

Never drive or walk through flooded streets. It only takes six inches of moving water to sweep a person off their feet (and not in the romantic way) and 12 inches to move a car. Remember, if a street is flooded, Turn Around—Don’t Drown.

Floods are expensive. A few inches of water in a 1,000-square foot home could cost more than $10,000 in repairs and replacement of personal possessions. Visit FEMA’s data visualization website to learn more about the costs and impacts of floods in your state.

Most insurance does not cover flood damage. Only flood insurance will cover the damage from floods. Speak with your insurance agent to learn more and remember flood insurance takes 30 days to take effect, so purchase now to protect your family.

Talk with your family and make an emergency plan for you and your pets. No matter the disaster, it’s always a good idea to have emergency supplies ready at home, at work, and in the car. Extra medications, bottled water, blankets, clothes, and essential contacts should be included in your emergency kit.

You can learn more about the dangers of flooding and find information about flood insurance at Ready.gov/floods and Floodsmart.gov.

Information provided by Ready Campaign · U.S. Department of Homeland Security

See last page for advertising opportunities.
When you have 80 trained Tax Counseling for the Elderly (TCE) volunteer counselors and a host of friendly schedulers, greeters, and phone receptionists working in 32 tax sites, exciting results happen! This tax filing season, a total of 4,784 federal returns were filed and 6,458 state returns, bringing back nearly $2 million in federal and state refunds to southwest Missouri senior tax filers.

For 28 years, SeniorAge has been the recipient of an IRS grant enabling interested volunteers to be trained to serve as tax counselors and assist with basic income tax preparation for seniors in their community. Tax volunteers also assist with filing for the Missouri Property Tax Credit (Renters Rebate). This tax filing year, SeniorAge had 16 new volunteers complete the required in-class training and pass the mandated IRS certification testing.

The success of the TCE program will be celebrated with an end of the tax filing season banquet in early May.

According to Program Coordinator Susan Hughes, “We truly appreciate the hard work and dedication of our tax volunteers. We could not serve nearly the folks we do without their support. Their diligence, trustworthiness, and motivation to help seniors is the heart of our program...our volunteers are truly appreciated by myself and those they serve.”

During the off season, with the help of additional volunteers, SeniorAge will continue to help seniors with amendments and file for property tax credits and renter’s rebates for current and past years.

For information on these programs, contact Susan Hughes at 417-868-9524.
Carbon monoxide poisoning nearly fatal for local couple

Carbon monoxide (CO) is a highly toxic gas produced when fuels burn incompletely. The typical engine used in most cars and trucks can produce extremely high concentrations of carbon monoxide. So, how dangerous is it to operate an engine in a closed building? So dangerous that it must NEVER be done, even for a short time.

For decades now, American drivers generally had to remember two things to get their car keys out of the ignition when they left a vehicle—put it in park and turn off the engine. But new keyless ignitions have disrupted that habit. Now, drivers can walk away with their key fobs and, accidentally or not, leave their motors running. Today’s quieter engines enhance the risk of motorists leaving their cars running without even realizing it — a scenario that can be deadly if a car is inside a garage or other enclosed space.

That appeared to be what happened to a Chicago couple who were recently found dead in their Highland Park residence. Authorities said there were lethal levels of carbon monoxide accumulated in the home after the couple’s keyless 2013 Lincoln MKS was accidentally left running in the garage, possibly overnight.

Closer to home, 88-year old John and his wife Leota “Lee” were both hospitalized after accidentally leaving their car running overnight in the garage of their duplex. Lee woke at 6 am as usual, but still felt tired and lethargic. She laid down on the couch thinking she needed more sleep. She awoke again at 11 am feeling very sick and managed to call her son. She knew something was terribly wrong. The maintenance department of their senior living community was called and upon entry found the car still running in the garage from the night before. John was found comatose in the bathroom, leaning against the wall. He was close to death. Paramedics were called.

Lee remembered the night before that John was “fiddling in the car” when they arrived home after an evening out. She went inside. John, who is hard of hearing, followed shortly after, not realizing the car was still running. They, too, had a vehicle with a keyless start.

Lee and John are very fortunate to have both survived this near-death experience and warn others to “do something to remind yourself to take your keys out of the ignition before exiting the car.”

Still to this day, Lee said she checks and double checks to ensure her vehicle is turned off. “That incident made such an impact on us. We have always thanked the Lord every day for our existence, but now we double thank Him. We never take a day for granted,” she said.

Lee also urges every senior to ensure they have carbon monoxide detectors in their homes, something they didn’t have before but do now.
The Branson-Hollister Senior Center celebrated the Easter holiday with some bright, bold spring colors. They had an Easter hat contest and jelly bean guessing contest which was a lot of fun. Easter dinner consisted of ham, mashed potatoes with gravy, corn, rolls, and cupcakes. They also made 192 mini Easter baskets to give to home-delivered meal clients as well as those patrons dining in. “It was an egg-cellent and egg-citing celebration for everyone.” said Administrator Lisa Arnold.

Rogersville Senior Surprised by Golden Egg

The Rogersville Senior Center Board held a raffle last week for an Easter basket containing a gold egg with $50 inside. Lucy Tuttle, who has been coming to the center for quite some time, was the big winner. Congratulations!

Mt. Vernon Announces May Activities

The Mt. Vernon Senior Center is hosting a Fun Night on May 19. Festivities will feature some great food, games, and bingo. A host of prizes will be offered throughout the evening. The Center is also beginning a new series of Matter of Balance classes on May 2. Classes will be held on Tuesdays and Thursdays at 11:30 am for four weeks. Matter of Balance is a structured group intervention that emphasizes practical strategies to reduce the fear of falling and increase activity levels. Call 417-466-2072 for more information.
Elvis is in the Building

Guests at the Winona Senior Center can now dine in comfort with the recent addition of new chairs for their dining room. The colors blend perfectly with the Center’s decor.

Members of a local Red Hat ladies group recently held their monthly meeting at the Republic Senior Friendship Center. They had a great lunch and were entertained by the talented Elvis...aka Ken Roberts. Field Operations Director Chris Thompson (right) helped make arrangements for the event.

New employee Densal McGhee sports his new “hot” apron as he prepares the noon meal.

Humansville Senior Center is now a cooking site. Join them on May 5 at 11:30 am for a BBQ lunch and root beer floats.

Springfield’s original hospice serving generations of families for over 35 years.
Fearless Aging Expo!
Saturday, May 6th

9am-2pm
E*Plex
Ozark Empire Fairgrounds
Free Parking!

$1.00 Admission!

Win a pair of hearing aids!

- FREE Vascular Screenings!

Notary for Advanced Medical Directives
Free Shingles Vaccines: Greene County Residents Only
Free Vision Screenings
Free Spinal Screenings
Free Macular Degenerations Screenings
Free Balance Screenings
Free Diabetes education and screening
Make-overs, demonstrations & much more!

Visit our Wellness room
Learn to Belly Dance!
Discover Tai Chi & Yoga!
Make your own spices!
Bar Cardio & much more!

3.Little.Birds
Sisters, Brooklyn, Paris & Londyn create beautiful music together. They will amaze you!

Joy Bilyeu-Steele
She has performed for millions live and two presidents! You might have seen her on the Baldknobber stage in Branson!

Kelly Smith
She has been entertaining audiences all over the world as Cher, Olivia Newton-John and Shania Twain! Watch her daily on Ozarks Live! on KOLR10
Imagine a group of men offering nothing but their voices. No musical accompaniment. No fanfare. No song or dance. They simply choose to use the greatest instrument ever created—the human voice—to inspire their audience. The five member group incorporates a mixture of contemporary and traditional songs with pure and simple harmony.

On Sunday, April 2, Master’s Praise entertained guests at the Springfield Art Museum. The show, hosted by SeniorAge, was an effort to raise awareness of the home-delivered meal program for seniors. As a result, attendees donated nearly $3,000 which will provide over 850 meals for seniors.

Appetizers were served prior to the performance, and guests received a tree charm trinket for their attendance. A meet and greet was held during intermission.

SeniorAge would like to extend a special THANKS to the stars of the show, to those in attendance, and to the following sponsors:

Central Bank
Family Pharmacy
KWFC Radio
LaTour Advisory Group
Murney Associates
Phoenix Home Care
Price Cutter
Springfield Art Museum
Uniforms PRN

Members include: Bob Leinbaugh, 1st Tenor; John Maxwell, 2nd Tenor; Bruce Caldwell, Baritone; Steve Duncan, Bass, Baritone, and Tenor; and Ken Roberts, Master Bass.

Master’s Praise Vocal Group is a not-for-profit organization whose songs are Biblically based and relevant to all church affiliations. No matter what men comprise the group at any given time, they have found it to be joyous and interesting to think of all the different places they have performed through the years and the many people they have met along the way.
SeniorAge Volunteer Ron Clark Honored with Missouri Senior Service Award

On Monday, April 24, Ron Clark received one of Missouri’s most honoring volunteer awards—the Senior Service Award. Ron is not your ordinary volunteer. At 81 years young, Ron has the enthusiasm and energy of a 30 year old and has followed his calling to be the voice of other seniors who may not have the resources or ability to advocate for themselves.

A member of the Silver-Haired Legislature, Ron has made it his mission to support the services and programs designed to sustain and enhance the quality of life for all Missouri seniors. This year alone, he has logged over 250 hours (and it’s only mid April) fighting for Missouri seniors and has traveled many miles to the Capitol and back to foster relationships with legislators so they know what the true picture of a senior really looks like.

Ron is also very active in the success of the Central Crossing Senior Center in Shell Knob. Through his efforts, the Center has enhanced their computer lab with 25 computer stations and helped with the training and encouragement of other seniors to provide Medicare counseling for those in the area who find themselves in the middle of the Medicare maze.

SeniorAge also benefits from Ron’s dedication. He serves on the Advisory Council and offers his wisdom and years of experience guiding the Agency on how best to meet and adapt to the changing needs of seniors throughout the service area.

The Lieutenant Governor’s Senior Service Award was enacted in 2005 to promote and highlight the accomplishments that Missouri’s seniors provide to their local communities. Nominees must be at least 60 years of age and volunteer a minimum of 25 hours per year.

“As an advocate for Missouri’s seniors, I am proud to recognize seniors all across our state for the work they do in their communities,” said Lieutenant Governor Mike Parson. “The accomplishments of our state’s seniors often go unnoticed, and I intend to celebrate their accomplishments and thank them for helping make Missouri a better place.”

“I felt compelled to help others and hope there is someone to help me when I need it. My overall mental and physical health has greatly improved as a result of my involvement.” Ron Clark
Senior Foundation of the Ozarks Prepares for Busy Month

A note from Heather Johansen, Executive Director

I have a blackboard that hangs in my office. I thought I would use it to write my “to do” list on, but decided to write little motivational quotes to myself instead. This week it reads “It always seems impossible until it is done,” by Nelson Mandela. Spring has been an eventful time for the Senior Foundation of the Ozarks and this quote has kept me going.

Our website www.seniorfoundationmo.org launched on April 19th! We are gearing up for our Fearless Aging Expo on May 6th. And last, but certainly not least, GIVE OZARKS will happen on May 9th.

Give Ozarks is a day of on-line giving. Over the past two years, Give Ozarks has raised more than $2 million for more than 150 nonprofits across the region. Thousands of donors made online gifts ranging from $5 to $10,000 to support nonprofits. Making a secure donation is simple.

On May 9, donors can log onto https://giveozarks.org/2017/seniorfoundation to complete a basic credit card donation. (All donations are tax deductible to the fullest extent allowed by the IRS.) Our goal this year is to raise $10,000 and with your help we can reach it!

You know, it’s easy to feel small in this big world. It sometimes feels like what you are doing isn’t making a difference. Well, you may be one person but you CAN make a difference and impact your community! By coming together with others on May 9th we can reach our goal and nourish the seniors of southwest Missouri.

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.
Ten Tips

Building A Healthy Meal

A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without more calories. And don’t forget the dairy - make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1. **Make half of your plate veggies and fruits.** Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. **Add lean protein.** Choose protein foods such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make a seafood the protein on your plate.

3. **Include whole grains.** Aim to make one fourth of your plate whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4. **Don’t forget the dairy.** Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soy milk as your beverage or include fat-free or low-fat yogurt in your meal.

5. **Avoid extra fat.** Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. **Take your time.** Savor your food. Eat slowly. Enjoy the taste and textures. Pay attention to how you feel. Be mindful – eating very quickly may cause you to eat too much.

7. **Use a smaller plate.** Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8. **Take control of your food.** Eat at home more often so you know what exactly you are eating and adding to your dishes. If you eat out, check and compare the nutrition information. Choose healthier options like baked instead of fried.

9. **Try new foods.** Keep it interesting by picking out new foods you’ve never tried before like mango, lentils, or kale. You may find a new favorite. Trade fun and tasty recipes with friends or find them online.

10. **Satisfy your sweet tooth in a healthy way.** Indulge in a naturally sweet dessert dish – fruit! Serve fresh fruit cocktail or fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

www.choosemyplate.gov
Energize Your Tuesday Morning with Prime Time on KICK

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

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

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

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

Five Star Senior Living
Hospice Compassus
Johnson Physical Therapy
Mattax Neu Prater
Parks and Jones Attorneys
Phoenix Home Health Care
Price Cutter Pharmacy
Relay MO
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 $ __________

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.

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.
SeniorAge Senior Center Directory  
(Formerly Southwest Missouri Office on Aging)
Our Mission
Working together.

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 Jphansen
417-862-9514
heather.jphansen@senioragemo.org