



Keep Area Agencies on Aging Strong.

Older Missourians are just
ONE INCIDENT AWAY
from hospitalization,
nursing home placement,
and the loss of lifetime
resources.

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

ONE INCIDENT AWAY ...

Senior Centers Provide Great Options for Health Living

The local Area Agency on Aging Senior Center is important in Earl's life. Back in 2010 Earl suffered a heart attack and was laid up for two months. Since that time, he retired, slowly regained his independence, and started visiting his local Senior Center.

Senior Centers are a God send for many seniors throughout Missouri. For Earl personally, at age 87, it has given him a place to volunteer, experience happiness among peers, exercise regularly, and receive a hot, nutritious meal.

"Maintaining my mental and physical health is now a priority for me. Three times a week I go to an Easy Chair Exercise class and enjoy a variety of educational and recreational activities. Without the services of our Senior Centers, a lot of seniors would have to go to nursing homes prematurely," Earl said.

Your Area Agency on Aging in Missouri has expert help.

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

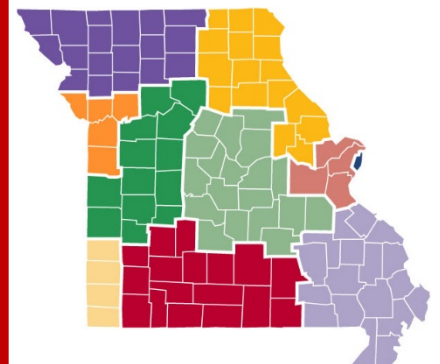


Core Services:

- 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