

AGING **best**

Area Agency on Aging



Trish Luther (left) from Aging Best helps a senior navigate the Medicare system.

SENIOR NEWS

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Medicare Is Confusing. We Can Help.

Medicare will play an important part in the lives of most Americans. However, understanding your plan and premium costs can often be confusing. If you are feeling overwhelmed, know you are not alone.

If you are on Medicare and need

assistance paying some of your Medicare cost, there may be help for you if you fall into one of the following categories:

- You are single with a monthly income below \$1,426.00 and have resources below \$7,860.00
- You are married with a monthly income below \$1,940.00 and have resources below \$11,800.00

You may also qualify for help paying your Medicare Part B premiums through the State of Missouri. This could be significant savings each month. If you do not fall under those income/resource guidelines, there may be another option for you. You may qualify for help paying your Medicare Part D premiums and the co-pays on your medications through the Social Security Administration if you fall into one of the following categories:

- You are single with a monthly income below \$1,615.00 and have resources below \$14,610.00.
- You are married with a monthly income below \$2,175.00 and have resources below \$29,160.00.

Medicare cont.

Aging Best's Community Options and Services Specialists may be able to help you find additional savings and resources. They fully understand the ins and outs of the Medicare system and can guide you through the application process. For more information please call Aging Best at 1-800-369-5211 and ask for Steve or Kurt.

Senior Farmers' Market Nutrition Program Well Received

Aging Best's Community Options and Services team has received wonderful feedback on the Senior Farmers' Market Nutrition Program. The program is a federally-funded initiative by USDA, FNS. Qualifying individuals ages 60 and over can receive up to \$50 in vouchers to be used at local Farmers' Markets.

Getting the word to qualifying individuals is the most challenging aspect of the program. The partnership and assistance of local organizations has been a great way to make those connections.

Karen Elwood, Information and Assistance Specialist for Aging Best, has seen the positive impact the program can have on those receiving vouchers. "I recently signed up a woman who was super excited to receive the vouchers. She had been working hard to lose weight because of health conditions. Affording healthier foods had been a challenge," Elwood said. A local organization handing out information about the program had led her to Elwood.



Information and Assistance Specialist Karen Elwood, helps Judy Bader of Boonville sign up for vouchers.

If you would like information on qualifying for vouchers or are a service provider in need of informational materials please call 800-369-5211 or email mschulte@agingbest.org.

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



Kurt Groner
Client Care Specialist

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

My title is Client Care Specialist. I have been with Aging Best for 10 months.

What kind of services do you provide?

I am a liaison between our clients and Information & Assistance Specialists. I offer information to clients and try to resolve the situation of need they may be in. If I am unable to find a solution, I relay the information to a member of the team for further assistance.

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

My favorite part of the job is helping people get the information and services they need. Sometimes it can be very challenging.

Tell us a little about your life or background?

I'm from Jefferson City and enjoy music. I play guitar and sing and am also involved with community theatre.



Beverly Vineyard
Assistant Cook/Driver/Relief

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

I have been with Aging Best since October of 2013. My title is Assistant Cook/Driver/ Relief.

Aging Best Team cont.

What kind of services do you provide?

I cook when needed at the center and once a week I deliver meals to our homebound.

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

My favorite part of my job would have to be the clients. The smiles on their faces when I take the time to stop and have a short conversation with them. Challenges would be the weather and those who are not home on delivery day.

Tell us a little about your life or background?

I have lived in Missouri most of my life. I was born in Huston and called Edgar Springs my home as a child. We moved when the Army said to but always came back here. My husband Steve and I will have been married 30 years this April and have 3 children, our daughter, Katie, and twin sons, William and Charles along with 2 beautiful grandchildren, Annmarie and Jacob.

We live on our farm in Brinktown where we raise cattle. My hobbies are taking care of my grandkids, working on the farm when needed, hunting, fishing, camping, needlework and mud racing, I also work with an animal rescue in St. Roberts called Puppy and Kitten Division .



Aging Best's Senior Centers Serve as Cooling Centers During Extreme Heat Conditions.

The Senior Centers may not be open for congregate meals, but they are open as cooling centers, for information and assistance, Foot Care Clinic, and curbside meals. We continue to follow CDC recommendations and ask that anyone coming to the center for services do the same.

AmeriCorps VISTA

Waynesville Senior Center recently welcomed an AmeriCorps VISTA team. The team was able to assist the center in many ways. They painted the inside of the building giving it a fresh new look. This was something the center had wanted to do but had not had the time or manpower to make it happen. The AmeriCorps team also assisted with the curbside meal service. The crew helped with the cooking and daily serving. The participants really enjoyed getting to know them. During their stay the basement was also reorganized making storage much more efficient for the center. AmeriCorps VISTA (Volunteers in Service to America) members work alongside community members to alleviate poverty and enhance services.



AmeriCorps VISTA members Mary Sumner (left) and Soyeong Lee (right) were part of the team that recently spent time at the Waynesville Senior Center.

Teams provide the leadership and manpower often needed to turn an organization's dreams into reality. For more information on the AmeriCorps VISTA program visit <https://www.nationalservice.gov> or call 1-800-942-2677.



Aging Best Needs Volunteers

Aging Best welcomes volunteers in many different areas. If you would like to help make a difference in the lives of seniors in your community we want to hear from you.

Volunteers come in all ages and help with a wide variety of activities. For more information please call Nate Wall at 573-476-7948 or email him at nwall@agingbest.org.

Ombudsman Program Going Strong

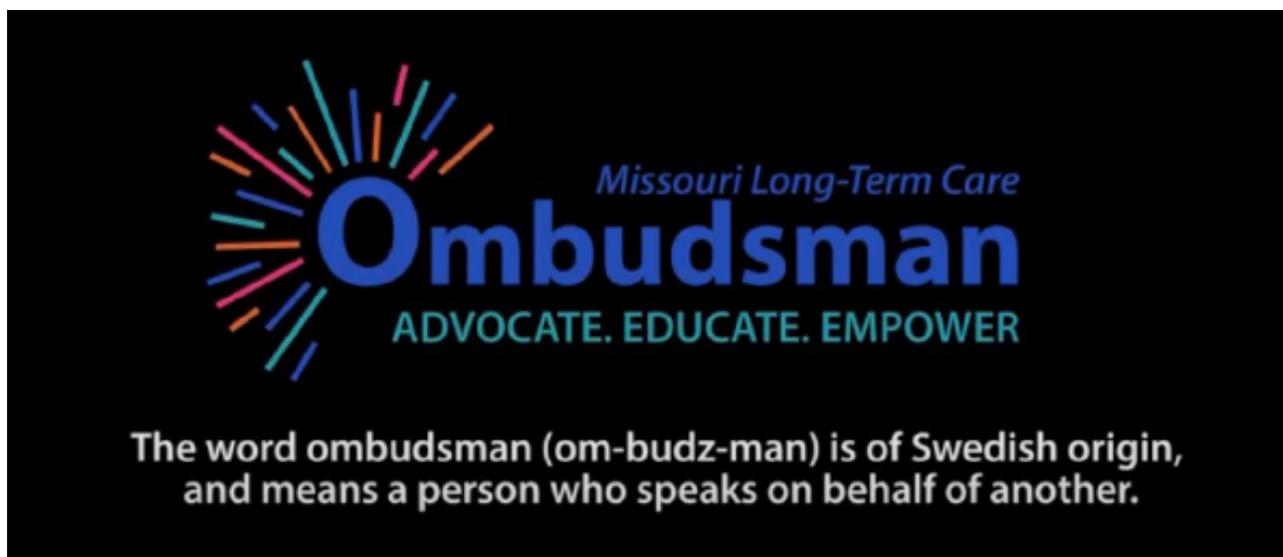
The Long-Term Care Ombudsman program advocates for residents who live in licensed nursing homes and assisted living facilities. The function of the Ombudsman is to ensure residents' rights are being maintained while living in the long-term care facility.



Donna Wobbe and Rhonda Giger of Aging Best's Ombudsman program are here to help even during these challenging times.

Know Your Rights! As a resident, you have the right to:

- Be fully informed
- Remain in the facility
- Security for your possessions
- Participate in your own care
- Make independent choices
- Privacy and confidentiality
- Dignity, respect, and freedom
- Raise concerns and complaints



What's New With AgingBest



Thank you to Diamond Pet Foods, Meta, Missouri, for the generous financial donation to our pet program. We will be able to assist more seniors who have pets and struggle with the cost of their care.

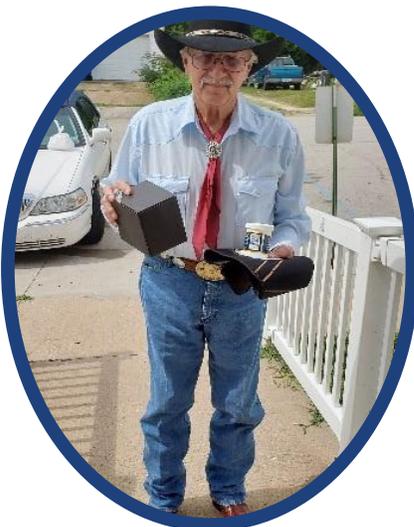
"Mr. Legs" contestants (right) at Waynesville Senior Center had a great time getting competitive while trying to beat the extreme heat conditions. The contestants served curbside meals and received candy prizes.



Thanks to Prairie Farms, Eldon Senior Center was one of many receiving and handing out dairy products. Cottage cheese, sour cream, chocolate milk and onion dip were distributed.



Linda Roberts (left) dressed for the occasion, shows off the mug she won at Iberia Friendship Hall's 4th of July celebration.



Kurt Virgin (left) was the winning cowboy at Iberia Friendship Hall's Cowboy Day contest. Kurt is a true cowboy who enjoyed riding bulls and broncos back in the day.



California Nutrition Center's volunteers prepared items to be handed out with the curbside meals.



Aging Best staff and volunteers work hard and it shows!

- Aging Best staff and volunteers served 54,587 home-delivered meals in the month of July.
- Aging Best staff and volunteers served 21,131 curbside meals in July.
- Aging Best staff and volunteers made 7,613 telephonic reassurance calls in July.



Volunteers - A Call to Action

Volunteers have long been the key to the success for thousands of programs across our national senior network. Volunteers complete many important tasks, fill many key roles and ensure that our limited resources can be stretched far enough to help people in need.

Volunteers are also the key to success at Aging Best. We have an amazing and dedicated group of volunteers across our network; people who diligently and loyally work every day to keep operations running and to help people in need who reside in our service area. Thank you to everyone who offers your time, energy, and resources to our network!

We have learned a few things from life in 2020 thus far. We know that many of the people we serve are at the greatest risk of becoming seriously ill or even dying from COVID-19. This has led to a whole new and unprecedented change in the way we do business as well as created more fear, isolation, and challenges for the people we serve. We must be able to respond to the needs people have now. We have much more work to do than ever before and we have fewer resources to do it.

Many of our loyal volunteers have heard the call and have been working even harder. But they simply cannot do it alone. We need help from more people in the community.

We have been working on improving our processes for volunteer recruitment, onboarding, training, ongoing support, and recognition. We have formalized programs to provide a wider array of volunteer opportunities for those who might have a particular skill, or by choice or necessity want to help in a particular way. Can you help?

Please be aware that we have a wide array of volunteer opportunities. Did you know:

- Volunteers provide support and companionship
- Volunteers listen and advocate for those who are the most vulnerable among us - those who live in their homes and in long-term care
- Volunteers clean and disinfect

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- Volunteers tap into their experience and wisdom to provide guidance and leadership for centers and organizations
 - Volunteers decorate
 - Volunteers help raise funds
 - Volunteers provide education and teach skills that will improve the quality of life for many people
 - Volunteers call upon their neighbors and business associates to support our people and programs
 - Volunteers make phone calls and write letters to those who may feel isolated and alone
 - Volunteers help people mow lawns and replace broken railings and burned-out light bulbs
 - Volunteers help people obtain the medicines and food needed for survival
 - Volunteers put in many hours and miles driving around roads across the country to deliver food, supplies, companionship, and hope to people who spend too much time alone

Can you help? Please let us know if you have any questions or would like more information:

1-800-369-5211

help4U@agingbest.org

Sincerely,

Rebecca Nowlin

Rebecca Nowlin, LPC
Chief Executive Officer

