

Silver Eclectic

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Holiday Hints for Caregivers of Alzheimer's and other memory conditions

Holidays can be meaningful, enriching times for both the person with Alzheimer's disease or other conditions requiring care and their families. Maintaining or adapting family rituals and traditions helps all family members feel a sense of belonging and family identity. For a person with Alzheimer's or other conditions, this link with a familiar past is reassuring.

However, when celebrations, special events, or holidays include many people, this can cause confusion and anxiety. He or she may find some situations easier and more pleasurable than others. The tips below can help you and the person you care for visit and reconnect with family, friends, and neighbors during holidays.

Finding the Right Balance

Many caregivers have mixed feelings about holidays. They may have happy memories of the past, but they also may worry about the extra demands that holidays make on their time and energy.

Here are some ways to balance doing many holiday-related activities while taking care of your own needs and those of the person you are caring for.



Celebrate holidays that are important to you. Include the care recipient as much as possible.

Set your own limits, and be clear about them with others. You do not have to live up to the expectations of friends or relatives. Your situation is different now.

Involve them in simple holiday preparations, or have him or her observe your preparations. Observing you will familiarize him or her with the upcoming festivities. Participating with you may give the person the pleasure of helping and the fun of

For More Information:
Alzheimer's and related Dementias
Education and Referral (ADEAR) Center

1-800-438-4380 (toll-free)
adear@nia.nih.gov
www.nia.nih.gov/alzheimers

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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 Rebecca Nowlin



I hope everyone has had a chance to spend a few moments to fully enjoy the beautiful colors around us over the past couple of weeks. We are so lucky to live in such a beautiful place!

I have been with CMAAA for just about 60 days now. There is so much to learn but I am so fortunate to work with such a great team. Everyone has been very patient with me and all of my many questions. Every day I'm impressed by the dedication and hard work of our CMAAA staff and volunteers!

So far this fall I've been able to attend my first Ma4 Annual Summit on Aging, witness the Silver Haired Legislature session in Jefferson City, participate in a statewide meeting of our Center Administrators, visit several long term care facilities with our Ombudsmen, travel to a number of our senior centers and attend their local board meetings, and get to know our partners at the Department of Health and Human Services as well as some of our other vendors and associates.

I have also visited several of the other AAA across the state. Our other AAA partners have been very open and welcoming. I have consistently heard from their CEOs how kind and supportive Jean was to each of them as they grew into their roles and they have certainly passed that support and kindness on to me.

I still have a lot of places to go and people to meet. I look forward to getting to know everyone and hearing what is on your mind.

Please remember to review your Medicare D prescription plan. We are well into the open enrollment period and our Care Coordinators and outreach counselors are very knowledgeable and will help you work through it all if you need assistance.

Let's all try to look out for each other during this holiday period with a little extra patience and kindness. I hope you and those you care about are safe and have a wonderful holiday season!

Sincerely,

Rebecca

Holiday Checklist for Long Term Care

By Donna Wobbe

Ombudsman Program Director



Here are some things to think about during the holiday season when you or a loved one resides in a long term care home. If you will be leaving your Assisted Living or Nursing Home for any amount of time, like a couple hours out for a sightseeing car ride or an overnight stay with loved ones, Plan Ahead!

Ask Questions

If you will be remaining in Assisted Living or your Skilled Nursing Home, enjoy the festivities offered during the holidays! Many Ombudsman Volunteers participate in the holiday events. I hope you will enjoy the season!

If you or someone you know would like information about choosing the right level of care or any other questions about Long Term Care, please contact your Ombudsman.

Please consider gifting a few hours each week and become an Ombudsman Volunteer advocating for residents in Assisted Living and Skilled Nursing Homes!

- Does your state have a law or guideline? Are there required forms that must be completed?
- Check the admissions agreement and/or policy on what is expected for a leave.
- Allow plenty of notice so the staff will have your medications and any medical instructions ready for the length of time you will be out.
- If your stay is Medicare Covered (rehab), check the "Bed Hold" policy.
- Be sure to properly sign out AND sign back in so your care staff is expecting you.
- Check the home policy on bringing back valuables following the holidays.



Several Ombudsmen attended the State Conference in St. Charles for continued education on how best to advocate for residents in Long Term Care. Our Volunteers were honored for many years of service. We love our Volunteers!!!

For additional information call, email or visit us online.

Your Regional Ombudsman Coordinators

Donna Wobbe, Linda Daugherty, Ronda Giger, Margaret McGeehon

**Central Missouri Area Agency on Aging
Long Term Care Ombudsman Program
573-443-5823 or 800-369-5211
Email: dswobbe@cmaa.net**



Who Is Leading?

By **Beth Busseau**

County Services Director



Central Missouri Area Agency on Aging (CMAAA) has thirty (30) Senior Centers and one (1) Meal Program serving the 19 counties in the middle of Missouri! This provides an exceptional opportunity for mature adults to socialize with friends and avoid isolation.

Everyone is doing “it”; aging one day at a time. Our youth oriented society is in denial of the daily progression but it is inevitable. As an agency we are on a mission to change that opinion in the middle of Missouri. As a leader for aging services in the “show me” state we would like to recommend that a visit to your local senior center will provide opportunities to socialize, experience new knowledge through classes, enjoyment of a well-balanced noon meal, find answers

to your questions through information and referrals, and an opportunity to voice your opinion.

Staff are at each Center to help you. Recently Center Administrator staff were recognized for their abilities to serve our participants. Center Administrators and Field Coordinators have over 300 years of service collectively with CMAAA and you as participants. The average number of years per staff person working with the Senior Centers at CMAAA is ten (10) plus years! A wealth of knowledge regarding needs and desires are realized with this volume of experience. Please enjoy the service of your local Senior Center and take the time to applaud your staff. The Center Administrator does an excellent job and is committed to your Senior Center’s success.

Hints

Continued from page 1

anticipating and reminiscing.

Consider simplifying your holidays around the home. For example, rather than cooking an elaborate dinner, invite family and friends for a potluck. Instead of elaborate decorations, consider choosing a few select items.

Encourage friends and family to visit even if it’s difficult. Limit the number of visitors at any one time, or have a few people visit quietly with the person in a separate room. Plan visits when the person usually is at his or her best.

Prepare quiet distractions to use, such as a family photo album, if they become upset or overstimulated.

Make sure there is a space where the person can rest when he or she goes to larger gatherings.

Try to avoid situations that may confuse or frustrate the person, such as crowds, changes in routine, and

strange places. Also try to stay away from noise, loud conversations, loud music, lighting that is too bright or too dark, and having too much rich food or drink (especially alcohol).

Find time for holiday activities you like to do. If you receive invitations to celebrations that the person you are caring for cannot attend, go yourself. Ask a friend or family member to spend time with the person while you’re out.

For More Information About Holidays and Alzheimer’s, contact the NIA Alzheimer’s and related Dementias Education and Referral (ADEAR) Center at 1-800-438-4380 (toll-free) adear@nia.nih.gov
www.nia.nih.gov/alzheimers

The National Institute on Aging’s ADEAR Center offers information and free print publications about Alzheimer’s disease and related dementias for families, caregivers, and health professionals. ADEAR Center staff answer telephone, email, and written requests and make referrals to local and national resources.



Silver Haired Legislature Adopts Priorities For 2019 Legislative Session

Jefferson City, MO

The 45th Annual Conference of the Silver Haired Legislature took place at the State Capitol in Jefferson City on October 16, 17, and 18. The 103 delegates in attendance chose their Top Five Priorities and formulated plans to advocate for senior issues during the coming legislative session.

After spirited debates in the Legislative chambers, the delegates chose these issues as their Top Five Priorities for the 2019 legislative session:

Top 5 Silver Haired Legislature 2019 Priorities

1. Establish the Senior Service Growth & Development Program
2. Revision of MoRx
3. Increase funding for Home-Delivered Meals and Congregate Meals
4. Make Missouri's income tax brackets more progressive
5. Approval of over the counter sale / use of industrial hemp oil as a supplement

Missouri's Silver Haired Legislature was founded in 1973, the first in the nation after the Older Americans Act was amended to include advocacy groups. The SHL is composed of fifteen volunteers from each of the ten statewide Area Agencies on Aging. These 150 senior advocates, elected by their peers, identify and advocate for issues critical to older Missourians.

CMAAA's central office, all senior centers and care coordination offices will be closed during the following holidays:

Thanksgiving

Thursday, November 22 and Friday, November 23

Christmas Holiday

Monday and Tuesday, December 24 and 25

New Year's Day Holiday

Monday, December 31 and January 1

Everyone at CMAAA wishes you a Happy New Year!

Vaccines are Important for Seniors



Vaccines are especially important for older adults. As you get older, the immune system can weaken and it can be more difficult to fight off infections. You're more likely to get diseases like the flu, pneumonia, and shingles — and to have complications that can lead to long-term illness.

Vaccines & Long-Term Illness

If you have an ongoing health condition — like diabetes or heart disease — getting vaccinated is especially important. Vaccines can protect you from serious diseases (and related complications) so you can stay healthy as you age. The flu can make existing health conditions worse and is especially dangerous for people with chronic health conditions, like diabetes, which commonly affect seniors. Eighty-six percent of adults aged 65 and older have at least one chronic health condition. Twenty percent of seniors have diabetes and sixty-eight percent of older adults have two or more chronic health conditions. People with diabetes are at high risk for developing complications from the flu. If sick with the flu a person with diabetes may see an increase in blood glucose and may also be at risk of flu-related complications like pneumonia. In addition, being sick with flu can prevent people with diabetes from eating properly.

According to the Center for Disease Control the single best way to prevent the flu is to get an annual flu vaccine. Getting vaccinated can help keep you, your family, and your community healthy.

CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine each year by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Does Medicare cover vaccines for older adults?

Medicare Part B covers vaccines that protect against the flu and pneumococcal disease — and the hepatitis B vaccine if you're at increased risk for hepatitis B. It also covers vaccines that you might need after an injury (like the tetanus vaccine) or coming into contact with a disease (like the rabies vaccine). Medicare Part D plans generally cover more vaccines than Part B. But depending on your Medicare Part D plan, you may have out-of-pocket costs for these vaccines. Contact Medicare to find out what's covered.

Flu Vaccine — The Best Protection Against Flu

CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine each year by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccination is especially important for people 65 years and older because they are at high risk of developing serious complications from flu. Flu vaccines are updated each season as needed to keep up with changing viruses. Also, immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza. A flu vaccine protects against the flu viruses that research indicates will be most common during the upcoming season. The 2018-2019 flu vaccine has been updated from last season's vaccine to better match circulating viruses. Immunity from vaccination sets in after about two weeks.

Flu Vaccine Reduces Serious Flu Outcomes

Flu vaccination has been shown to reduce flu illnesses and more serious flu outcomes that can result in hospitalization or even death in older people. For example, a 2017 study showed that flu vaccination reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among hospitalized flu patients; with the greatest benefits being observed among people 65 years of age and older.

For more information go to:
www.vaccines.gov

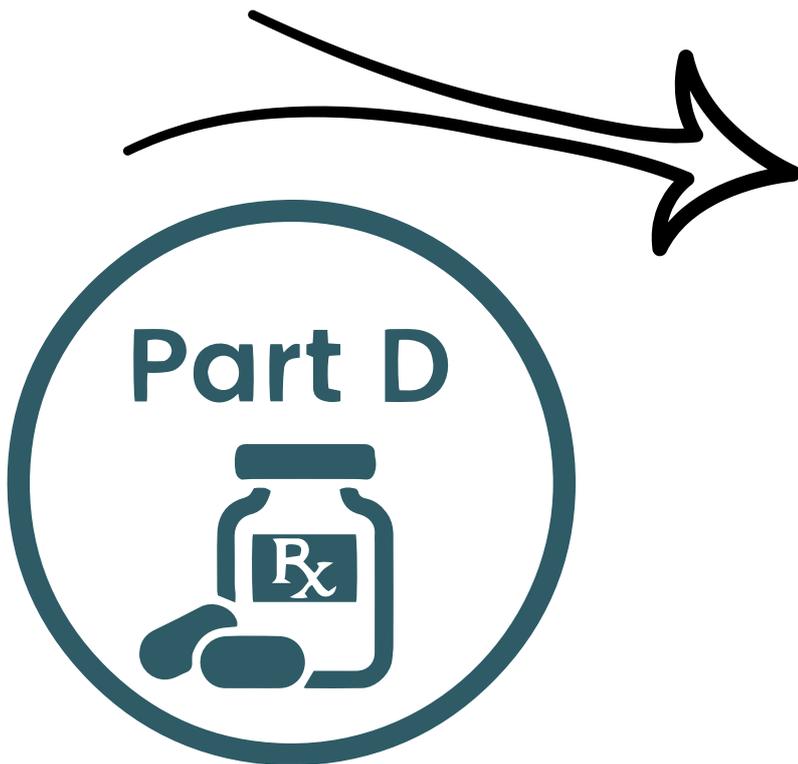
HELLO from HOLLIE

Hollie Spencer

Medicare Education & Outreach Counselor
573-443-5823



**Open-enrollment is upon us!
There have been some changes
this year that could make for a
very nice savings for you.**



We have had an increase in some of the Part D plan's monthly premium and annual deductibles.

We have also had some new Part D plans start this year that offer a lower premium.

You need to check with a Part D counselor to see if we can't save you some money. If you have not changed your Part D plan in a few years, you may very well be surprised at the savings.

Please be sure that you have your Medicare Card with you, as well as a list of the prescriptions that you take; or just bring your bottles with you.

Be sure and ask about any extra help that you might qualify for or help with re-applying for Medicaid or extra help.

Remember, open-enrollment for Medicare prescription drug coverage goes from October 15, 2018 through December 7, 2018. Call the Care Coordinator listed on this paper or call the main office for Central Missouri Area Agency on Aging at 573-443-5823.

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.
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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

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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
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Long Term Care Ombudsman Program

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

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Boone County Steve Dopp John Heller (573) 443-5823	Cooper County Karen Wright (660) 882-3444	Howard County Karen Wright (660) 882-3444	Moniteau County Wendy Brandmeyer (573) 796-4051	Pulaski County Mary Ann Mathews (573) 774-3390
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