

# Silver Eclectic

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## Older Adults Vulnerable to Hypothermia



With winter's return, the colder temperatures bring some particular risks for older adults and people with chronic conditions. Older adults can lose body heat faster than when they were younger, and changes in their bodies can make it more difficult to be aware of a drop in body temperature. The result can be a dangerous condition called hypothermia.

Hypothermia occurs when a person's core body temperature drops to 95 degrees Fahrenheit or lower. Even a small drop in temperature and short exposure to cold weather can develop into hypothermia. Some warnings signs of hypothermia include slowed or slurred speech; sleepiness or confusion; shivering or stiffness in the arms and legs; poor control over body movements; slow reactions, or a weak pulse.

Older adults are especially vulnerable to hypothermia because their bodies' response to cold can be diminished by chronic medical conditions and by use of some medicines, including over-the-counter cold remedies. The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice to help older adults prevent this dangerous condition:

Check with your doctor or pharmacist to see if any prescription or over-the-counter medications you are

taking may increase your risk for hypothermia.

Make sure your home is warm enough. Set the thermostat to at least 68 to 70 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can lead to hypothermia in older adults.

To stay warm at home, wear long underwear under your clothes, along with socks and slippers. Use a blanket or afghan to keep your legs and shoulders warm, and wear a hat or cap indoors.

When going outside in the cold, it is important to wear a hat, along with a scarf, because a large portion of body heat can be lost through the head. Gloves or mittens can help prevent loss of body heat through your hands. Wear several layers of loose clothing to help trap warm air between the layers.

Let someone know when you are going outdoors and carry a fully charged cellphone.

Free publications on cold weather safety and other healthy aging topics in English and Spanish are available from the NIA website or by calling NIA's toll-free number: 1-800-222-2225.

[www.nia.nih.gov/news/hypothermia-and-older-adults](http://www.nia.nih.gov/news/hypothermia-and-older-adults)

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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.

## Board of Directors

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Rebecca Nowlin

## From the CEO...

By Rebecca Nowlin

I hope everyone had a peaceful holiday season. As we start the New Year I wanted to share a Mental Fitness Evaluation that someone sent me.

There are four test questions. Stop and think about each question and decide on your answer before you scroll down.

**1. Giraffe Test** How do you put a giraffe into a refrigerator?  
**Correct Answer:** Open the refrigerator, put in the giraffe, and close the door.  
*This question tests whether you tend to do simple things in an overly complicated way.*

**2. Elephant Test** How do you put an elephant into a refrigerator?  
Did you say, "Open the refrigerator, put in the elephant and close the refrigerator"? **Wrong Answer.**

**Correct Answer:** Open the refrigerator, take out the giraffe, put in the elephant and close the door.

*This tests your ability to think through the repercussions of your previous actions.*

**3. Lion King Test** The Lion King is hosting an animal conference. All the animals attend... except one. Which animal does not attend?

**Correct Answer:** The elephant. The elephant is in the refrigerator. You just put him in there.

*This tests your memory.*

*Okay, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.*

**4. Crocodile Test** There is a river you must cross but it is used by crocodiles and you do not have a boat. How do you manage it?

**Correct Answer:** You jump into the river and swim across.

*Haven't you been listening?*

*All the crocodiles are attending the Animal Conference.*

*This tests whether you learn quickly from your mistakes.*

According to Anderson Consulting Worldwide: More than 90% of the seniors tested got all questions wrong. But, whether you got them right or wrong isn't the point. If you had fun taking the test, then you're all right!

My greatest hope for 2019 is that we will all be blessed with a positive attitude and that we never lose our sense of wonder and fun for learning new things.

2019 should be a very busy and exciting year at CMAAA! I look forward to sharing it with you.

Sincerely,

Rebecca



## INTRODUCTION: Meals 4 U in Central Missouri

By Beth Busseau

County Services Director



Let me introduce you to the Senior Centers in the Nineteen Counties (19) CMAAA serves. All of the Senior Centers provide congregate meal programs and Meals 4 U home delivered meals for those who are house bound from a short recuperation period to a lengthy time.

You must be 60 years or older, or married to that person to participate in the program.

Also homebound persons would be unable to come into the Senior Center for their meal or are unable to prepare adequate meals in their home.

You must be able to feed yourself and agree to be home when meals are delivered.



### Audrain County

The Mexico Senior Center is the hub for this county. Their mission is to enhance the lives of Audrain County senior citizens by aiding seniors in developing activity options, providing congregate and home bound participant meals and help seniors maintain their independence as long as possible. The hot meal is served 11:00 a.m. – 12:30 p.m. while frozen meals are available for delivery for seniors 60 and over who are confined to their home.

Activities include chair yoga, card games, fun bingo, pool tournaments, line dancing and musical entertainment to just get started. Contact the Center Administrator at (573)581-7743 for additional information.

Care Coordination is a service located right at the Senior Center. A care coordinator will go to your home to provide an assessment of your needs to aid in your remaining independent in your own home. For example services may include; Information and Referral, Respite Care for caregivers, Transportation, or Medicare counselling for services. There is no charge for the assistance of a Care Coordinator although donations are accepted to aid in expanding the services. Contact the Care Coordinator at (573)581-7678.

### Boone County

Most unique to the CMAAA program is our restaurant voucher program that is provided in cooperation with the Columbia Senior Activity Center. The meal tickets are available to clients who meet the eligibility requirements, with priority given to those in greatest economic and social need.

A donation of \$4.00 per meal is suggested and the meal tickets can only be used in the Columbia Senior Activity Center noon time meal, Monday through Friday, 10:45 a.m. – 12:45 p.m. in the main dining room. You may receive your meal tickets Mondays and Thursdays from 10:00 to noon in the CMAAA office, 2nd floor.

Homebound meals through Meals 4 U are delivered once a week to your home from 8:00 a.m. to 4:00 p.m. You will receive 7 nutritionally balanced frozen meals, milk, wheat bread, orange juice and dessert with diabetic desserts made available upon request. You will receive no bill but are asked to consider a \$4.00 donation for each meal. Call (573)449-8000 for meals!

# 10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits.

## 1. Break a sweat.

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

## 2. Hit the books.

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

## 3. Butt out.

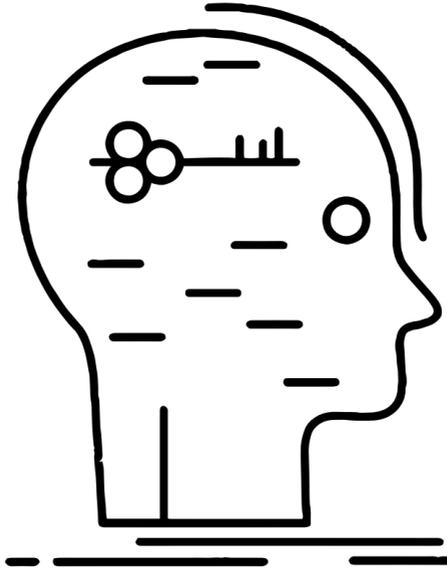
Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

## 4. Follow your heart.

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

## 5. Heads up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.



## 6. Fuel up right.

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

## 7. Catch some Zzz's.

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

## 8. Take care of your mental health.

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

## 9. Buddy up.

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.

## 10. Stump yourself.

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically.

From the Alzheimer's Association website at [www.alz.org/help-support/brain\\_health](http://www.alz.org/help-support/brain_health)

## Become an Ombudsman Volunteer!

### Donna Wobbe

Ombudsman Program Director



### Sharing, Caring and Gifting Time in 2019

The word ombudsman (om-budz-man) is of Swedish origin, and means one who speaks on behalf of another. Volunteer Ombudsmen come from all walks of life. Many are retirees; others are professionals. They share a desire to make a difference in the lives of the elderly and disabled.

An Ombudsman's main responsibility is to help long-term care facility residents maintain or improve their quality of life by helping ensure their rights are not violated. Ombudsmen serve as advocates by voicing the wishes and complaints of residents to facility management.

### Mission/Goals

The Mission of the LTC Ombudsman Program is to provide ombudsman services to all residents of all long term care facilities through advocacy and education.

#### The goals of the program are:

- To **ADVOCATE** for Resident Rights
- To provide community education on long-term care issues.

#### Ombudsmen achieve these goals by:

- Making sure all residents are informed of their rights as established by law.
- Empowering residents and helping to resolve all complaints at the facility through the involvement of all concerned parties.

### We Need You!

Ombudsman volunteers are needed statewide, to help facility residents speak up for their rights. Our program will teach you how to advocate for these residents, one of whom could be your relative or neighbor.

Become an Ombudsman today, call:  
573-443-5823 or 1-800-309-3282

for more information  
[www.health.mo.gov/seniors/ombudsman](http://www.health.mo.gov/seniors/ombudsman)  
Be There To Care

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

### Your Regional Ombudsman Coordinators



Donna Wobbe, Linda Daugherty, Ronda Giger

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

Central Missouri Area Agency on Aging  
Long Term Care Ombudsman Program  
**573-443-5823 or 800-369-5211**  
Email: [dswobbe@cmaaa.net](mailto:dswobbe@cmaaa.net)



# What Can I Do to Prevent Heart Disease?

Aging can cause changes in the heart and blood vessels. For example, as you get older, your heart can't beat as fast during physical activity or times of stress as it did when you were younger. However, the number of heart beats per minute (heart rate) at rest does not change significantly with normal aging.

The most common aging change is increased stiffness of the large arteries, called arteriosclerosis (ahr-teer-ee-o-skluh-roh-sis), or hardening of the arteries. This causes high blood pressure, or hypertension, which becomes more common as we age. A major cause of heart disease is the buildup of fatty deposits in the walls of arteries over many years. The good news is there are things you can do to delay, lower, or possibly avoid or reverse your risk. There are many steps you can take to keep your heart healthy.

**Try to be more physically active.** Talk with your doctor about the type of activities that would be best for you. If possible, aim to get at least 150 minutes of physical activity each week. Every day is best. It doesn't have to be done all at once—10-minute periods will do.

**Start by doing activities you enjoy** — brisk walking, dancing, bowling, bicycling, or gardening, for example. Avoid spending hours every day sitting.

**If you smoke, quit.** Smoking is the leading cause of preventable death. Smoking adds to the damage to artery walls. It's never too late to get some benefit from quitting smoking. Quitting, even in later life, can lower your risk of heart disease, stroke, and cancer over time.

**Follow a heart-healthy diet.** Choose foods that are low in trans and saturated fats, added sugars, and salt. As we get older, we become more sensitive to salt, which can cause swelling in the legs and feet. Eat plenty of fruits, vegetables, and foods high in fiber, like those made from whole grains.

**Keep a healthy weight.** Balancing the calories you eat and drink with the calories burned by being physically active helps to maintain a healthy weight. Some ways you can maintain a healthy weight include limiting portion size and being physically active.

**Keep your diabetes, high blood pressure, and/or high cholesterol under control.**

Follow your doctor's advice to manage these conditions, and take medications as directed. High blood cholesterol levels can lead to plaque buildup in your arteries. Your doctor can check the level of cholesterol in your blood with a blood test.

**Don't drink a lot of alcohol.** Men should not have more than two drinks a day and women only one.

**Manage stress.** Learn how to manage stress, relax, and cope with problems to improve physical and emotional health. Consider activities such as a stress management program, meditation, physical activity, and talking things out with friends or family. Other factors, such as thyroid disease or chemotherapy, may also weaken the heart muscle. Things you can't control, like your family history, might increase your risk of heart disease. But, leading a heart-healthy lifestyle might help you avoid or delay serious illness.

# HELLO from HOLLIE

**Hollie Spencer**  
Outreach & Education Counselor  
Central Missouri Area Agency on Aging  
573-443-5823



We have made it through another Medicare Prescription Drug Coverage Open Enrollment period. We here at Central Missouri Area Agencies on Aging would like to thank you for the opportunity to serve our fellow Missouri Medicare customers.

We have a new year to look forward to and want you to know that we are still here during the entire year to help you with any Medicare issues that you might have.

January and February of each year is the General Enrollment period for getting enrolled into Medicare B if you did not do so when you first received Medicare A. Your coverage would start in July. We can better help you understand this process.

If you qualify for a Medicare Savings Plan or Low Income Subsidy to help with the costs of your Medicare or Prescription Drug coverage, you would be able to switch plans during the year. Want to know more, please call us.

Have you moved to another city, moved here from another State, or had a major change in your living situation? You might qualify for a Special Enrollment Period. Please call us so that we can check into this for you. There are time limits on a Special Enrollment Period.

Have a healthy, happy, and fulfilling New Year.

Hollie Spencer

1121 Business Loop 70 E  
Columbia, MO 65201  
573-443-5823

## New Medicare Cards!

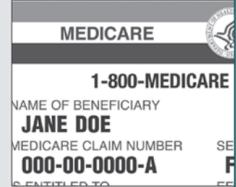
Here's what to do with the old ones.

Medicare is sending out new ID cards. The old cards used member's Social Security Number and the new ones do not. Since the old card has your Social Security Number on it, Medicare recommends destroying the old Medicare card.

**New Card**  
New Member Number  
Keep in Safe Place



**Old Card**  
Contains Social Security #  
Destroy After New Card Arrives



**Social Security Card**  
KEEP IN SAFE PLACE



**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: \_\_\_\_\_  
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(city) (state) (zip code)

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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
Cuba Senior Center (573) 885-2909	West Point Senior Center (573) 635-4120	Salem Senior Center (573) 729-2373	

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Central MO Area Agency on Aging  
(800) 369-5211  
(573) 443-5823  
[www.cmaaa.net](http://www.cmaaa.net)

# REGIONAL OMBUDSMAN COORDINATORS

**Long Term Care Ombudsman Program**

Donna Wobbe, Linda Daugherty and Ronda Giger 573-443-5823 or 800-369-5211 [dswobbe@cmaaa.net](mailto:dswobbe@cmaaa.net)

# CARE COORDINATORS

(800) 369-5211 or (573) 443-5823

<b>Audrain County</b> Carol Senor (573) 581-7678	<b>Cole County</b> Tina Phelps (573) 634-8828	<b>Gasconade County</b> Tonya Zelch-Wagner (573) 437-2532	<b>Miller County</b> Kathleen Humphrey (573) 392-7229	<b>Phelps County</b> Scott Shaffer (573) 265-0616
<b>Boone County</b> Steve Dopp John Heller (573) 443-5823	<b>Cooper County</b> Karen Wright (660) 882-3444	<b>Howard County</b> Karen Wright (660) 882-3444	<b>Moniteau County</b> Wendy Brandmeyer (573) 796-4051	<b>Pulaski County</b> Mary Ann Mathews (573) 774-3390
<b>Callaway County</b> Karen Elwood (573) 642-6772	<b>Crawford County</b> Vacant	<b>Laclede County</b> Janet Moore (417) 588-4300	<b>Morgan County</b> Wendy Brandmeyer (573) 378-9980	<b>Washington County</b> Robin McElrath (573) 438-5962
<b>Camden County</b> Mary Ann Matthews (573) 346-1834	<b>Dent County</b> Wendy Baker (573) 729-5697	<b>Maries County</b> Kathleen Humphrey (573) 422-3322	<b>Osage County</b> Tonya Zelch-Wagner (573) 437-2532	