



Aging Best Provides Covid-19 Vaccine Registration

Many older adults are interested in receiving a COVID-19 vaccine but are unsure of where or how to begin the process. "Navigating the web and registering online can be a challenge for seniors, so we're working closely with the Area Agencies on Aging to provide hands-on assistance with the process and make sure that folks have safe transportation to their appointments," said Jessica Bax, Director of the Division of Senior and Disability Services. "This partnership with the Area Agencies on Aging will ensure all Missouri seniors are able to access their vaccine."

Aging Best, the Area Agency on Aging covering most of central Missouri, has been receiving an average of 40 registration calls per day. Shadaryl Bassett, pictured above, says the phones at Aging Best have definitely

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been busier than usual due to the vaccine registration calls but feels the overall process has been smooth.

Callers are able to complete the process without needing to use the computer as they would possibly be required to do signing up on their own. The staff at Aging Best can assist.

Many callers have already been able to receive the first dose and are scheduled for the second shot which is required for the vaccine to be effective. The Centers for Disease Control and Prevention recommend waiting at least 14 days if you have recently received any other vaccine, including your yearly flu vaccine, before receiving your first round of the COVID-19 vaccination.

Vaccine distribution site locations do vary in each county with some having more available time slots than others. Available appointment times change often, and individuals are encouraged to call as soon as possible.

**For assistance scheduling
your COVID-19 vaccine
please call Aging Best at:
800-369-5211**

Healthy Living Workshops

In February Jana and Joe Cirincione, pictured below, enrolled in their first Aging Best free virtual workshop. As a couple that places importance on their health they were interested in the Living a Healthy Life program. Like most, they were also curious how it would work meeting in a virtual setting with people they did not know. They quickly found the setup and format to be user friendly and very welcoming.



Jana and Joe Cirincione

"It has been great to meet others with similar health concerns," said Jana. "We're able to brainstorm together as well as receive instant feedback. The participants in our group have varied levels of chronic illnesses, and we have enjoyed learning more about their situations and sharing ideas."

The Cirinciones have also found the workshop's book to be a helpful resource. The daily diary is a great way to evaluate their health on a

day- to-day basis. Writing things down and creating a weekly plan makes it easier for participants to stay organized and focused on goals. The program also has tips and ideas for anyone hoping to learn more about healthy living . "I was already an avid exerciser," said Jana. "I had never thought much about the importance of balance as we age and have since added techniques to improve balance to my routine."

"This program has something for everyone," said Maureen McKeage, Community Education and Training Specialist for Aging Best. "Even though it's a virtual program, we do have a maximum capacity. We don't want anyone to miss out and will work to find space for anyone with interest in enrolling." To learn more about Living a Healthy Life workshops please contact Maureen at 573-540-1100.

National Senior Nutrition Program Month

Aging Best is excited to celebrate National Senior Nutrition month during March. Having adequate nutrition is an essential part of healthy aging. In addition to providing good nutrition, Senior Nutrition Programs help reduce isolation and promote overall health. Mary Hagner has participated in the

program for more than five years. Every week seven heat-and-serve meals are delivered directly to her home. "I look forward to the meals but also to seeing the people who drop them off. It's nice to visit with them," said Mary. Aging Best has continued providing meals and services throughout the pandemic.



Mary Hagner, Senior Nutrition Program participant

As demonstrated on page four, the number of older adults receiving services has stayed strong.

Like many organizations, Aging Best has had to find new and creative ways to ensure all needs are being met. "We have an amazing team," said Jamie Kennedy, Associate Director of Community Options and Services. "The individuals we serve depend on us. We knew we would have some challenges and are very blessed to have a great team and volunteers committed to our mission."

We're Proud of the Positive Impact We've Made in the Lives of Seniors During the COVID Crisis

Since the shutdown began on March 16, 2020, Aging Best has consistently delivered winning services to seniors who have needed us the most.



818,019

Total meals provided since March 16, 2020, including:

610,778

Home Delivered Meals

207,241

Emergency Curbside Meals



10,515

Units of Case Management

6,080

Benefits Enrollment
Counseling Screens

124

Virtual New to Medicare sessions



85,853

Wellness calls including telephone reassurance, mail reassurance and Friendly Visitor programs



131

Senior Nutrition Farmers' Market Program voucher packets distributed, putting over \$6,550 into the hands of qualified seniors for the purchase of fresh fruits, vegetables, herbs and honey



10,861

Units of information and assistance for seniors reaching out to us for answers and guidance



\$142,100

Pandemic-related losses of client contributions

10,785

Pandemic-related losses of volunteer match hours

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573-443-5823

www.agingbest.org

Judy Grady Celebrates 22 Years as Ombudsman

In December of 1998, Judy Grady decided to join the Long-Term Care Ombudsman Program. For the past 22 years she has served as a volunteer Ombudsman at Cuba Manor, a skilled nursing facility in Crawford County.



*Judy Grady,
Ombudsman Volunteer*

As an Ombudsman volunteer Judy visited with each resident in a private setting to talk about their care and any concerns they might have. She has proven to be a valuable resource and provides a voice for the residents of Cuba Manor.

During the last year Judy was unable to visit with residents in person due to COVID restrictions. She still continues to call Cuba Manor on a weekly basis to check in with staff and offers to speak to residents for added support during the pandemic. "I am proud to be a Long-term Care Ombudsman since

many of the residents appreciate someone who truly listens to them. It makes them happy, and I'm thankful I can help them survive the loneliness of a nursing home environment," she said.

For information on volunteering with the Ombudsman program contact Donna Wobbe at 800-369-5211.

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



Eldon Senior Center celebrated Valentine's Day by presenting each lady with a carnation at curbside. The flowers were donated by local businesses.

The men each received a silk boutonniere. The center also handed out treat bags.



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"To see each person live his or her best possible life"

www.agingbest.org

Tipton Nutrition Center has a new carport. This will be a big help for individuals loading home-delivered meals as well as making it safer for those entering the center. A huge thank you to Moniteau County Cares!



A volunteer appreciation celebration was held at Dixon Senior Center. Wanda Warren won a drawing and was quite surprised when she opened the box. The new "friend" inside is almost as big as Wanda!



Boonslick Senior Center sent curbside guests on a trip down memory lane with a love quiz for Valentine's Day. The quiz included questions about everything from their favorite love song to special pets. Participants were entered into a drawing for a box of chocolates.