

Silver Eclectic

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Current legislation could help sustain senior services



Additional funding for senior services through Missouri Area Agencies on Aging is being debated in the Missouri Legislature. The Senior Services Growth and Development Program would establish a sustainable funding source for much needed services and programs for Missouri seniors. The Department of Health and Senior Services will disburse the funds to Area Agencies on Aging to support services for the growing aging population in Missouri.

The money will come from a small percentage of the existing tax collected on selected insurance premiums, the oldest tax in Missouri. House Bill 337 (Senate Bill 86) provides for 2.5% of the premium tax to be directed to the Senior Services Growth and Development Program the first year with an additional 2.5% for a total of 5% thereafter. It does not take away any funds currently directed to elementary and secondary education.

We respectfully ask for your support for HB337 (SB 86) by staying informed of the process of this legislation and contacting your Missouri Senators and Representatives directly. Current status and details of the legislation can be found at legiscan.com/MO/bill/SB86/2019.

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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

The beautiful spring came, and when nature resumes her loveliness, the human soul is apt to revive also.

Harriet Ann Jacobs



Welcome Marissa!

I'm so excited to be able to introduce you to our new Director of Care Coordination, Marissa Peterson. Marissa started with CMAAA on January 23, 2019. She brings great experience as a leader, clinician, and administrator as well as an infectious smile and kind heart.

In her own words:

I earned my bachelor's degree in Psychology from John Carroll University in Cleveland, OH. From there, I moved to Frostburg, MD and earned my master's degree in Counseling Psychology and my License in Professional Counseling. I have worked as a therapist and administrator in a variety of settings, including outpatient, in home, residential, and education. I live in a rural area in mid-Missouri with my husband and two young children. We enjoy spending time outside, hiking and playing with our dogs, as well as visiting family around the state. I'm eager and excited to work for Central Missouri Area Agency on Aging and greatly appreciate the warm welcome.

A Season of Change

I often think about something I heard several months ago: Things are changing drastically. We are experiencing a monumental shift in population unlike anything in history. **4,000 people each day are turning 65 in the U.S. and that trend will continue steadily until 2030.** Our population is aging. We are living longer. We are staying in our homes and in our communities longer. Our health practices, leisure activities, and other interests are changing.

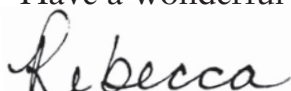
We want to meet the needs of the people we serve now and be prepared to welcome more people into our network in the future. We must be able to provide the best possible services to anyone who may need help/guidance/support/services as they (or their loved ones) navigate the special challenges of aging. We want to help people stay safe and secure and inspire them to live high-quality and fulfilling lives.

We are looking at everything we do to see if we need to improve/update/innovate or just stay the course with renewed commitment. One of the areas we are considering is whether the *Silver Eclectic* is still relevant in its current form. We've been asking a lot of questions and conducting informal surveys across the region. The simple fact that has emerged is not too many people seem to be reading this newsletter regularly. Of course, we know we have a wonderful group of core readers who have faithfully read every newsletter for many years, but it appears that is not the norm.

We are considering going electronic with the *Silver Eclectic*, limiting printed distribution or making it available only on our website. We believe we could save precious resources, including funds that could be used for other programs. In short, we think we may be able to get important and relevant information to more people for less money and can invest more resources in innovative programming.

I would really like to know your thoughts on this idea. In fact, I would like to hear from you on any ideas or feedback you have on any of our services or programs. Please email me with your feedback at rnowlin@cmaaa.net or give us a call 573-443-5823.

Have a wonderful day!


Rebecca

How to Contact your Legislators



Telephoning your legislator's office is a useful way to communicate your opinions, especially on issues where an action is pending, such as a vote. You will not speak to the legislator directly. As with letters, legislative staff track the number of calls they receive on various topics. Just a couple phone calls into an office over a short period of time can bring an issue to the attention of your legislator and have a big impact.

According to a former Congressional staffer, reaching out via things like Facebook or Twitter aren't going to be very effective. Staffers check these mediums occasionally, but they're largely ignored. Sending letters is more helpful, but they also get so many letters that it's impossible to give them individual attention. The best way to get in touch? Phone calls. Phone calls have to be dealt with when they occur and they can't be ignored. A large volume of phone calls can be overwhelming for office staffers, but that means that their bosses hear about it.

Which office you target also matters. Members of Congress have offices in DC, but they also have offices in their home district that they represent. Target your letters and phone calls to your local office and you'll have an easier time getting their attention. And while it should go without saying, only contact your representatives. While there may sometimes be a reason to reach out to certain people who don't represent you (especially if they're in a leadership position), it will always be most effective to talk to the person that represents your district. You can find your local representatives by going to: www.senate.mo.gov/LegisLookup/default.aspx/leg_lookup.aspx and typing in your address or 9 digit zip code.

Here are some tips to help you make that call:

Calling your legislator: A step-by-step guide

- 1) Call congressional offices directly or through the switchboard. If you do not have the direct number, but you know their name, you can reach Missouri State Senate by calling 573-751-4186, and Missouri House of Representatives by calling 573-751-3659. Ask the operator to connect you to the individual office and ask to speak to the aide who handles the issue about which you are calling. Your call will be more influential if you speak to the correct aide. However, congressional aides are very busy and this is not always possible. If you cannot speak directly with the aide, leave a message with the receptionist stating your views.
- 2) Let them know that you are a constituent. Elected officials are most interested in your opinions if you are their constituent, so be sure to say the city and state you are from.
- 3) You can also find links to federal government officials at www.usa.gov/elected-officials.



South Central Pension Rights Project

We help clients understand their pension rights and claim the benefits they've earned, regardless of the type of company worked for or the type of pension plan involved. Services are free of charge.

We provide personalized assistance by:

- Answering questions about complicated pension laws and how they affect your retirement
- Obtaining and explaining hard-to-find retirement plan publications, forms, and other documents
- Correcting pension miscalculations and claiming retirement benefits that have been denied
- Tracking down benefits from past employers
- Providing referrals to lawyers, actuaries, and other pension professionals as appropriate

We can also assist with retirement income plans offered by private and government employers, including

- Traditional "defined benefit" pension plans
- Cash balance and other "hybrid" pension plans
- 401(k), 403(b), and 457 "defined contribution" plans
- Money purchase and other profit-sharing plans
- To provide community education on long-term care issues.

Examples of the types of questions we typically address are:

- Am I entitled to a pension?
- What happens to my pension when I change employers?
- Can I get pension benefits from my ex-spouse?
- How can I claim my pension from a company that has merged with another or gone bankrupt?
- What happens to my pension when I die? What happens to my spouse's pension?
- What if my pension is miscalculated or denied altogether?

Eligibility

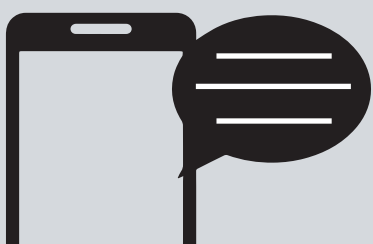
Pension counseling projects provide assistance free of charge to anyone with a pension question or problem, regardless of age, income, or value of the claim. You can contact the South Central Pension Rights Project if you currently live or work in Arkansas, Louisiana, Missouri, New Mexico, Oklahoma, or Texas, or if you lived or worked in the region while earning the pension; or if the company or pension plan is headquartered or has operations now in the region, or if it had operations in the region when the pension was earned.

The ongoing partnership between the Missouri Association of Area Agencies on Aging (MA4) and the South Central Pension Rights project (SCPRP) has proved to be beneficial to many Missourians who need help to understand and exercise their pension rights. MA4, in conjunction with Missouri's ten Area Agencies on Aging, conducts outreach activities for SCPRP to make residents of the state aware of this needed project and its pension counseling services.

Besides help with recoupment issues, SCPRP services often pertain to unjustly-denied pension benefits; locating the company that administers your benefits; deceased spouse's pension; entitled-to pension benefit; how to apply for your pension benefits; and questions about your retirement plan.

SCPRP's services are provided through phone and mail communications by attorneys and paralegals. These services are free, regardless of the age of the person seeking assistance. If you would like to know more, visit their website at www.southcentralpension.org or contact SCPRP at 1-800-443-2528. Please note: SCPRP does not accept public benefit cases. If you have further questions contact your local Area Agency on Aging at 1-800-369-5211.

Senior Citizen Texting Codes



ATD
At The Doctors

BFF
Best Friend Fell

Times are Changing! Let's Keep Up

Donna Wobbe

Ombudsman Program Director
573-443-5823 or 800-369-5211
dswobbe@cmaaa.net



We are fortunate to have many choices. Keeping up with what's going on in your community can give you opportunities and the knowledge needed to make the best possible choices for yourself and your loved ones.

Looking at Long Term Care options before they are needed will be helpful if an unexpected incident occurs. You can visit assisted living, skilled care and rehab facilities in advance rather than in the middle of a crisis.

The person in need of an alternative setting needs to be involved in their future planning anytime this is possible. Contact our office for a consultation and we will be happy to assist you and your loved ones.

Your Ombudsman Can Help

- Assistance with choosing the appropriate level of care
- Offer a list of long-term care options in your community
- Provide resources to assist in your search
- Advocate for the least restrictive environment including returning to the community.

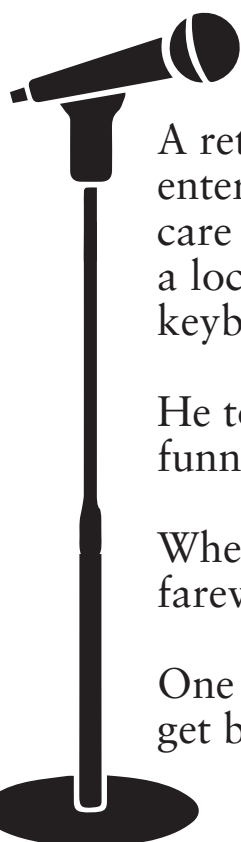
Become an Ombudsman today,

call: 573-443-5823 or 1-800-309-3282 for more information health.mo.gov/seniors/ombudsman

Be There To Care

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.

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.



That's Entertainment

A retired man who volunteers to entertain patients in long term care settings and hospitals went to a location and took his portable keyboard along.

He told some jokes and sang some funny songs at patients' bedsides.

When he finished he said, in farewell, "I hope you get better."

One resident replied, "I hope you get better, too."

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

3 Tips to Avoid Scams

To help protect yourself from Medicare fraud, the Missouri Senior Medicare Patrol offers these three tips:



1

Don't give out any personal information – including bank account, credit cards, Social Security card numbers or Medicare numbers – to anyone you do not know. That includes someone who phones you claiming to be with your bank, Medicare, Social Security or the IRS. The government agencies generally don't phone you, and they already know the information. The IRS also won't call or email you and threaten to arrest you.

2

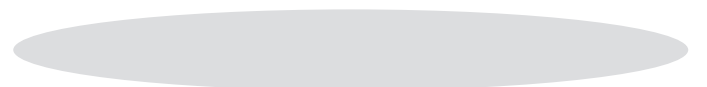
Don't fall for the grandparent scam. That happens when a frantic person calls claiming to be a family member or friend a relative who is either ill or in jail and needing emergency money. The aim is to get you so worked up that you send money or other forms of payment before you even have time to think. Check out the stories before you act. It's most likely a scam.

3

Rely on your personal primary care physician to order any durable medical equipment (scooters, wheelchairs, etc.) or to prescribe you special diabetic shoes. Don't rely on salespeople to tell you what you need. Ask your doctor.



As always, report suspected Medicare fraud to the Missouri SMP at 1-888-515-6565.



Medicare BOOT CAMP

Kay Barbee
(573) 424-7632



This “FREE” workshop will provide you with the tools:

- To make the right choices if you are new to Medicare
- To know when and if you can make changes to your Medicare coverage
- To expand your knowledge to ensure you are receiving all your Medicare benefits

What you will learn:

- Medicare Eligibility & Enrollment
- Medicare Parts A, B, and D
- Medicare Part C (Medicare Advantage)
- Medigap (Medicare Supplements) choices
- Medicare Benefits and other related issues
- Protecting your Medicare

Who should attend:

- Persons nearing age 65 who are eligible for Medicare
- Persons approaching Medicare eligibility due to a disability
- Persons with End-Stage Renal Disease (ESRD)
- Caregivers
- Individuals working with Medicare beneficiaries

Medicare Bootcamp

Location: Columbia, MO

Dates offered:

March 19, 2019

April 16, 2019

Class size is limited.

To register contact

Kay Barbee at barbeekk@gmail.com

or call (573) 424-7632.

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 West Point Senior Center (573) 635-4120	Rolla Elderly Highrise (573) 341-2929	Westside Senior Center (Laurie) (573) 372-3588
Cuba Senior Center (573) 885-2909		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

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

CARE COORDINATORS

Marissa Peterson
Care Coordination Director
(800) 369-5211 or (573) 443-5823

Audrain County Carol Senor (573) 581-7678	Cole County Tina Phelps (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
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
Callaway County Karen Elwood (573) 642-6772	Crawford County Alice Pearce (573) 885-2922	Laclede County Janet Moore (417) 588-4300	Morgan County Wendy Brandmeyer (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	