Our Mission:
Working together.
Finding options.
Bettering lives.

A Walk in Val’s Shoes
Read Her Story

www.senioragemo.org
facebook.com/senioragemo
In partnership with the Gillioz Theatre, the Remember When Wednesday movie series was fun success. In efforts to provide some cool relief in the heat of the summer, the Wednesday matinee offering featured a variety of old-time favorite flicks including:

Gone with the Wind
True Grit
Singing in the Rain
Breakfast at Tiffany's
The Wrong Man
The Nutty Professor
An Officer and a Gentleman

A social hour and pre-show trivia session was hosted by former Baldknobber Joy Bilyeu-Steele, followed by the movie, popcorn, and sodas.

Watch for more special offerings from the Gillioz in the coming months!
Give 5 Helps Retirees Stay Engaged, Give Back

SeniorAge is proud to partner with Give 5, an innovative, free, community-based program designed for Springfield and Greene County residents. The program matches participants with nonprofit organizations addressing our city’s primary areas of need and helps re-establish purpose and meaning in retirement.

Victor D. was introduced to SeniorAge through Give 5. "I have done some work with them and it was there I met the local coordinator of the Silver Haired Legislature. I am now an SHL congressman and have had the opportunity to attend the SHL conference in Jefferson City." The program generates much more for the community than it costs if considered in terms of what the volunteers do to make the nonprofits more efficient and effective.

The program is a win-win, providing four levels of positive impact in one program:

- Individuals by addressing social isolation
- Nonprofit organizations by increasing capacity
- Neighbors in need of nonprofit services
- The community’s economy and quality of life.

Give 5 is customizable, scalable, and flexible so it can be tailored to the needs of the non profits and the availability of the participants.

Who’s Behind Give 5?

United Way’s CEO Greg Burris (former Springfield city manager) and Cora Scott, Springfield director of public information and civic engagement, created Give 5, a civic engagement programs that matches retirees with volunteer opportunities in the community.

Give 5 offers retirees and seniors an avenue to apply their talents and passions directly to a non profit that they are passionate about helping according to Greg.

To learn more about Give 5, or to get involved with the next Give 5 class, visit www.Give5program.org or call 417-863-7700.
**In Memory Of**
**Margaret Bolden**
*August 14, 1926 - March 3, 2019*

My mother and I have been Santa’s Helpers for many years. She looked forward to it — this was her Christmas present to herself. Love and miss you Mom. ~Peggy Plaster

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**Meals and Contributions**

To many of us, it’s a $3.50 latte on our morning commute. But for others, it might be the difference in a hot, nutritious meal or an empty plate. In memory of her mom, Peggy Plaster wanted her donation to help where most needed - meals for seniors.

Last year, SeniorAge served a total of 363,695 hot meals through our 36 senior activity centers. We prepared, packed and delivered an additional 908,633 meals to individuals who are unable to dine among friends in a setting outside the home. WOW...that’s over one million total meals that made a difference to the wellbeing of a senior.

To put hunger in perspective, your gracious contribution of only $35 provides TEN nutritious meals for a senior who is unable to make their own contribution towards meals in one of our 36 senior activity centers, or a healthy bundle of goodness delivered right to their door.

**Giving couldn’t be any easier!**

- Simply log on to our website at www.senioragemo.org/about-us/donate/ to make a safe and secure donation online.

- Visit our on-line donor site at www.continuetogive.com/senioragegiving

- Mail checks to SeniorAge
  1735 S. Fort, Springfield MO 65807
Senior Nutrition Farmers Market Program Encourages Healthy Eating

Funded by the U.S. Department of Agriculture’s Food and Nutrition Services, the Senior Farmers Market Nutrition Program (SFMNP) assists low-income seniors in obtaining fresh, Missouri grown produce from local farmers in participating regions.

Seniors 60+ could apply to receive $50 in vouchers that allowed them to purchase fresh fruits, vegetables, herbs, and honey. Vouchers were available for distribution through August 31 and must be redeemed by September 30.

SeniorAge distributed over 1,300 vouchers to senior households during the program distribution time, more than any of the other participating trial areas.

Seniors under 185% of the federal poverty level could qualify. For a household of two, that meant an annual income under $31,284 dollars. For a household of one, it’s below $23,107. Watch for information on how to apply for next year’s program.

Thanks to Missouri’s Silver-Haired Legislature and the many volunteers for their efforts in getting this bill implemented.

Another Win for Seniors!

Do you shop on Amazon?

If so, try smile.amazon.com instead. It’s the great shopping same site, but smile.amazon allows you to select a charity of choice and in return, the Amazon Foundation will donate .05% of all eligible purchases to that charity. It’s that easy, and it’s a win for SeniorAge if you choose us.

It’s Prime Day!

Shop epic deals at smile.amazon.com and Amazon donates.
Bettering Lives.

Growth and Development

Missouri Lt. Governor Mike Kehoe recently signed legislation that establishes the Senior Growth and Development Program, a program designed to fund important services for Missouri’s senior population. The official bill signing ceremony took place at the South Side Senior Center in Springfield and was attended by more than one-hundred area senior, legislators, and representatives of senior advocacy groups.

The new legislation, establishes the “Senior Services Growth and Development Program” in the Department of Health and Senior Services and creates a dedicated fund within the State Treasurer’s Office that will be used to fund senior programs and services throughout the state. Programs eligible for such funding will be coordinated and implemented by Missouri’s Area Agencies on Aging.

“Southwest Missouri is pleased to host this important bill signing. It represents years of dedicated work on behalf of seniors throughout this state,” said Starr Kohler, CEO of SeniorAge Area Agency on Aging in Springfield. “This bill is dedicated to recognizing the value of seniors in the State of Missouri. This legislation shows that the Missouri Legislature does value Missouri seniors,” she added.

Lt. Governor Mike Kehoe signs the Growth and Development bill which passed this legislative session.
A Walk in Val’s Shoes

Val is 73 years old and lives in her cozy apartment where she enjoys reading crime and mystery novels. She is always sporting a smile on her face and inquires of her friends how they are doing and what is going on with them. She shows true compassion for others.

Like many seniors, Val has serious health conditions and lives on a very modest income. At first glance of her happy countenance and joyful spirit, though, one might not guess her circumstances. She has congestive heart failure, COPD, diabetes, and a history of lung cancer. Her health conditions create other serious impediments such as limited mobility due to intense foot pain.

Complicating her situation is the fact that Val has only one pair of shoes - the same pair she has worn for years. Since her income is only enough to cover basic expenses, Val has been unable to afford new shoes to meet her specific health needs. She is also at a higher risk for falls because her bed is too high off the ground, making the routine task of getting out of bed very dangerous.

That’s when Care Coordinator Amanda from the Area Agency on Aging stepped in to help. Val has been fitted with a brand new pair of diabetic shoes that allow her to be mobile again. Amanda also applied for grants that helped fund a new “low profile” mattress and box springs. This resulted in greater ease, increased safety, and one very happy senior who is able to face her future more securely and serenely.

Thanks to the help of Amanda, Val has been able to increase her exercise through walking and is able to continue living in her apartment with safety and confidence.

Your Area Agency on Aging in Missouri has expert help. “We want to be here when you need us.”
Keeping Seniors Cool During Beat the Heat Fan Drive

Local seniors gained some much needed relief from the summer heat thanks to joint efforts of KWFC Radio, 88.3 the Wind, Integrity Home Care and Hospice, and SeniorAge.

Over a six-week period in June, 364 fans were collected and have already been distributed to seniors who needed a cool down. SeniorAge kicked off the collection drive by hosting a party in the parking lot, complete with Branson country artist/entertainer TJ Aaron, hot dogs, sno-cones and games. Partnering Senior Activity Centers in Republic, Ozark, Bolivar, Forsyth, and South Side hosted similar events.

Individuals, families, and businesses all contributed to the success of the event. A special SHOUT OUT to the anonymous donor who surprised us with 100 donated fans from Lowes.

The Grayson family said they enjoy participating in worthwhile community events and were happy to be able to provide fans for seniors in need. They donated 10 fans at the kick-off event.

Ann and Jay, recipients of a fan for their home, were very appreciative and said “we hope we can someday give back to someone who needs our help.” With temperatures hovering near 100 degrees, the fan helped them relax to a cool breeze.

Thank you for your support of SeniorAge programs and services:

Brian Andrews
Ruth Balcom
Jess and Opal Childers
Kimberly Griffiths
Gene and Phyllis McConnell
Terry and Deanna Miner
Peggy Plaster
Loyce and Kevin Rushen
Max and Lark Thomas

Central Bank of the Ozarks
Ebenezer Church
First Baptist Church
Gillioz Theatre
Integrity Home Care & Hospice
Phoenix Home Care & Hospice
Springfield Grocer
United Healthcare

Our vision: Opportunities, answers, and freedoms for all seniors.

Our work continues to be enlarged through wonderful community partnerships. These partnerships include Silver Haired Legislature, Senior Center Boards, Department of Health and Senior Services, County Senior Service Boards, Council of Churches, Division of Family Services, Musgrave, Vision Communications, Senior Foundation of the Ozarks, Ozarks Food Harvest, Community Foundation of the Ozarks, Vista, SGC Foods, Springfield Greene County Library and a host of other mission-minded organizations.