

Older Missourians are just  
**ONE INCIDENT AWAY**

from hospitalization,  
nursing home placement,  
and the loss of lifetime  
resources.



Keep Area Agencies on Aging Strong.

**Did you know Area Agencies on Aging provide options?  
Support the Senior Services Growth and Development Bill.**

# ONE INCIDENT AWAY ...

## Nutritious Meals Keep Seniors Nourished and at Home

Richard was a 75-year-old diabetic. When his Care Coordinator Chris from the local Area Agency on Aging arrived at his home for a consultation, she discovered Richard had no food in the kitchen. The refrigerator was empty. There was \$23 in saved food stamps (known today as the Supplemental Nutrition Assistance Program, SNAP) - on the counter which Richard intended to purchase eggs with because he felt he needed the protein they would provide.

Richard was going to eat only eggs for the remaining two weeks of the month in order to have something he felt would be healthy, beneficial, and filling enough to get him by until next month's stamps arrived.

Chris signed Richard up for home-delivered meals. "He was in tears when we delivered the first meals to him," Chris said.

In a follow-up visit the next month, Richard shared with Chris how excited he was to be able to go grocery shopping with his \$23 and purchase healthy items that he hadn't been able to afford in years, including his favorite food – chicken livers.

Because nutritious home-delivered meals were provided to Richard through his local Senior Center, he was able to establish a healthy diet, occasionally indulge in his favorite food, and not be worried about when and where his next meal would come from.

**Your Area Agency on Aging in Missouri has expert help.**

***"We want to be here when you need us."***

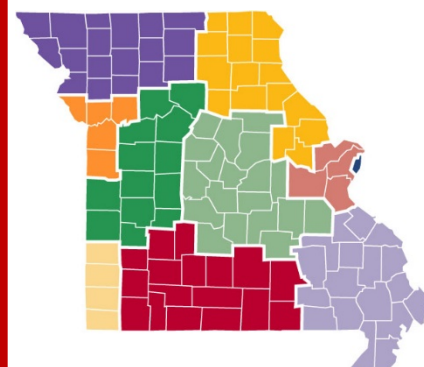


### Core Services:

- Supportive Services
- Caregiver Encouragement
- Nutrition
- Health and Wellness
- Advocacy

### Additional Support:

- Care Coordination
- Medicare Enrollment
- Tax Assistance
- Transportation
- Respite



### Care Connection

Central Missouri

Mid-America

Mid-East

Northeast Missouri

Northwest Missouri

Region X

Southeast Missouri

SeniorAge

St. Louis