Area Agencies on Aging
Keeping Seniors Safe at Home

Working together.
Finding options.
Bettering lives.

We're Your Connection to
Information and Opportunity

5-2018
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.

There are currently 11 Senior Citizens’ Services 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.
Ode to Great Mothers
by Starr Kohler, CEO SeniorAge

A great mother never, ever gives up. No matter what.

A great mother is the kind of real that wipes our noses, listens to every word through our hiccupping hurts, puts our fist-fulls of broken field flowers in crystal vases, clutches us tight when the semis go by, tugs our collars and waistbands straight. She’s a cool hand on a hot, sick forehead; a heavyweight King Kong when we are ‘done wrong;’ the one who claps the longest when we venture courage; and the team captain who would always and forever pick us first for her team. No matter what.

Those of us who call ourselves SeniorAge aren’t actually ‘mothers’ to those we meet in the course of our work, but we believe we have learned—often best from our mothers—how to serve. We aspire to be the kind of real that comes alongside through the hurts, the confusion, the fears, the losses, the wrongs, and the celebrations of life’s path—with listening hearts, solid counsel, and willing help.

This year, we tried hard to be the King Kong heavyweight in restoring MORx to all those who need it, in regaining the funding lost a decade ago for senior services, and in getting support for the Senior Growth and Development initiative (that would have included seniors in a funding stream the state already has). We didn’t win in any of these legislative stands...this year; but we’re not going to give up. No matter what. If you didn’t get to help us this year with our efforts, maybe next year, you will, too.

Leading a caring organization like SeniorAge is exhilarating and challenging. Before ever being a CEO, I was a mother. And, I really only know how to lead in a ‘mothering way.’ Do I make mistakes? I surely do. But there’s one sure thing:

My mother never ever gives up on me. No matter what.

Ode to Great Mothers
by Starr Kohler, CEO SeniorAge
Had Lillie enrolled in a prescription plan, the medications would have cost only $53. Lillie’s son was able to borrow money from the bank to purchase her medicines, but did not know how they would afford to pay for them next month or repay the loan at the bank.

Lillie’s son contacted her Care Coordinator for assistance. As they were enrolling Lillie in a Medicare D Drug plan and MORx, they discovered she might also qualify for Property Tax Credits, a program they were previously not familiar with. After enrolling in Medicare D and MORx, Lillie’s drugs would only cost $61 per month. They also applied for the past four years in Property Tax Credits, obtaining a rebate of $2400. With the help of her local Area Agency on Aging, Lillie was able to afford her monthly medications and pay back the bank loan. Life looked brighter.

Lillie was in relatively good health. She only took a few generic pills that she could readily afford with no problem. When changes to Medicare made the Medicare D Program available to help pay for medications, she did not want a ‘handout’ and therefore did not enroll. She had worked all of her life to receive the Social Security income she was entitled to and was determined to live off of that. Even her Care Coordinator at the local Area Agency on Aging could not convince Lillie to enroll.

A few months went by — Lillie had a massive heart attack. She was prescribed three very expensive medications for her heart totaling $835.
SOUTHWEST MISSOURI
SENIOR GAMES

May 30-June 2, 2018
at Northview Center

$10/Athlete (some events have additional facility fee)

Southwest Missouri Senior Games serve as preparation for the 2018 Missouri State Senior Games.

Olympic-style events for athletes age 50 years & up.

EVENTS:
- 8-ball
- Archery
- Baggo
- Basketball skill events
- Bocce
- Bowling
- Electronic Darts
- Golf
- Horseshoes
- Pickleball
- Swimming
- Table Tennis
- Track and Field
- Washers

Pre-register by May 15 at Northview Center

301 E. Talmage St., Springfield, MO 65803

Registration may be accepted day of event, if space allows.

417-837-5808 • ParkBoard.org/SeniorGames
Tax Counseling for the Elderly Wraps Up Another Successful Season

For 29 years, SeniorAge has been the recipient of an IRS grant that enables us to train interested volunteers to serve as tax counselors and assist with basic income tax preparation for seniors in our 17 county service area. These volunteers also assist with filing for the Missouri Property Tax Credit (Renters Rebate). This year, SeniorAge had 13 new volunteers complete the required class training and pass the mandated IRS certification testing.

In total, we had 56 trained Tax Counseling for the Elderly (TCE) volunteers and a host of friendly schedulers, greeters, and phone receptionists working in 30 tax sites with some exciting results! This tax filing season, a total of 4,904 federal returns and 6,254 state returns were filed bringing back over $3 million in federal and state refunds to Southwest Missouri senior filers. None of this would have been possible without the hard work and dedication of all the volunteers involved.

With the continued help of volunteers, SeniorAge will be doing taxes throughout the summer to assist folks who either have a problem with their taxes and need amendments, didn’t get their 2017 taxes filed in the time allotted, or who need to file for their Property Tax Credit or Renter’s rebate.

For information on these programs, or if you are interested in becoming a tax volunteer next tax season, please call Susan Hughes at 417-868-9524.

These are the results of the amazing work our volunteers do—an estimate of federal dollars returned by each of our counties:

- Barry - $87,693
- Christian - $44,657
- Dade - $2,571
- Dallas - $67,492
- Douglas - no data available
- Greene - $1,044,081
- Howell - $61,500
- Lawrence - $66,429
- Oregon - no data available
- Ozark - $94,074
- Polk - $60,964
- Shannon - no data available
- Stone - $21,467
- Taney - $66,307
- Texas - no data available
- Webster - $62,587
- Wright - $20,829
Forsyth Community Working Together to Fund New Building

On Thursday, January 11, the Forsyth Senior Friendship Site Board voted on and approved a new floor plan for the proposed new Community and Senior Center. The new plan incorporates a 12,500 square-foot building versus the original plan at 24,000 square feet.

According to Fundraising Chair Joyce Theiss, a new donation opportunity has been given to the Forsyth Senior Friendship Site Capital Campaign. An anonymous donor offered a challenge gift (Matching Funds) for every dollar given or pledged to the Capital Campaign, up to $25,000. It will be matched on a 1:1 (dollar for dollar) basis. “This matching gift opportunity will dramatically boost efforts in reaching our goal,” Joyce said.

Forsyth residents rally for support for the new Community and Senior Center.

Donors can visit the website at www.seniorfriendshipsite.com or mail checks to the Forsyth Senior Friendship Site, P.O. 248, Forsyth, MO. Donations will also be accepted at the Center located at 13974 St. Hwy. 160, Forsyth, MO, 65653.

Forsyth Senior Thrift Store Provides Extra Income for New Community and Senior Center

The Forsyth Senior Thrift Store is also thriving in efforts to help fund the new building. According to Joyce, new items are arriving daily and merchandise is consistently moving out the door. The store is open Tuesday through Friday from 9 am to 4 pm and Saturdays from 10 am to 3 pm.
Fundraising Chair Joyce Theiss (left) and Board Secretary/Treasurer Glenda Hunt help promote the new Harvest Farmers Market which opened this month. Local growers provide a bounty of fresh fruits, vegetables, and produce while shoppers support local commerce. They hope to grow the market to include plants, flowers, and a variety of other offerings.

The new building allows for plenty of room for exercise groups, crafts, and meeting space. Currently, morning classes are held in the dining room area for lack of other adequate space.

Right: Drawings of the proposed 12,500 square-foot Community and Senior Center in Forsyth.

**New Farmers Market Tops List of Opportunities for Forsyth Community**

Fundraising Chair Joyce Theiss (left) and Board Secretary/Treasurer Glenda Hunt help promote the new Harvest Farmers Market which opened this month. Local growers provide a bounty of fresh fruits, vegetables, and produce while shoppers support local commerce. They hope to grow the market to include plants, flowers, and a variety of other offerings.
Cabool seniors get in the spirit of their Cinco De Mayo celebration which included a salsa bar and festive hats.

Willow Springs Senior Center honored mothers at their annual banquet. Ninety-two attendees enjoyed entertainment and great food.
Houston Senior Center celebrated Cinco De Mayo with good food, great times, and lots of laughs.

Cabool also celebrated Kentucky Derby Days with stick pony races and fun food.

Forsyth recently held a Dogwoods in the Ozarks Fashion Show fundraiser. Models wore latest fashions for spring and summer, a delicious lunch was prepared by the Keeter Center, and entertainment by the one and only Joan Rivers (aka Mr. Terry Sanders).
Mouth Watering Variety, Choice in Nutrition
Programs Offered at Area Senior Centers

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
March 28, April 25, and May 23 for adults age 60 and over

11 am - 2 pm: Browse books, newspapers and magazines; play board games; get help with smart phones, devices, etc.; and enjoy breakout sessions.

Noon - 1 pm: Lunch program. Healthy Living for Seniors, provided by SeniorAge Area Agency on Aging and SeniorAge Choice Presenters.
Registration required - seating is limited. A $3.50 donation to SeniorAge is encouraged. Call 862-0135 to register.

1 - 2 pm: Relive the stories of yesteryear as you listen to an old-time radio hour, work on a jigsaw puzzle or craft, or just relax and listen.

Lunch Program Schedule:
May 23: Nature Crafts. Create simple nature crafts including terrariums and rock art for your home or to give as a gift. Registration starts May 9.

The April 25 Painting with Music class was a hit with participants!

Offered in cooperation with SeniorAge and the Library Stories for Life Program.
“The two most powerful warriors are patience and time.” – Leo Tolstoy

Whether it be a chunky guy like me running a marathon or a preschooler learning to write his letters, patience is the key to success. Life teaches me daily (the easy way and the hard way) how to strengthen my patience muscles. Every scientific definition of patience seems to hinge on delaying short-term gratification in lieu of a greater reward later. Humans, my cat Silver, and all other living beings instead bend toward the short-term crumb to the exclusion of the long-term feast.

One of my primary job functions at SeniorAge is IT Director. The employees I assist range in age. I love working with groups within all levels of tech savvy, but it is especially rewarding to see seniors discover the merits of the computer. Watching them lean in and grapple with managing it all, taking time, reminds me what beautiful fruit comes from patience.

In my lifelong study of Patienceology (patent pending) few lessons have been more profoundly soul-squeezing than “teaching” my mom. A couple years ago my sister and I tried to teach her about computers. We sat with her, taking notes as we went, hoping to show her how to check e-mail and play games. At one point, lamenting that she couldn’t remember her password again, she had me change it to ‘Headache’ since she said trying to remember passwords gives her one. She typically got tired after a while and preferred to “shut the thing off and just talk instead.”

In my haste to teach her how to e-mail me so we could reminisce, I missed many opportunities to do so in person. I subconsciously rationalized that I was bypassing short-term gain for long-term reward, but the opposite was true. Patience can be a brutal warrior.

My mom, as you may know from previous articles, lives with stage six Alzheimer’s disease. Gone are the days of recollecting stories from my childhood, replaced with an Easter egg hunt for pieces of the past. When I am patient, I get to see my mom’s love, her wit, and the kindness in her eyes. When I am most patient I sit and enjoy time with her, taking her as she is...and then the occasional gems are revealed as miniature gifts. Some days she seems to be much better, and the impatient me attempts to act as if the new normal wasn’t reality, only to be dashed. Time, too, is a brutal warrior.

We should all leverage these two warriors instead of trying to fight them. Spend time with your family. Take time to pen those old stories for your benefit and for your posterity so that they become timeless. Practice patience. Be patient with the loud grandchild or your senior friends knowing that patience is often rewarded. If your technology is a struggle, be patient. Walk away from it if you need to. It will still be there, but the time you missed in the process of fighting it is gone forever.
SeniorAge Offers A Variety of Wellness Opportunities for Senior Participants

**Chronic Kidney Disease (CKD)**
Stand-alone class offered for 30 minutes to 1 hour each session.
- Provides the most up-to-date information about preventing, managing, and treating kidney disease along with a healthy lifestyle.

**Matter of Balance (MOB)**
8 weekly sessions or twice weekly session (4 weeks).
Meet 2 hours for each session
- Emphasizes practical coping skills to reduce fear of falling and teaches fall prevention strategies.
- Structured group intervention activities include group discussion, problem solving techniques, skill building, assertiveness training, sharing practical solutions, and exercise trainings.

**Walk With Ease (WwE)**
6 weeks, ongoing. Meet once a week for 30 minutes to 1 hour each session.

- Participants are expected to walk on their own at least two more times each week.
- Group-based and self-directed program that combines self-paced walks with health-related discussions.

**Diabetes Empowerment Education Program (DEEP)**
6 to 8 week sessions. Meet 2 hours for each session.
- Improving and maintaining the quality of life of persons with pre-diabetes and existing diabetes
- Preventing complications and incapacities
- Improving eating habits and maintaining adequate nutrition
- Increasing physical activity
- Developing self-care skills
- Improving the relationship between patients and health care providers
- Utilizing available resources

**Nutrition Education Classes**
Typically offered once or twice every month or two months. Meet 30 minutes to 1 hour for each class.
- Topics may include food preparation, shopping on a budget, healthy habits—challenges and solutions, colorful eating, nutrition and physical activity, reading food labels, gardening, eating well, etc.
- Food samples, recipes, cooking utensils, etc. may be available at some of the classes.

**Active Living Every Day (ALED)**
12 week sessions
Meet 1 hour for each session
- Behavior change program that helps participants overcome their barriers to physical activity and make positive changes that improve their health and well-being.
- Participants learn to set goals, overcome barriers, and find activities they enjoy.
- Participants choose their own activities and create plans based on their individual lifestyle and personal preferences, focusing on moderate-intensity activities that can be added to daily routines.

**Arthritis Foundation Exercise Program (AFEP)**
6 weeks, ongoing. Meet once a week for 30 minutes to 1 hour.

- Participants are expected to exercise on their own at least two more times each week.
- Low impact physical activity program proven to reduce pain and decrease stiffness.
- Sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability.
- These enjoyable and motivational classes may be taken either standing or sitting in a chair.

Follow us on facebook to learn more about classes taking place at a Center near you.
facebook.com/senioragemo.org
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 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.”

Join Us For Prime Time Every Tuesday at 11 am

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.
Distribution of New Medicare Cards

Distribution of the new Medicare cards with unique numbers is starting. However, we probably will not receive any replacement cards in Missouri for several months. Federal officials are being a bit vague about exactly when the cards are coming because of the potential for scammers staking out mailboxes and stealing the cards.

Missouri is in the last group of states in the schedule to receive the cards, so you need to be patient. It will be at least June and probably later. However, there are a couple of things you can do to get ready. One is to make sure that your address is up to date with the Social Security Administration so that you receive your card when it’s mailed. If you are an Internet user, you can establish an account on the MyMedicare.gov website. If you set up that account, you can monitor the progress of the card distribution state by state. When it’s time for Missouri’s distribution, you can set your Medicare account to alert you when your card is actually mailed.

Here are a few things you do NOT want to do:

- **Do NOT** worry if a neighbor, relative or friend gets his card before you do. They are NOT being mailed according to ZIP codes etc.
- **Do NOT** give anyone your personal information over the phone. Medicare will NOT call you to request your Medicare number or any other information.

- **Do NOT** believe anybody who tells you that they can get your card faster if you pay them a fee. That is NOT going to happen and you will waste your money.
- **Do NOT** believe an insurance agent who tells you that she can get your card faster if you do business with her. That agent probably wants to get your ear to try to sell you an Advantage or Medicare supplement plan.

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

**Congratulations**
Top 10 Nominee for Most Influential Women in Southwest Missouri (Connection Magazine)

Terri Johnson
Center Administrator
Central Crossing Senior Center, Shell Knob
South Central Pension Rights Project Protects Widow’s Right to Survivor Benefit

The South Central Pension Rights Project (SCPRP) of Texas Legal Services Center provides regional pension counseling and information services. Their mission is to help individuals understand and exercise their pension rights. Services are provided free of charge to workers, retirees, and their families.

- who currently live or work in the service region of Arkansas, Louisiana, Missouri, New Mexico, Oklahoma, and Texas;
- who used to live or work in the region while earning the pension;
- whose employer or pension plan is head quartered or has operations in the region;
- or whose employer or pension plan had operations in the region when the pension was earned.

Services are provided free of charge, regardless of age, income or the amount of the benefit sought. Attorneys and paralegals provide services over the telephone and through the mail.

For more information, call toll free 1-800-443-2528.

May is Skin Cancer Awareness Month

May is Skin Cancer Awareness Month. With over 5 million cases diagnosed in the United States each year, skin cancer is the most common cancer among citizens. Get your screening today!

Follow the ABCD rule for spotting melanoma:

Asymmetry: A mole that has an irregular shape or two different looking halves.

Border: Irregular, blurred, rough or notched edges.

Color: Most moles are an even color, such as brown, black, tan or pink. Look for changes in the shade or distribution of color throughout.

Diameter: Moles larger than ¼ inch across may be suspect, although some melanomas may be smaller than this.
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!**

[Facebook][Instagram][Twitter]

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

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

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

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

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

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

Eminence Senior Center  
108 Grey Jones, Box 513  65466 ......................417-934-6504

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 ......................417-637-6262

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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  65581 ......................417-264-7354

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

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

Winona Senior Center  
8498 Sapper St., Box 7  65588 ......................573-325-4636
Our Mission
Working together.

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

How We Served Our Counties in 2017:

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 SeniorAge:

Phone: (417) 862-0762

Visit our website at www.senioragemo.org

Join us on facebook at facebook.com/senioragemo.org