



Healthy Living

Healthy Living is an evidence-based workshop for adults with at least one chronic health condition. It focuses on disease management skills including decision making, problem-solving, and action planning. Chronic conditions vary and may involve either physical or emotional health. Diabetes, heart disease, arthritis, migraines, anxiety, insomnia and depression are just a few examples of the chronic conditions participants may be experiencing.

Osage Beach Senior Center, pictured above, recently hosted a workshop where attendees were able to participate in educational activities and group discussions. The goal of the evidence-based program is for participants to learn skills to better manage their conditions on a day-to-day basis. Techniques such as appropriate exercise, healthy nutrition, symptom management, and effective communication with family and medical professionals were discussed by the group.

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Sharon Curran enjoyed the workshop and found it very informative. "The leaders were great," she said. "It was good to get other ideas and views on things through our group discussions. It also taught me some good exercise tips for around the house."



Raffle winner, Sharon Curran

Workshop participants learn to set realistic goals and to develop an action plan for meeting those goals. They share their progress and solicit feedback from the group to help address any challenges.

Workshops often offer incentive raffles and prizes. "It's a fun way to keep things exciting," said workshop leader Maureen McKeage. "We have such a great time."

In addition to Healthy Living, Aging Best offers a variety of health-related workshops and will be adding new options this fall. The workshops are offered in locations throughout our service area with many being offered virtually as well as in-person. Leaders have received professional training and

are certified in the curriculum they teach. Participants receive learning materials which are theirs to keep for continued progress at home.

For information on dates and locations of upcoming workshops, contact Aging Best at 800-369-5211, or email us at help4u@agingbest.org.

Increased Call Volume

Aging Best's Client Care Specialists have seen an increase in calls in recent months. Often the first point of contact, Client Care Specialists are in high demand and receive calls for many different types of assistance.



Shadaryl Bassett
Client Care Specialist

"A lot of the calls we receive are from individuals who are interested in learning about the general assistance we provide such as transportation, nutrition and caregiver resources," said Shadaryl Bassett who has been a Client Care Specialist for close to two years. "Even

when the request is for a service we don't assist directly with, we will work to connect the caller with resources to help."

Aging Best also receives many calls from health care providers, community and social service organizations.



Melissa Schulte shares information with Dr. Diane Bussan.

"I receive a lot of requests for onsite presentations," said Melissa Schulte, Network Coordinator. "It's great to be able to share information about the many ways we can help their patients, clients or participants. Some organizations are new to us, and others are interested in hearing about any new or updated services we have."

Over the past few months Aging Best has sent out informational postcards inviting individuals to call if they would like to learn more or have general questions. Many first-time callers have been surprised to learn they are eligible

for types of assistance they were unaware of. Eligibility and programs can change from year to year. Anyone who has not checked in recent years is encouraged to call. Eligibility for many types of assistance can be determined during the call.

If you are or know of someone who may be interested in the services Aging Best provides, call 800-369-5211 or email us at help4u@agingbest.org.



The Ombudsman Program advocates in Veterans Homes across Missouri. Just like in traditional long-term care settings, its mission is to protect and improve the quality of care and quality of life for residents of Veterans Homes through individual and systemic advocacy for and on behalf of each veteran.

The program is a resident-centered advocacy program. The veteran is the program's client, regardless of the source of the complaint or request for service. The Ombudsman will make every reasonable effort to assist, empower, represent, and advocate for residents of long-term care homes. Aging Best's Ombudsman team visits two Veterans Homes within the central region located in Mexico and St. James.

"In the past we have had volunteer Ombudsmen at each of those homes who were themselves Veterans," said Ronda Giger, Regional Ombudsman Program Director. "They have since retired from our program, but we hope to see more in the future."

Though Veterans are welcomed to volunteer at these homes, it is not a requirement. Any volunteer placed in one of our Veterans Homes will have the general Ombudsman training as well as a shorter Veteran's Administration training.

To become a volunteer Ombudsman an individual must be:

- Over the age of 18
- Complete a FCSR Care Safety Reg and HP background check
- Complete required Long-Term Care Ombudsman Program Training
- Have dependable transportation
- Not have been employed in a Long-Term Care facility within the last 12 months or have a member of immediate family working in a facility
- Not have a family member in the assigned facility
- Be certified and designated as a representative of the program by completing the full required training

For more information on volunteering for the program please contact Ronda

Giger, Regional Ombudsman Program Director or Rebecca Baker, Regional Ombudsman Coordinator at 573-443-5823 or rgiger@agingbest.org.

Self-Measured Blood Pressure Program

The Self-Measured Blood Pressure Program continues to grow in Boone, Cole and Moniteau counties. The program provides health and nutrition information to individuals over the age of 18. Participants are also loaned a digital blood pressure device to use at home to monitor their progress.



Paul Andrews receives his monitor from Melissa Schulte at Aging Best.

If you would like more information about the program please contact Melissa Schulte at 573-489-3260 or mschulte@agingbest.org. If you are a resident of Cole County please contact Judith Mutamba at 573-658-0121 or jmutamba@cccnmo.org.