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Physical Activity is Essential to Healthy Aging

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others. Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

If you are 65 years of age or older, are generally fit and have no limiting health conditions you can be aware of the following:

Adults need at least two hours and thirty minutes of moderate intensity aerobic activity (for example, brisk walking) every week and muscle strengthening activities on two or more days a week involving all major muscle groups; or one hour and fifteen minutes of vigorous intensity aerobic activity (for example, jogging or running) every week and muscle strengthening activities on two or more days a week involving all major muscle groups. More time equals more health benefits.

What counts for aerobic or “cardio” activity? Something as simple as walking is a great way to get the aerobic activity you need as long as it’s at a moderately intense pace. Pushing a lawn mower, taking a dance class, biking to the store can all get you breathing harder and your heart beating faster as long as you are doing them at a moderate or vigorous intensity for at least ten minutes at a time.

Muscle-strengthening activities will help keep you from losing muscle as you

age. To gain health benefits, muscle-strengthening activities need to be done to the point where it’s hard for you to do another repetition without help. A repetition is one complete movement of an activity, like lifting a weight or doing one sit-up. Lifting weights, working with resistance bands, exercises that use your body weight for resistance (push ups, sit ups), heavy gardening and yoga are all activities you can choose from for working the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders and arms).

For more and related information see the National Institute on Aging website
<http://www.nia.nih.gov/HealthInformation>



CMAAA

The Central Missouri Area Agency on Aging (CMAAA) is a private, not-for-profit Area Agency on Aging serving 19 counties in Mid-Missouri: Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade, Howard, Laclede, Maries, Miller, Moniteau, Morgan, Osage, Phelps, Pulaski and Washington.

Our Mission

CMAAA recognizes the individual capabilities and needs of each older person. Therefore, CMAAA's mission is to assist communities in establishing a full range of services, which allow older persons to live in the most independent manner possible.

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From the CEO... By Jean Leonatti, CEO

Dear Readers,

The summer has flown by! Autumn is approaching with the change of our seasons — a beautiful time of year. Before you get too busy, please add two important activities to your fall calendar: a) attend a senior center fundraiser, and b) review your health insurance coverage.



Many of our Senior Centers run fundraisers during the cooler weather of the fall. We ask for your support of these community events. We are expecting a difficult budget year as governmental funding may decrease, while the cost of providing our services and the demand for those services continues to rise. These local fundraisers allow for more of your community residents to receive much needed services.

This is also the time of year that you will begin receiving information about Medicare Part D Plans for calendar year 2018. Open Enrollment will be from October 15 to December 7. During Open Enrollment you can compare the plans to your current prescription drug usage and sign up for the plan that best meets your needs. Every year, plans have the right to change their premiums, deductibles, co-pays, and the drugs they will cover. The plan that worked well for you this year may not be the best plan for you next year. It is very important **EACH YEAR** to run a comparison and make an informed decision.

Our staff is ready to assist you with this comparison. We use the government website for comparing the plans. We do not sell any insurance plans, nor do we receive any “commissions” — therefore the information we provide you is unbiased, and will show you the best option for your situation. CMAAA is stepping up our efforts to provide Medicare education and outreach. Please call our Columbia office, your local Care Coordinator or Senior Center if you would like to make an appointment.

Our staff is also available to assist younger people to sign up for Missouri Marketplace Insurance (also known as ObamaCare). This program will help persons who are not eligible for Medicare, Medicaid and not covered by a private insurance plan to find insurance coverage for the calendar year 2018. There is a shortened enrollment period for this program, it runs from November 1 – December 15, 2017 for insurance coverage to begin on January 1, 2018. Again, you may call our offices (1-800-369-5211) to set up an appointment to review your options.

Sincerely,



Jean Leonatti, CEO

Residential Care Facilities

**By Donna,
Ombudsman Program Director**



Most of us will experience the need to have a family member, a friend or even ourselves placed in a long term care setting at some point in our live time. This could be for a short stay for recovery or long term for our safety.

In this series on “Choosing the Appropriate Level of Long Term Care” my hope is that everyone will have a better understanding of the following multiple levels of care and will be able to make a more informed decision if and when needed.

Short Stay Rehabilitation in Skilled Care (Rehab), Skilled Nursing Care (SNF), Assisted Living (ALF) & Assisted Living ** (ALF**), Residential Care (RCF) & Residential Care* (RCF*) and Intermediate Care Facility (ICF).

Prior articles in this series addressed Short Stay Rehab, Skilled Nursing Care and Assisted Living. This article will focus on Residential Care.

Residential Care and Assisted Living look pretty similar on paper. The difference is that people who are best suited for Residential Care are quite independent and have the ability to care for themselves with minimal assistance. There are two levels of Residential Care.

The difference between Residential Care and Residential Care* is described by Missouri Department of Health and Senior Services in the following two paragraphs.

Residential Care Facility (formerly RCFI)

Facility which provides 24-hour care to three or more residents who need or are provided with shelter, board, and protective oversight, which may include storage, distribution or administration of medications and care during short-term illness or recuperation. Residents who live in a RCF are required to make a path to safety unassisted. A licensed Nursing Home Administrator is not required.

Residential Care Facility* (continues to comply with former RCFII requirements)

Facility which provides 24-hour accommodation, board, and care to three or more residents who need or are provided with supervision of diets, assistance in personal care, storage, distribution or administration of medications, supervision of health care under the direction of a licensed physician, and protective oversight, including care during short-term illness or

recuperation. Residents who live in a RCF* are required to make a path to safety unassisted. A licensed Nursing Home Administrator is required.

My next article will offer additional information and understanding about Intermediate Care (ICF).

The Ombudsman Program visits with residents in all licensed long term care homes throughout the year to make sure residents' rights are protected.

If you or someone you know would be willing to gift a few hours each week to advocate for residents in Long-Term Care, we offer training and certification for Ombudsman Volunteers in all nineteen counties in which we serve!

For additional information please call, email or visit us online.

CENTRAL MO AREA AGENCY ON AGING

email: dswobbe@cmaa.net

or you can call 1-800-309-3282

LONG TERM CARE OMBUDSMAN PROGRAM

573-443-5823 or 800-369-5211

email: LTCOmbudsman@health.mo.gov

online: healthmo.gov/seniors/ombudsman

CMAAA Board of Directors elect officers

At the July 22, 2017 meeting, CMAAA's Board of Directors elected officers for fiscal year 2018. Elected were Elinor Snelson, President; Fred West for First Vice President; and James Kitterman for Second Vice President. In addition, newly elected Board Member Rodney Yoakum was seated for Pulaski County. Returning board members beginning a new three year term (in addition to the officers), are Dee Butts, Patricia Davis, Ken Dillon, Lorraine Dowler, Ron Ellis, Patrice Donehue, Debra Miller, Robert Niebruegge, Maggie Shellabarger, Jake Warren, Jim Weaver, Rodney Yokum, and Joanne Zap.

Hey, Kay

Your source for Medicare answers

By Kay Barbee,
CMAAA Medicare



Open Enrollment October 15 – December 7, 2017 for Medicare Part D (prescription drug plans) and Medicare Part C (Medicare Advantage plans)

Starting the month of September, you will receive a variety of mailings from the Center for Medicare and Medicaid Services (CMS), Social Security, your current Medicare Drug Plan (Part D) and/or your current Medicare Advantage Plan (Part C). It is important to read these notices and respond appropriately.

The Central Missouri Area Agency on Aging (CMAAA) is available to help you understand the mailings and what appropriate action is needed.

Reviewing your Medicare Part D drug coverage is as important as your annual health check-up. Medicare Part D plans **change** premiums, deductibles, co-pays, and most importantly, formularies every year.

We can help you shop for the Part D plan that **best** meets your personal needs and financial situation. It is our experience that individuals that review their plans annually will be assured their medications are covered, and many times save money by changing plans.

At CMAAA we don't sell insurance, and we provide unbiased counseling. We can also review your eligibility for extra help programs that can help reduce the cost of your prescription drugs and/or prescription drug plan

Save Travel Tips for Seniors

The retirement years can be an exciting time to see the world, and travel is easier and safer than ever before for seniors. With a little planning and some caution, seniors can safely visit almost any destination.

All travelers, including seniors, should see a doctor for a pre-travel visit, ideally 4–6 weeks before they travel, although even a last-minute visit can be helpful. The doctor should be told about illnesses the traveler has and medicines he or she is taking, since this will influence medical decisions. In addition to providing vaccines, medicine, and advice for keeping healthy, a doctor can conduct a physical exam to assess a senior's fitness for travel. Seniors should consider their physical limitations when planning a trip. Seniors with heart disease, for example, might choose an itinerary that does not involve strenuous activities. Seniors may also

premium. In some cases, you may be eligible for your Medicare Part B premium to be paid through a Medicare Savings Program.

Central Missouri Area Agency on Aging will be glad to assist you during Open Enrollment. It is important to make an appointment with your County Care Coordinator.

We provide this service **free** of charge.

This Open Enrollment Period is NOT for Medicare Supplement policies, also known as Medigap policies. Medigap policies can only be changed during the 30-days before or 30-days after your policy anniversary date. Only a licensed insurance agent can change your policy. If you want to review your Medigap policy contact your licensed insurance agent.

Have question about Medicare? Contact your local CMAAA Care Coordinator. (See page 8 for a complete listing of CMAAA's Care Coordinators.) Or contact CMAAA's Medicare Outreach Consultant Kay Barbee. Kay can be reached at 800-369-5211 or 573-424-7632 or BarbeeKK@gmail.com.



have a hard time recovering from jet lag and motion sickness, so they should take these factors into account when planning a trip.

Before travel, seniors should have information about their destination that could affect their health, such as the altitude and climate. They should be aware of whether the destination is prone to natural disasters, such as earthquakes and hurricanes, since seniors may have more problems in those extreme situations.

Continued on Page 7

Care Coordination Program...
Helping seniors maintain an independent lifestyle

By Rose Nelson,
Care Coordination Director



CMAAA Transportation Program

Driving represents freedom and independence - the ability to shop, keep doctor's appointments, or visit friends – without relying on anyone else. As we all get older, it may become more difficult for us to drive to the doctor's office or to the grocery store. It can be hard to admit our vision, hearing, or reflexes aren't what they used to be. Or we may no longer own a vehicle.

If you need help with transportation, our Care Coordinators will review our Transportation Eligibility Guidelines with you and enroll you for transportation services if you qualify for our program.

Our Care Coordinators will discuss with you the availability of either Consumer Directed Transportation or Contracted Transportation Services in the county where you reside.

Consumer Directed Transportation simply means you can choose to use your own local transportation provider or driver. CMAAA will not reimburse you if family members provide your transportation. Contracted Transportation services are provided by a local company who has a contract with CMAAA to provide transportation in the county where you live.

Seniors 60+ who meet low income guidelines or who otherwise demonstrate a financial hardship will be given priority for help with transportation. Since the need for assistance with transportation in the 19 counties we cover is so great, we prioritize helping those with the lowest incomes. Our funding under the Older Americans Act (OAA) is enough to serve only a small fraction of those who might be eligible and need assistance.

CMAAA authorizes transportation on a **trip by trip** basis and will only pay for trips that have been **pre-approved** by our Care

Coordinators. There are only three types of trips that CMAAA reimburses for:

- **Non-Emergency Medical** for riders who aren't eligible for Medicaid or other subsidized medical transportation services.
- **Shopping/Business** trips such as to the grocery store, barber/beauty shop, post office, bank, or other essential personal appointments. The maximum number of shopping/business trips we can assist each client with is 4 round trips each month.
- **Senior Centers** for nutritional purposes for up to 23 round trips each month.

We do not provide transportation for recreational and religious purposes. We also cannot provide transportation services to clients who have a vehicle and have been providing their own transportation. The rising cost of gas is not a sufficient reason for CMAAA to

approve transportation for someone who is otherwise able to meet their own transportation needs.

If you would like more information about our transportation program, you may call the Care Coordinator for your county listed on the back page. You may also call 1-800-369-5211 to find the name and phone number of the Care Coordinator who is located in the county where you live.

Comments from clients who use our transportation services:

"I am very happy with the service I receive. It is wonderful to be able to do my shopping, banking, doctor visits and other things on my own with the help of your transportation services".

"Without this service I would be a prisoner in my home. I don't have family, friends or neighbors to help me".

"I have always had very good, kind service. All my drivers are kind and very well mannered. They are very helpful. I could not live where I do without help with transportation."



Taking Training on the Road

By Beth Busseau,
County Services Director



Dear Beth: I understand that you are considering offering bus trips for seniors. When will that begin?

From: Ready to Travel

Dear: Ready to Travel

Senior Center administrators meet once a month for program training. Recently they were met in Jefferson City by a tour bus which was ready to roll, so the road trip began.

Do you remember your first bus trip? Perhaps it was a field trip when you were in second grade. Was it the travel destination that made it exciting or the travel companions that made it memorable?

Our first stop was Clarke Senior Center. Nathan Baysinger, Center Administrator lead a tour of Clarke and answered questions regarding nutrition sites located in public housing locations. Clarke's large kitchen was the envy of others. During our visit we had the opportunity to brainstorm which barriers are challenging us to expand our programs.

Our next stop was California Senior Center where we were greeted by volunteer host and hostess with a warm welcome! Staff reviewed policies and procedures before leaving for a potential travel destination for lunch. As a group we are able to share possible places of interest

for travel planning. If you have a place of interest that you would like to add to our list please submit it to your Center Administrator for consideration.

Next stop was Tipton Senior Center. Regional Center Administrator groups signed up for training sessions that will be presented over the next four months.

An additional surprise stop was at the Graves Menu Maker warehouse and offices for a tour. Center Administrators were amazed at the immense size of the warehouse and the volume of food that is housed there along with the automated system for picking their orders and delivery. We appreciated the warm welcome from all of the Graves personnel!

Our destination was an active training session regarding effective travel planning with senior participants as the travelers.

Call your Senior Center to inquire where the bus is headed and who is along for the ride!

Happy Trails, Beth



Save Travel Tips for Seniors *Continued from Page 4*

Vaccines Before travel, seniors should be up-to-date on routine vaccines, such as measles/mumps/rubella and seasonal flu. Some of these may be considered “childhood” vaccines, but the diseases they protect against are often more common in other countries than in the United States. More than half of tetanus cases are in people over 65, so seniors should consider getting a tetanus booster before they travel.

Seniors should also receive other vaccines recommended for the countries they are visiting. These may include vaccines for hepatitis, typhoid, polio, or yellow fever. Recommended vaccines are listed by country on CDC’s destination pages.

Use of some vaccines may be restricted on the basis of age or chronic illnesses. Yellow fever vaccine, for example, should be given cautiously to people older than 60 years, and it should not be given at all to people with certain immune-suppressing conditions. Seniors should discuss their detailed travel plans with their doctors and, if necessary, alternatives to vaccination.

Medication Your doctor may prescribe medicine for malaria, altitude illness, or travelers’ diarrhea; seniors should make sure the doctor knows any other medications they take, to watch out for possible drug interactions. Travelers’ diarrhea is common and may be more serious in seniors, so seniors should also follow food and water precautions.

In addition to medicine prescribed specifically for travel, seniors are likely to take other medicines regularly,

such as medicines for high blood pressure, diabetes, or arthritis. They should plan to pack enough medicine for the duration of the trip, plus a few days’ extra in case of travel delays. Counterfeit drugs may be common overseas, so seniors should take only medicine they bring from the United States.

Prescription medicine should always be carried in its original container, along with a copy of the prescription, and all medicine should be packed in carry-on luggage, in case checked luggage gets lost.

Injury Prevention Although exotic infections make the headlines, injury is the most common cause of preventable death among travelers. Seniors can minimize their risk of serious injury by following these guidelines:

- Always wear a seatbelt.
- Don’t ride in cars after dark in developing countries.
- Avoid small, local planes.
- Don’t travel at night in questionable areas.

In addition, seniors should consider purchasing supplemental travel health insurance in case of injury or illness overseas. Many health plans, including Medicare, will not pay for services received outside the United States. Seniors who are planning travel to remote areas should consider purchasing evacuation insurance, which will pay for emergency transportation to a qualified hospital.

For more information on healthy travel, visit www.cdc.gov/travel.

SUBSCRIPTION FORM

Suggested contribution - \$4.00

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NOTE: If you are requesting an address change or stopping a subscription, include your mailing label from the page 8 of SILVER ECLECTIC.

SILVER ECLECTIC

**a monthly publication
for senior citizens
and for those who share
their concerns.**

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Need Help? Call Us.

SENIOR CENTERS

Boonslick Senior Center (Boonville) (660) 882-2344	Dixon Senior Center (573) 759-6313 Eldon Senior Center (573) 392-6102	Mexico Senior Center (573) 581-7743 Moniteau Nutrition Center (Tipton) (660) 433-2715	Stoutland Senior Center (417) 286-3880 Versailles Senior Center (573) 378-6232
Bourbon Senior Center (573) 732-4268	Fayette Senior Citizens Center (660) 248-3733	Senior Meal Program (Columbia) (573) 449-8000	Vienna Senior Center (573) 422-3834
California Nutrition Center (573) 796-4240	Friendship Hall (Iberia) (573) 793-2747	Owensville Senior Center (573) 437-3096	Warren Senior Center (Richland) (573) 765-5414
Callaway Senior Center (Fulton) (573) 642-2458	Glasgow Senior Center (660) 338-2975	Osage Beach Senior Center (573) 348-2909	Waynesville/St. Robert Sr. Center (573) 774-2668
Camdenton Senior Center (573) 346-2776	Hughes Center (Lebanon) (417) 532-3040	Rolla Elderly Highrise (573) 341-2929	Westside Senior Center (Laurie) (573) 372-3588
Conway Senior Center (417) 589-2079	Jefferson City Center Clarke Senior Center (573) 634-8020	Salem Senior Center (573) 729-2373	
Crocker Senior Center (573) 736-5405	Macks Creek Senior Center (573) 363-0153	Sayers Senior Center (Potosi) (573) 438-3237	

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(800) 369-5211
(573) 443-5823
www.cmaaa.net

CARE COORDINATORS

Care Coordination Director
Rose Nelson
(800) 369-5211 or (573) 443-5823

Audrain County Carol Senor (573) 581-7678	Cole County vacant (573) 634-8828	Gasconade County Tonya Zelch-Wagner (573) 437-2532	Miller County Kathleen Humphrey (573) 392-7229	Phelps County Scott Shaffer (573) 265-0616
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Callaway County Karen Elwood (573) 642-6772	Crawford County Tanya Johnson (573) 885-2922	Laclede County Janet Moore (417) 588-4300	Morgan County vacant (573) 378-9980	Washington County Robin McElrath (573) 438-5962
Camden County Mary Ann Matthews (573) 346-1834	Dent County Wendy Baker (573) 729-5697	Maries County Kathleen Humphrey (573) 422-3322	Osage County Tonya Zelch-Wagner (573) 437-2532	