



## Making a Difference

Monica McMillen, pictured above, has been volunteering at Eldon Senior Center for nine years. At 100 years young, Monica is a vital part of the center's congregate meal program as well as filling in wherever else she may be needed. "I love people and enjoy visiting with them daily," she says. "I like to help in any way I can. It keeps me active and able to continue living in my home independently."

According to a study done by the Corporation for National and Community Service, Americans over the age of 60 who volunteered reported lower disability and higher levels of well-being compared to those who did not volunteer. The type of volunteering does not appear to be important. For some, more physical types of volunteering such as lawn mowing or home repair may not be an option due to limited balance or

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mobility. The good news is that types of volunteering such as answering or making phone calls, cooking and administrative duties can have an equal impact on overall well-being.

Trends show that interest in volunteering is often strong during elementary and high school as well as with retirees. During college and working years interest seems to be lower, but there are many benefits and volunteering opportunities for those within that age group. It's a great way to gain experience and build a resume' while making a difference in someone else's life.



**Jody Doppelt, Volunteer Manager**

Many nonprofit organizations depend on volunteers to accomplish the assistance they provide. "We are interested in volunteers for everything from making phone calls to delivering meals to lawn and home care, including home repairs," said Jody Doppelt, Volunteer Manager for Aging Best. "We welcome groups as well as individuals. Our goal is to help aging adults stay in their homes, and sometimes they need a little assistance."

Evidence-based workshops and educational presentations are also areas where volunteers can help. "At present, we are looking for individuals who would be interested in being trained as a workshop leader," said Kathy Deeken, Training & Education Coordinator for Aging Best. "We have a variety of opportunities, from one-time presentations to workshops lasting several weeks."

For more information on volunteer activities please contact Jody Doppelt at 573-801-0895 or by email at [jdoppelt@agingbest.org](mailto:jdoppelt@agingbest.org).

## Special Thanks!

Aging Best would like to say thank you to every individual and organization that donated gift items and volunteered their time during the 2022 holiday season.



We know the holidays are a busy time, and that makes your generosity even more special. If you are interested in donating gifts, including homemade items, please contact Aging Best at 800-369-5211 or [www.agingbest.org](http://www.agingbest.org).

# South Central Pension Rights Project

The South Central Pension Rights Project helps individuals understand and exercise their pension rights. The organization provides free-of-charge services to workers or retirees and their family members who currently live or work in Arkansas, Louisiana, Missouri, New Mexico, Oklahoma and Texas.

Free-of-charge services are provided regardless of age, income, or the amount of benefit sought. Attorneys and paralegals provide services by mail, phone or email at:

South Central  
Pension Rights Project  
1920 E. Riverside Drive  
Suite A-120, #501  
Austin, TX 78741  
800-443-2528

[www.southcentralpension.org](http://www.southcentralpension.org)

## Ombudsman: Connect and Advocate!

The New Year brings new opportunities! An opportunity to connect with and advocate for vulnerable seniors and those with disabilities who reside in long-term care homes. If you are looking for something to do this winter, consider giving back to your community and volunteer for the Ombudsman program!

What is an Ombudsman? 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 actively employed professionals. They share a desire to make a difference in the lives of the elderly and disabled.



Who are Missouri's long-term care residents?

- Many have several physical impairments and an almost total loss of independence.
- Many are fragile, vulnerable and dependent on staff for their care.
- Many have no close relatives or regular visitors.
- Many have difficulty voicing concerns to the facility and need someone to help them share their concerns, such as a volunteer ombudsman.

For more information on volunteering for the Ombudsman program, contact Ronda Giger, Regional Ombudsman Director by phone at 573-476-5746 or email [rgiger@agingbest.org](mailto:rgiger@agingbest.org).



# Recent Activities



**Mexico Senior Center**

**Hughes Senior Center**



**Cuba Senior Center**

**Eldon Senior Center**



**Osage Beach Senior Center**

**California Nutrition Center**



**Boonslick Senior Center**

**Warren/Richland Senior Center**