

AGING **best**

Area Agency on Aging



Fall Prevention Awareness Month

Falls are the leading cause of injury-related deaths among older adults. Even a minor fall can cause serious injuries that involve extended healing time. A fall often sets in motion the loss of independence and ability to remain active.

What makes older adults more at risk for falls? Several factors contribute to increased possibility of experiencing a fall. As we age our bodies often lose muscle tone causing weakness. Conditions such as osteoporosis and Parkinson's along with certain medications or vision changes can also have a big impact on strength and balance. Many factors may contribute to balance and mobility, but there are many things we can do.

"Falls are preventable with the right tools and information", said Judith Mutamba, Matter of Balance

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workshop leader for Catholic Charities of Central and Northeastern Missouri.

"Overcoming the fear of falling and being physically active to strengthen muscles and improve balance can have a big impact. Being aware of fall risks within the immediate environment and making changes to them can greatly decrease the likelihood of falling."

Workshops can be a great way to learn about fall prevention and increase mobility. Tai Chi for Arthritis and Walk with Ease are also great opportunities to gain information, become more active and improve overall balance. "The most important thing to remember is that any movement is good. "Once you stop moving your body stops working," said Brenda Doyle, Tai Chi for Arthritis leader for Aging Best. Doyle has seen the effect Tai Chi for Arthritis can have on participants' relaxation and flexibility as well. "It's never too late to make changes", she adds. "Movement is the key."



Most workshops are presently being conducted virtually. Some participants prefer to attend via their home computer. Churches, retirement communities, assisted living homes and community organizations sometimes organize small "distanced" groups with the instructor broadcast on a larger screen. New methods of participating in workshops continue to be created. If you are interested in learning more about upcoming workshops or organizing a workshop please call 800-369-5211 or email mschulte@agingbest.org

Aging Best Provides SNAP (Supplemental Nutrition Assistance Program) Application Assistance By

Phone: 800-369-5211

The Supplemental Nutrition Assistance Program (SNAP, formerly the Food Stamp program) can be a great benefit for older adults who may need assistance paying for groceries. For qualifying individuals, the program can assist with groceries and improve their overall budget.

Though many older adults live on a fixed income, the over 60 age group has the lowest SNAP participation of all demographic groups. One of the causes may be transportation to or the fear of going into a busy Social Services office. A simple call to Aging Best can make the process quick and easy. The entire application can be completed by phone and mail. Your SNAP benefits can be issued without leaving your home. Income guidelines are as follows:

Number of Household* Members	Maximum Amount of Gross Income** for All Household Members	Maximum Food Stamp Benefits
1	\$1,354	\$194
2	\$1,832	\$355
3	\$2,311	\$504
4	\$2,790	\$646
5	\$3,269	\$768
6	\$3,748	\$921
7	\$4,227	\$1,018

*A household is the number of related and unrelated people that usually prepare and share food together in the same house.

**Applicants must meet federal regulations regarding gross and net income limits for all household members.

SNAP has added COVID-19 safety benefits such as online grocery shopping with your EBT (SNAP) card and Pandemic SNAP (P-SNAP) which allows maximum benefits during the pandemic. For more information on SNAP benefits, please call 800-369-5211.

Getting to Know Aging Best's Team. This Month's Team Members



Karen Elwood

Information and Assistance Specialist

What is your title, and how long have you been with Aging Best?

Information and Assistance Specialist. I have been with the agency for 14 years.

What kind of services do you provide?

I screen people for enrollment in programs that could save them money. If they are eligible, I help them enroll. Some of the programs are Medicaid, Food Stamps, Medicare prescription drug plans, Medicare savings plans, help with transportation costs and

respite for caregivers. I also refer people to other programs and services.

What is your favorite part of your job, and do you find it to be a challenging position?

One of the favorite things about my job is helping to make life a little less stressful for people, whether it is helping them navigate a complicated government program or just being able to take the extra time to listen to someone's problems. The challenge is that this job is a little like putting a puzzle together. You have to gather all the pieces before it will come together. In other words, ask the right questions, listen, gather information, and then work on the solution.

Tell us a little about your life or background?

I grew up in Nebraska, but have also lived in Texas, Arkansas, Mississippi, and Missouri. I am married to my high school sweetheart, Mark, and we have two grown sons and their families who we enjoy spending time with. I like gardening, walking our dog, Tess, and being outdoors.



Ione Bickell
Lead Center Administrator

What is your title, and how long have you been with Aging Best?

I am a Lead Center Administrator

What kind of services do you provide?

I manage the Mexico Senior Center. I also help supervise the senior meal programs in Boone, Callaway, and Cole counties.

What is your favorite part of your job, and do you find it to be a challenging position?

This is the most rewarding job I have ever had. It is a pleasure to be able to serve seniors in Central Missouri. Shortly after starting my job I no longer saw older adults that I serve, I simply saw friends.

This job can be challenging at times, but I wouldn't want to be anywhere else. Where can you get a job that lets you be with friends every day? Not only do I get to see them, I am able to help them.

Tell us a little about your life or background?

I am from Mexico. My dad was a local police officer, and my mom took care of us three kids. I have three children and six grandchildren. I am very proud of my family. I live on a small farm. I enjoy working on the farm and mowing our property. I have been together for over 11 years with a wonderful farmer. I am very fortunate to have a great job and family and feel very blessed.

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has the BEST
STAFF!



Open Enrollment Reminders

- Medicare Part D open enrollment will be available October 15th – December 7th. This is the time to review your current enrollment to make sure you are on the most cost-efficient plan.
- Marketplace – Affordable Care Act open enrollment will be November 1st – December 15th. This is the opportunity to find affordable insurance for individuals who are not covered by another insurance plan. This will also be the time to switch plans if you already have it.

Our team members are available to help you complete the application as well as checking eligibility for SNAP (Food Stamps), energy assistance and other savings programs. Call 800-369-5211 for questions and assistance.

Residents' Right to VOTE Election Day – Wednesday, November 3rd, 2020

Residents of long-term care facilities have the right to vote, even with the Covid-19 pandemic. It is important to be informed of ways that facilities can assist with the voting process.



If you need help, facility staff may:

- Assist you in registering to vote.
- Help you to make sure your voter registration is up-to-date.
- Help you assess whether and how you may need help to prepare and participate in the voting process.
- Help you decide whether you will vote by mail-in ballot or absentee ballot.
- Assist you with obtaining a mail-in ballot OR absentee ballot.
- Assist you to mark your ballot to reflect your choices.
- Assist you in locating a FREE notary if you choose to vote by mail-in ballot:
<https://www.sos.mo.gov/elections/MailinNotary>

Facility staff may not:

- Apply for a mail-in ballot for you without your knowledge as your signature is required.
- Attempt to influence your vote.
- Mark a ballot in a way other than instructed by you.
- Tell anyone how you voted.
- Vote on your behalf without your knowledge.



For more information call
800-309-3282

Curbside Activities

Sayers Senior Center in Potosi honored Fall Prevention Awareness month with goody bags for all curbside participants. The bags contained buttons, candy, lip balm or dental items.



Lavern Binder of California donated his personal record sweet potato to the California Nutrition Center. Each year Binder shares produce with the center as do many other local gardeners. Lavern is known for growing "Serpent Zucchini," a unique style originating from Sicily.

Thank you to Sullivan Bank for the financial donation to Camdenton Senior Center. Cheri Knight from Sullivan Bank presented the check to Teresa Millsap, Center Administrator. Your kindness is appreciated and will help many older adults in need.



Eldon Senior Center staff members, Sherri Vanderpool and Pamela Sharp, prepare homebound meals daily. The center prepares more than 1300 each month. For more information on receiving homebound meals in your area call 800-369-5211.

California Nutrition Center participated in the city-wide Ham & Turkey Celebration with curbside grilled hamburgers. Their vendor booth of old fashioned, freshly churned ice cream was a favorite!





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To see each person live his or her best possible life

Hello Aging Best!

I was asked to contribute and share my thoughts about Falls Prevention Month. I would encourage each of you to go back to the front page of this newsletter and reread that article. It beautifully sums up the importance of focusing on building strength and increasing mobility. We have staff, volunteers, and many partners across our region and state who can help us become stronger and more confident in our physical bodies. Of course, we all aren't destined to run a marathon, but just about everyone can become stronger and more flexible and we can connect you with just the right program, expert, or mentor to help improve your life or the life of someone you care about. We can also connect you with the right people who can help you ease pain that may be holding you back from being more active.

Please remember that it is never too late to focus on health and mobility. Even small changes can make a huge difference in the quality of our lives. I encourage everyone to look at the classes that are offered in our area. Walk with Ease, A Matter of Balance, Tai Chi for Arthritis, Live a Healthy Life, Aging Mastery Program and others all offer a strong component of focusing on physical strength and mobility. These classes are informative and fun and designed to work with people at different ages and levels of mobility. Now, more than ever, we can also all benefit from a sense of community and shared sense of purpose by participating together, even if it must be participating virtually.

I believe I now understand how falling can become such a deep-seated fear that many people become a prisoner in their own home. That fear of falling, or perhaps often the fear of falling again, can be quite debilitating and often leads to isolation and a significant loss of strength and enjoyment in life. I promise you that there are people who can help you.

Please reach out to us if you have any questions.

Sincerely,

Rebecca Nowlin

**Rebecca Nowlin, LPC
Chief Executive Officer**



Serving:

**Audrain, Boone, Callaway, Camden, Cole, Cooper, Crawford, Dent, Gasconade,
Howard, Laclede, Maries, Miller, Moniteau, Morgan, Osage, Phelps, Pulaski,
Washington**