

# AGING **best**

Area Agency on Aging



*"Just making one phone call can provide answers and make a world of difference!"*

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## THE POWER OF ASKING

Asking for and accepting help is not easy for most of us. For older adults intent on remaining independent it can be even more challenging. Many have dedicated their lives to helping others and should now be on the receiving end. Sadly, it does not always work out that way.

So, why are older adults reluctant to ask for help? There are many possible reasons.

- Pride is at the top of the list. The 60-and-over generation was raised during a time when families worked hard and asking for help just wasn't something they did.
- Privacy is also a concern. Many older adults do not understand that their information is kept completely confidential.
- Independence, or the loss of, plays a part as well. Many believe asking for help will lead to a complete loss of independence.

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- Fear of calling a stranger and not knowing what to say. Nerves can sometimes get the best of us.
  - Health conditions such as dementia, hearing loss and mobility issues can make asking for help even scarier.

So, what can asking for help, or rather just asking questions, really do for you? "Just making one phone call can provide answers and make a world of difference," said Trish Luther, Community Options & Services Manager at Aging Best. "I recently helped a lady make the changes needed to her Part-D plan. One of the medications she relied on would no longer have been covered and would've cost more than \$80,000 per year to purchase. I was able to look at different options and get her on a plan that is only going to cost \$51 for the entire year!"

Karen Wright, Information & Assistance Specialist, agrees. "I recently helped a gentleman make some changes to his plan. The formulary coverage for 2021 had changed and would no longer cover his current medications. I was able to look at the options and assist him with the changes needed. The end result was a savings of \$58,496 which he would not have been able to afford.

Unfortunately, this happens to a lot of people who do not take the opportunity to ask about their plans," said Wright.

Another program older adults are often reluctant to ask for assistance with is the Supplemental Nutrition Assistance Program (SNAP, formerly food stamps). One reason may be the negative views associated with the program during the generation today's older adults were growing up and raising their families in. The program works to assist older adults on a budget with a little extra groceries. "It's an added supplement," said Melissa Schulte, Network Coordinator for Aging Best. "It's just enough to provide the extra items needed to prepare healthier meals."

When thinking of food stamps some also picture the old paper booklet issued decades ago. Today's program is simply a card that looks just like any other credit or debit card.



It is also not necessary to go to a social services office. The entire process can be completed by phone and mail. All it

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takes is a phone call to Aging Best.



With the Senior SNAP program Aging Best's team members are able to set everything up without meeting in person. It is a fairly easy process designed to make it more readily available to older adults. It will not even be necessary to come in and pick up the card. The new card will be sent directly to your home.

If you are interested in checking to see if you qualify for any assistance or resources all it takes is a call. Team members are able to assist with transportation, utility assistance, pet care products, Medicare, SNAP, telephone reassurance and visitor programs and much more. Power and knowledge are often the result of asking questions. If you would like to talk to a member of Aging Best's Community Options & Services team please take a minute to call: 800-369-5211.

## OMBUDSMAN VOLUNTEERS COPE WITH THE PANDEMIC

Eledia White Deer Stone loved the time she spent volunteering with the Ombudsman program. Each week she visited residents at South Hampton Place in Columbia, an activity she has been dedicated to for many years. The residents were equally happy to receive her visits. The present pandemic, however, made it unsafe for volunteers to enter places like South Hampton which has not only affected residents but volunteers as well.

At first, Eledia, like so many others, was a little down and felt a little lost with the inability to get out and volunteer. Then a special visitor began helping her make the most of the time off. Tabitha Hall, her granddaughter, has been coming by each week. Eledia is using this time to teach Tabitha many of the family recipes which Tabitha will be able to pass on to her own children.



*Eledia White Deer Stone shares her pecan pie recipe with her granddaughter, Tabitha.*



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The Ombudsman program as a whole has remained dedicated to assuring the rights of residents in long-term care homes. "We have so many brilliant minds," said Donna Wobbe, Regional Ombudsman Program Director. "We will continue moving forward and finding ways to connect with residents during the pandemic."

If you would like information on how you can become an Ombudsman volunteer please call 800-369-5211 or email [dwobbe@agingbest.org](mailto:dwobbe@agingbest.org).

## DONATION APPRECIATION

The team at Aging Best would like to thank everyone who supported us on our CoMoGives campaign including the wonderful team at CoMoGives. We are beyond grateful for the many generous donations we received. With our many new programs each donation moves us another step farther.

We would also like to thank everyone who participated in our "What I'm most thankful for" posts on Facebook and Instagram. We hope to do something similar again soon. To see more be sure to like and follow us on social media at: [www.facebook.com/agingbest.org](https://www.facebook.com/agingbest.org) or [www.instagram.com/agingbest](https://www.instagram.com/agingbest)

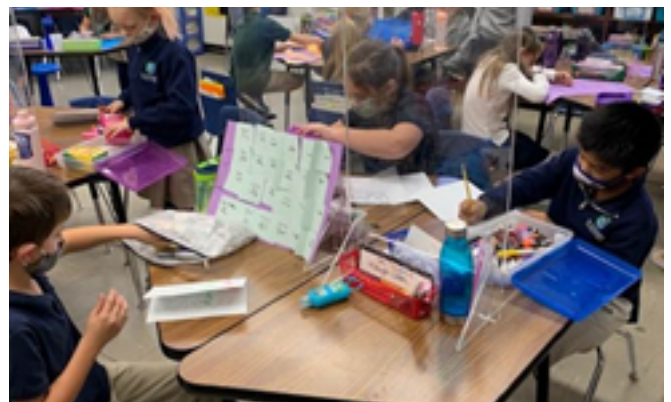
## CHRISTMAS CARDS

Aging Best delivers an average of 55,000 homebound meals each month. To add some holiday cheer to our Christmas deliveries many local schools and friends provided Christmas cards. Receiving the cards, many of which were handmade by students, was very uplifting to the recipients.



*Students at Christian Fellowship School show the beautiful, handmade cards they donated.*

Much of the older adult population has remained completely homebound during the COVID-19 pandemic. The cards were



*Students at St. Joseph Cathedral were hard at work creating handmade cards.*

a great way for them to connect with local children and remember back to that wonderful time when Christmas cards were more popular than email greetings.

Card donations were received from St. Joseph Cathedral School, Camdenton Elementary School, Helias Catholic High School, St. Peter Interparish School, Christian Fellowship School, Father Tolton Catholic High School, Veterans United, The Crossing and many family members and friends of Aging Best.

Aging Best's senior centers were also able to distribute cards to individuals picking up curbside meals. The centers even provided some special surprises. Many local community organizations were instrumental in making the added surprises possible. Aging Best is grateful to each.



*Larry Whittrock and the Hurrican Deck Lions Club presented Center Administrator Julie Jacobs gift bags the club donated for homebound seniors in Morgan County.*

## COLD WEATHER IS HERE



I MISS  
SUMMER!

Cold weather is officially here. The best we can do is be well-prepared. How do we do that? The steps below are a good start.

- Stay indoors if possible.
- If you must go out limit the time to as little as possible.
- Dress smart - protect your lungs from cold air with a scarf, and layer your clothing. Wearing 2 - 3 thin layers creates more heat than a single thick layer.
- Keep your head, hands and feet covered when outside. When inside use a lap blanket. You may even want a hat and gloves inside.
- Keep your indoor temperature at 65 degrees or warmer.

It is also a good time to call and check on neighbors and friends. For more information and assistance with cold weather resources contact Aging Best at: 800-369-5211





Mexico senior center delivered 112 holiday goodie baskets, pictured left, to homebound seniors. Thank you to all the community members that donated and helped make it possible including the Audrain County Library, pictured right.



Thank you to Salvation Army for their generous donation to the Waynesville/St. Robert Senior Center in Pulaski County.



Owensville Senior Center prepared these beautiful stockings for their guests.



Thank you to Alliant Bank for your generous donation to Boonslick Senior Center.

*Thank you!*



Elves at Clarke Senior, pictured left, prepared stockings for their guests. The stockings brought lots of smiles as pictured right.

