

Silver Eclectic

Walking	1
Myths and Realities.....	3
Severe Heat Emergencies	4
USDA Guidelines	5
Tick Prevention.....	6
Special Enrollment Periods	7
Program Contacts.....	8



Walking: A Step in the Right Direction

Washington, DC - *Excerpted from an National Institute of Health article.*

Have you been thinking of adding more physical activity to your life? Have you thought about walking? Walking is a great way to be more active and is the most popular physical activity among adults. Most people can walk, including many with disabilities who are able to walk on their own or with walkers or other aids.

What are the benefits of walking? Two benefits are that it's easy to do and has a low risk of injury. Walking is also free or low-cost because you don't need special equipment, clothing, facilities or training. Because walking can easily fit your schedule, needs and abilities it's a good way to start getting active if you have been inactive.

Like other kinds of regular physical activity, walking at a brisk pace may offer health benefits, such as lowering your risk of high blood pressure, high cholesterol, heart disease and type 2 diabetes. It can strengthen your bones and muscles, help you burn more calories, improve your fitness and lift your mood.

Most people do not need to see a doctor before they start a walking program. However, you should check with your doctor if you have a chronic health

problem such as a heart condition, diabetes or high blood pressure; or are over 40 years old and have been inactive. You should also talk with your doctor if while walking, you get dizzy, feel faint or short of breath, or have chest, neck, shoulder, or arm pain.

How can I make walking a habit? The key to building any habit is to stick with the new behavior. To help you stick with your walking routine:

- *Walk in places you enjoy, like a park or shopping center. Try different places and routes to keep it interesting and to stay motivated.*
- *Listen to your favorite music, remembering to keep the volume low so you can hear sounds around you.*
- *Bring a friend or family member. Having a regular walking buddy may help keep you going — even when you would rather stay at home. You can cheer each other on and serve as role models for friends, family members and other.*
- *Have a “plan B” when bad weather or other roadblocks get in the way. Be ready with options like walking inside a mall rather than outdoors.*

**Continued on page 4,
see Walking**

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Silver Eclectic is a bi-monthly publication for senior citizens and for those who share their concerns, made possible by:



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



HAPPY NEW YEAR ! That might seem strange to hear during the heat and humidity of summer, but, yes, it is a new year — Fiscal Year that is — for CMAAA. July 1 will be the start of fiscal year 2019.

We will close out our financial year on June 30, 2018 and prepare for the annual independent audit of our records. This audit provides assurances to the public that CMAAA has sufficient “checks and balances” in place to appropriately use and safeguard the funds that are entrusted to us. Throughout the decades, we have always received a “clean” audit, and each year we strive to maintain that record.

What will the new fiscal year bring us? Political discourse, rising costs, more people needing our services – balancing that out are many, many generous people with good hearts ready to help. All Area Agencies on Aging are facing difficult decisions about maintaining current service levels. With your help, we are up to the challenge!

If you currently receive a service (a meal, respite care, transportation, etc.) from CMAAA, please consider raising your contribution by a quarter, a dollar or any amount you think you can afford. If you are a family member or friend of someone who benefits from CMAAA services, please support our local fundraising efforts and consider a donation to our agency on behalf of your loved one.

Together we can keep these valuable services available in each of our counties.

We also want to take this opportunity to cordially invite you to attend the 15th Annual Show Me Summit on Aging & Health. It will be held in St. Charles, September 10–12. The Summit will focus on four key topics: Healthy Aging/Lifestyles, Aging Services, Serving Special Populations and Management and Technology. Exhibit Hall opportunities will showcase services, products and information. For information on this conference, visit www.ma4web.org/summit for details and registration.

Have a pleasant and safe summer — remember to take care of yourself in this heat!



Care Coordination Program

Helping seniors maintain an independent lifestyle

Myths and Realities

of Alcohol, Medications, and Mental Health Conditions in Older Adults**

Older adults use more prescription drugs than do any other age group. Eighty percent of older adults ages 65 and older live with multiple chronic conditions, such as diabetes or high blood pressure. Older adults also have higher rates of pain, anxiety, and sleep disorders. Sixty five percent of Americans ages 65 and older reported using three or more prescription drugs in the past 30 days. The combination of alcohol and medications can bring about particularly adverse reactions among older

MYTH: Only older adults who consistently drink a lot of alcohol have an alcohol problem.

REALITY: The key point in determining a problem is how the alcohol affects the person's health, functioning, and relationships with others. For example, in people with medical conditions such as diabetes and high blood pressure, even one drink per day can be a problem.

MYTH: Over-the-counter medicines and alcohol can be used together safely.

REALITY: It is never safe to drink alcohol while taking medicine. Both prescription and over-the-counter medicines can intensify the effects of alcohol. This can be dangerous or even fatal. In addition, using medicines and alcohol together, even several hours apart, can change a drug's effects. For example, the drug might not work.

MYTH: If alcohol and medication misuse were a problem, the doctor would tell the older adult.

REALITY: Unfortunately, many doctors and other health care professionals do not ask questions about the use of alcohol with medications. Therefore, older adults are at risk for harmful interactions of alcohol with medications. It is important for them to let their doctor know what drugs they are taking and how they use alcohol.

MYTH: It's easy to tell when an older adult has an alcohol problem.

REALITY: The symptoms of alcohol misuse are sometimes mistaken for signs of aging or physical illness. Alcohol misuse can mimic or intensify the signs and symptoms of many

adults, as their bodies detoxify and eliminate medication and alcohol more slowly.

Many people have misconceptions about mental health conditions and/or substance use disorders, especially in older adults. Lack of correct information can prevent older adults from seeking and receiving help for these issues. Learning what reality is and what is a myth can help improve the quality of life for you or someone you care about.

illnesses. In addition, medical problems can mask alcohol dependence.

MYTH: Very few women become alcoholics.

REALITY: Many women have problems with alcohol. Women may not drink publicly; they may remain private about their alcohol use. Thus, people often don't know they have problems.

MYTH: Treating substance misuse and abuse issues in older adults is a waste of time and effort. It's too late for them to change.

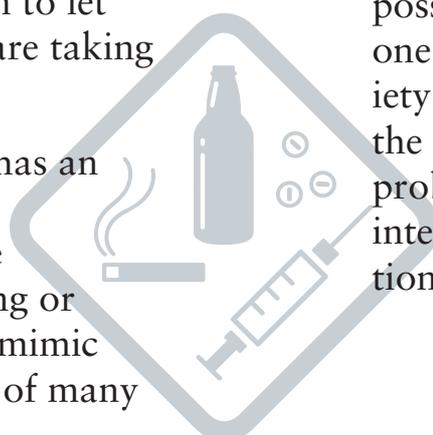
REALITY: Substance misuse and abuse interventions and mental health treatments are effective with older adults. They can greatly improve quality of life.

MYTH: Feeling sad or depressed is part of growing old. There's nothing you can do to help the older adult.

REALITY: Depression is common among older adults, but it isn't a normal part of aging. Believing that depression is inevitable prevents older people from seeking and getting the help they need.

MYTH: Older adults suffering from depression or anxiety disorders lack inner strength to fight the debilitating feelings.

REALITY: Depression and anxiety disorders have many possible causes. Lack of inner strength is not one of them. Causes of depression and anxiety include heredity, stressful events such as the death of a loved one, retirement, health problems, and reactions to medicine. Drug interactions and alcohol and drug combinations can also lead to depression and anxiety.



Continued on page 6,
see *Myths and Realities*

What to do during severe heat and heat emergencies

Stay indoors as much as possible and limit exposure to the sun.

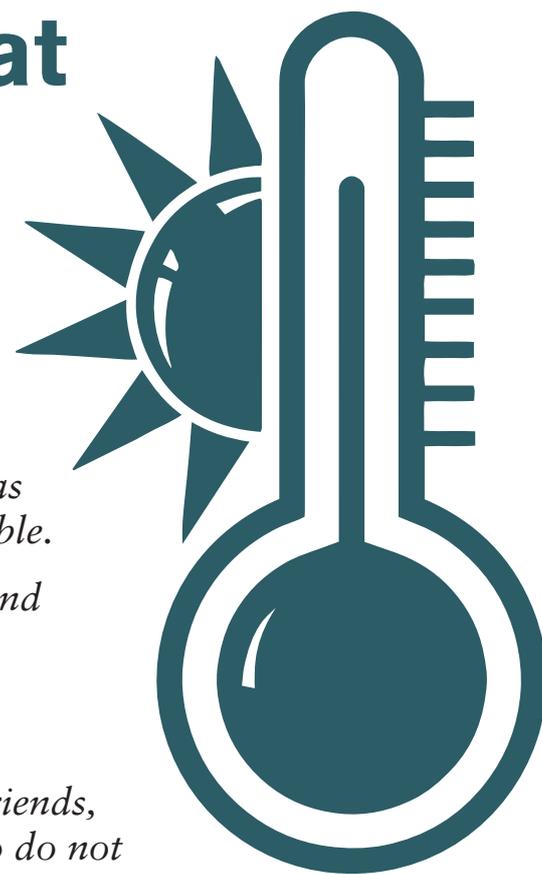
Stay on the lowest floor out of the sunshine if air conditioning is not available.

If you do not have an air conditioner consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the evaporation rate of perspiration. Call 211 or check the mo.gov website for the nearest location of a cooling center.

- Use exhaust fans and dehumidifiers when needed.
- Eat light, well-balanced meals at regular intervals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water. Individuals with epilepsy or heart, kidney, or liver disease, who are on fluid-restricted diets, or who have problems with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.

- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect your face and head by wearing a wide-brimmed hat. Wear sunscreen.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day; use the buddy system when working in extreme heat; and take frequent breaks.

Missourians should call the state's toll-free abuse and neglect hotline at 1-800-392-0210 to report senior citizens or adults with disabilities suffering from the heat and needing assistance. The hotline operates 7 a.m. to 12 a.m. seven days a week.



Walking

Continued from page 1

- Track your progress on paper, online or with a fitness app for your phone or computer. Record dates, distance and how you felt when you were finished.

How much should I walk? Adults need 150 minutes or 2.5 hours per week of moderate-intensity aerobic activity to stay healthy. Aerobic physical activity is activity that speeds up your heart rate and breathing. Brisk walking is an example of moderate intensity aerobic activity.

Walking briskly for 30 minutes a day, 5 days a week will help you meet the goal of 150 minutes per week. But any 10-minute period of physical activity helps. If you can't

walk for 30 minutes at a time, try breaking your activity into three 10-minute walks instead.

For more health benefits and to control your weight, you may need to walk more than 150 minutes a week. Aim for doubling the amount to 300 minutes each week, or about one hour a day on five days of the week. The more you walk, the more health benefits you may gain!

<https://www.niddk.nih.gov/health-information/weight-management/walking-step-right-direction>

USDA Guidelines

By Beth Busseau
County Services Director



Dear Beth,

My mother has diabetes. Here at the Senior Center options for having lunch are so limited! Struggling with diabetes and high blood sugar are a daily struggle for her. I feel bad that she cannot enjoy her friends' company at the Center over a diet appropriate meal.

*Sincerely,
Helicopter Daughter*

Dear Helicopter Daughter,

We are grateful at the Senior Center that you care so much for your mother's health as she is challenged with the diabetic disease. She needs family support to cope with her lifelong condition and you have stepped up!

The Center provides a healthy choice option at every meal provided by the Senior Center staff. It is posted near the buffet line and is an approved meal by our certified dietician and specified by the State of Missouri. When you look closely you will see a balanced meal of vegetables, fruit and protein. The portions are indicated by the size of the scoop in the corresponding menu items.

It may be tempting to select from many other options for enjoying a tasty meal from the buffet line, but only the healthy choice options meet the requirements and would provide a balanced diet for your mother.

Of course you do not have to have a chronic illness to begin eating for a healthier lifestyle. We encourage everyone to consider a “well-balanced diet.” The food guides that we grew up with—USDA's Basic Four food groups of the Food Guide Pyramid with the vegetables on the bottom and the fats on the top are now considered outdated.

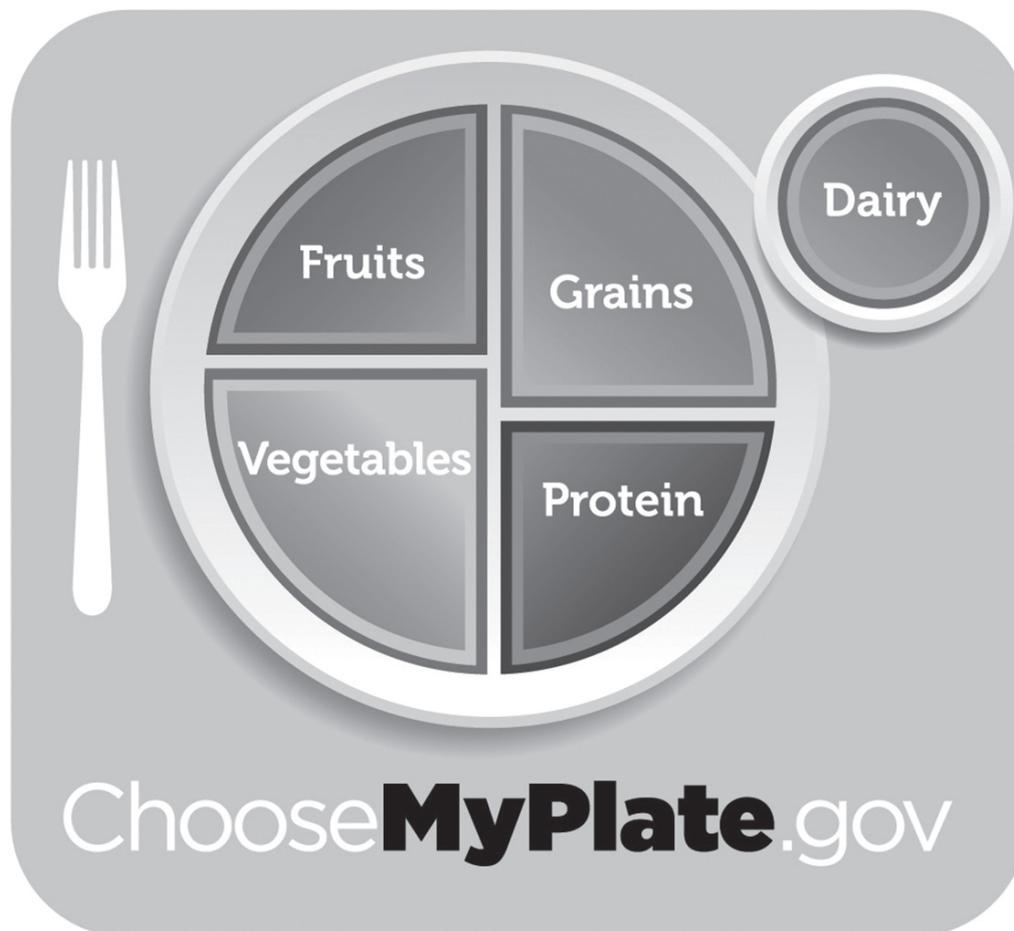
The USDA now uses a MyPlate icon to demonstrate the healthy eating guidelines. The colorful plate shows how much we should eat of vegetables, fruits, protein, grain and dairy for each meal. This approach provides a visual

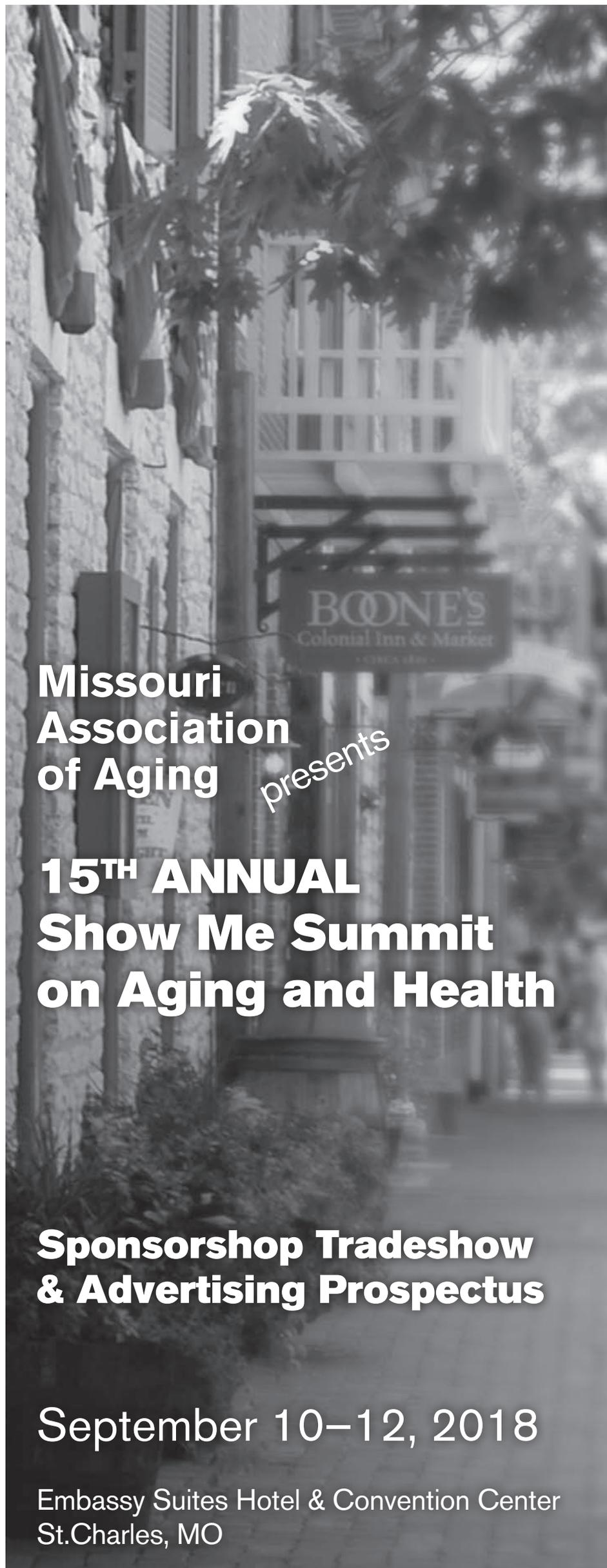
guideline that can be adjusted as your needs change with age. Half of your plate should be fruits and vegetables that are bright and colorful, along with one quarter of the plate being grains (don't forget the oatmeal), and the last quarter should be protein (nuts are high on the list). With this meal should be a very small portion of fat.

Consider having our Mom attend the DEEP class at her local senior center. We have trained persons providing the Diabetes Empowerment Education Program to

help with the challenges of diabetes that present on a daily basis. Self-empowerment through education, family support and medical direction, social interaction and nutritionally balanced meals at the senior center makes for a successful lifestyle while coping with diabetes.

Sincerely,
Beth





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of Aging** presents

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September 10–12, 2018

Embassy Suites Hotel & Convention Center
St. Charles, MO

2-Minute Tick Prevention

Two minutes is all it takes to prevent tick bites and tick borne illnesses by applying insect repellent according to Mo Dept. Health and Senior Services (from health.mo.gov/2minutedrill)

- Use an insect repellent with a minimum of 20% DEET, picaridin or IR3535 on exposed skin and clothing. Choose a product that lasts several hours whenever you spend time outdoors.
- If you are also using sunscreen, apply it first, let it dry, and then apply repellent. Products that contain both sunscreen and repellent are not recommended
- When possible, wear protective clothing (light colored, long sleeved shirts and pants) when outdoors to keep ticks off skin.
- Always check yourself, family or friends for ticks after spending time outdoors. Change your clothing or shower quickly after spending time outdoors when possible.

Fortunately, not all ticks are infected, so a tick bite does not necessarily mean you will get a disease.

Myths and Realities

Continued from page 3

MYTH: The most common sign of depression is crying.

REALITY: Denial of mental health conditions is often more common and more predictable than any other symptom. The last person to recognize a problem is often the person with the problem. Because of the strong negative prejudice and discrimination association with mental health conditions, many older adults are afraid to seek help. Other signs of depression include being easily upset and feeling fearful, forgetful, confused, hopeless, lonely, and tired. Loss of appetite is also common.

Older adults have several unique risk factors that can make them particularly susceptible to misuse of prescription drugs and alcohol. It can also be difficult to diagnose prescription drug misuse and abuse in older adults. If you have any questions or concerns, follow up with your Primary Doctor or other Health Care Provider.

**Substance Abuse and Mental Health Services Administration (SAMHSA) by the National Council on Aging (NCOA)

HELLO

from HOLLIE

Hollie Spencer

Medicare Education & Outreach Counselor
573-443-5823



Special Enrollment Times

During the Medicare year, there are special circumstances that will allow you to enroll in a Medicare Prescription Drug Plan (PDP) or Medicare Advantage Plan (MA) which includes prescription drug coverage, (after open-enrollment ends) as follows:

Are you losing Credible Coverage due to?

- Retiring from active employment: (Medicare is now primary coverage even if you get a retiree insurance plan—you will need to get Medicare B if you don't already have it, and a prescription drug plan.)
- You are covered under your spouse's insurance and are losing that due to:
 - Retirement (see above)
 - Divorce
 - Death of covered spouse
 - Have you moved from another state to Missouri?
 - Moved into or out of a Long-term care facility (Nursing Home, etc.)

Have you gained or lost Extra Help?

- Low Income Subsidy (LIS): Help with your prescription drug plan costs
- Medicare Savings Plan (MSP): Help with your Medicare Part B premium cost, plus possibly help with Medicare Part B coverage costs
- Medicaid: State financial help with medical care costs, (with or without a spend-down)

Do you have a Medicare Advantage Plan?

- Moving out of service area: This can be regional service area or out of State.
- Medicare Advantage Plan is no longer offering coverage to you: This could be in your regional area, your State, or Nation-wide.
- You dis-enroll from Medicare Advantage plan: This must be within the first 12 months of the first time that you have ever had a Medicare Advantage plan.

Need help, give your CMAAA representative a call.

SUBSCRIPTION FORM

Suggested contribution - \$10.00

Mail to: CMAAA, 1121 Business Loop 70 East, Suite 2A, Columbia, MO 65201

Name: _____
(Please type or print)

Complete: _____
(street or box # - please include apt. # or route #)

Complete: _____
(city) (state) (zip code)

PLEASE MARK ALL THAT APPLY TO YOU:

- ADD MY NAME to the mailing list. (I am not receiving one by mail at this time)
- I HAVE ENCLOSED my tax deductible contribution to help support SILVER ECLECTIC.
- CORRECT MY ADDRESS on your mailing list. (Please include current mailing label)
- REMOVE MY NAME from the mailing list.
- I am receiving more than one copy of SILVER ECLECTIC. (INCLUDE ALL MAILING LABELS FROM NEWSPAPER AND INDICATE WHICH ONE SHOULD BE DELETED).

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

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Need Help? Call Us.

SENIOR CENTERS

Boonslick Senior Center (Boonville) (660) 882-2344	Dixon Senior Center (573) 759-6313	Macks Creek Senior Center (573) 363-0153	Sayers Senior Center (Potosi) (573) 438-3237
Bourbon Senior Center (573) 732-4268	Eldon Senior Center (573) 392-6102	Mexico Senior Center (573) 581-7743	Stoutland Senior Center (417) 286-3880
California Nutrition Center (573) 796-4240	Fayette Senior Citizens Center (660) 248-3733	Moniteau Nutrition Center (Tipton) (660) 433-2715	Versailles Senior Center (573) 378-6232
Callaway Senior Center (Fulton) (573) 642-2458	Friendship Hall (Iberia) (573) 793-2747	Senior Meal Program (Columbia) (573) 449-8000	Vienna Senior Center (573) 422-3834
Camdenton Senior Center (573) 346-2776	Glasgow Senior Center (660) 338-2975	Owensville Senior Center (573) 437-3096	Warren Senior Center (Richland) (573) 765-5414
Conway Senior Center (417) 589-2079	Hughes Center (Lebanon) (417) 532-3040	Osage Beach Senior Center (573) 348-2909	Waynesville/St. Robert Sr. Center (573) 774-2668
Crocker Senior Center (573) 736-5405	Jefferson City Centers Clarke Senior Center (573) 634-8020	Rolla Elderly Highrise (573) 341-2929	Westside Senior Center (Laurie) (573) 372-3588
Cuba Senior Center (573) 885-2909	West Point Senior Center (573) 635-4120	Salem Senior Center (573) 729-2373	

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E-mail: cmaaa@cmaaa.net
Central MO Area Agency on Aging
(800) 369-5211
(573) 443-5823
www.cmaaa.net

REGIONAL OMBUDSMAN COORDINATORS

Long Term Care Ombudsman Program

Donna Wobbe, Linda Daugherty, Ronda Giger and Margaret McGeehon 573-443-5823 or 800-369-5211 dswobbe@cmaaa.net

CARE COORDINATORS

Care Coordination Director
Stephanie Dwyer
(800) 369-5211 or (573) 443-5823

Audrain County Carol Senor (573) 581-7678	Cole County Connie Welbern (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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